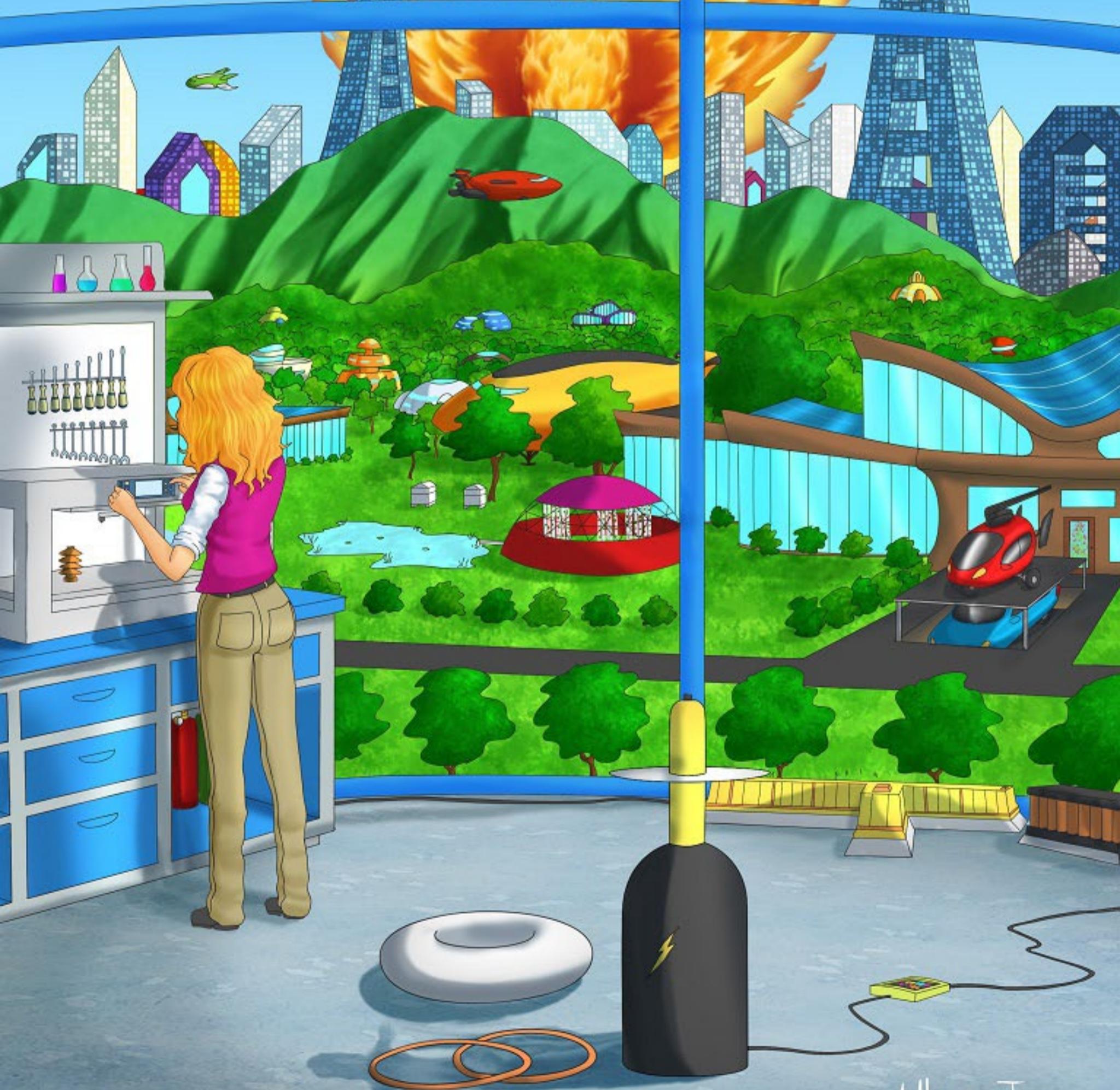


FREEDOM'S

Phoenix



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Credits:

Editor-In-Chief----- Donna Hancock

Publisher----- Ernest Hancock

Technical Advisor----- Nick Barnett

Illustrator----- Athena Tivnan

Webmaster FreedomsPhoenix.com----- Tyger Gilbert

Contact Us :
FreedomsPhoenix.com

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FreedomsPhoenix Digital Magazine Viewing Tips

By Nick Barnett

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Buying Freedom Summit Tickets with Bitcoin

By Meghan Kellison

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LIBERTY lovers all around the world will be excited to hear about a new offer from the organizers of the Freedom Summit in Arizona. The dollar is the dinosaur of money and the future of currency can go in a couple ways—either a stable precious metal like silver or everyone's favorite cryptocurrency, bitcoin. Whatever your preference, you can get a discount for tickets to the [Freedom Summit](#) if you pay in either one.

Tickets are usually a steal at \$350 for two days of jam packed talks from professionals on a wide range of topics from permaculture and precious metals to regulations and revolution, but if you pay with bitcoin or silver, you can get \$100 off. You deserve it for using honest money! So, that means only \$250 to see such speakers as Davi Barker, Rosa Koire, James Babb, Tarrin Lupo, Charles Goyette, John Bush, Patrick Byrne, and Cody “Iprinteda3Dgunwithoutaskingpermission” Wilson.

So, to pay with silver, simply ship the silver to Ernest Hancock at 4886 W Port Au Prince Lane; Glendale, AZ 85306. Or if you would like to

pay with bitcoin, you can follow these simple steps to set up a wallet if you don't have one already:

1. Go to [blockchain.info](#) to set up your wallet. If completely unfamiliar with bitcoin, [weusecoins.com](#) is a wonderful intro. You can also make a wallet there, and I recommend trying different ones to find what works best for you and only keeping a very small amount in any online wallet you choose. My preference is Blockchain. Follow the instructions, and enable two factor authentication. Remember to write down your password and keep it in a safe place-- not anywhere on your computer.
2. Be sure to sync it to your phone so you can trade with people on the go. If using an iPhone, the Blockchain app is one of the only ones available, but Android phones have more options if you want an easier to use wallet. I suggest the Mycelium app for ease of use and as an additional wallet. There's no limit to the amount of wallets you can create, and some people like to create a new wallet for each transaction.
3. Now, you get to buy bitcoin. There are several places you can buy bitcoin with

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Continued from Page 4 - Buying Freedom Summit Tickets with Bitcoin

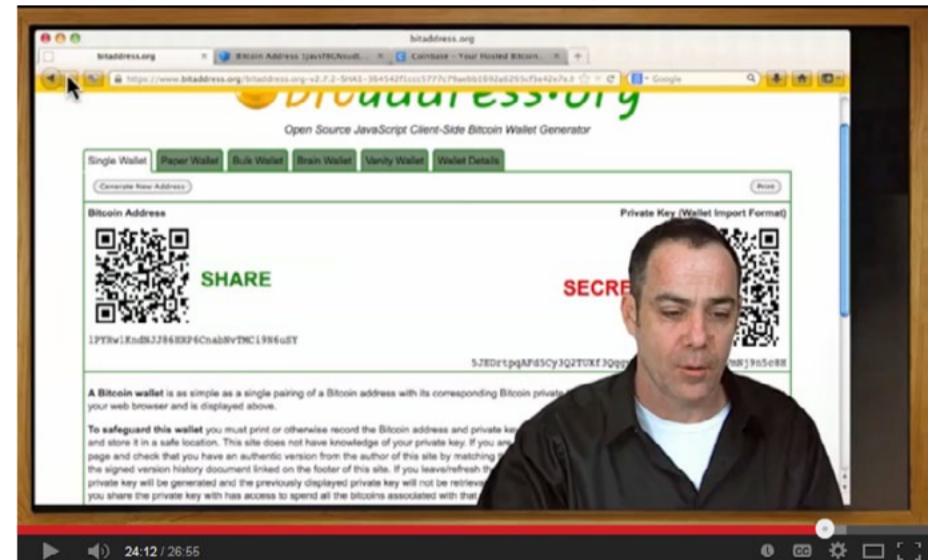
dollars. Cashintocoins.com allows you to deposit cash into a Wells Fargo or Bank of America bank account. Localbitcoins.com allows you to buy directly from an individual; I prefer buying from my peers because there is more of a degree of anonymity. You can also use an exchange like btc-e.com. An exchange will allow you to buy and sell faster, but I would recommend not putting all of your coins on one as there is the potential for them to be hacked. Exchanges also provide an easy way to convert bitcoin into other currencies. You don't have to buy a whole bitcoin at once, either, only as much as you want to spend. Due to its easily divisible nature, you can spend \$5 or \$5000.

4. When you are ready to send bitcoin in exchange for a Freedom Summit ticket, simply [follow the link](#) and scan the QR code with your wallet app. You will be provided the QR code upon proper completion of the registration form. (Freedom's Phoenix also takes bitcoin for subscription to their magazine and contributions. That QR code is [here](#)). The total of \$250 will be automatically calculated, and double check to make sure you don't send too much or too little. Transactions are irreversible. The payment will be sent instantly and you'll be on your way to a weekend filled with liberty, libations, and lunches

featuring your favorite speakers including yours truly. ;)

*Paying with bitcoin is easy, but for additional resources on securing your bitcoin, check out this very informative video on paper wallets and cold storage:

Bitcoin 101 - Intro to Paper Wallets & Cold Storage - Bitcoin Security & Fun with Sloppy Wallets (Video):



Happy bitcoining and silver slinging, I'll see you at Freedom Summit. 

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. ***See next page for event flyer...***

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Build Your Own Faraday Cage - Here's How

By Arthur Bradley

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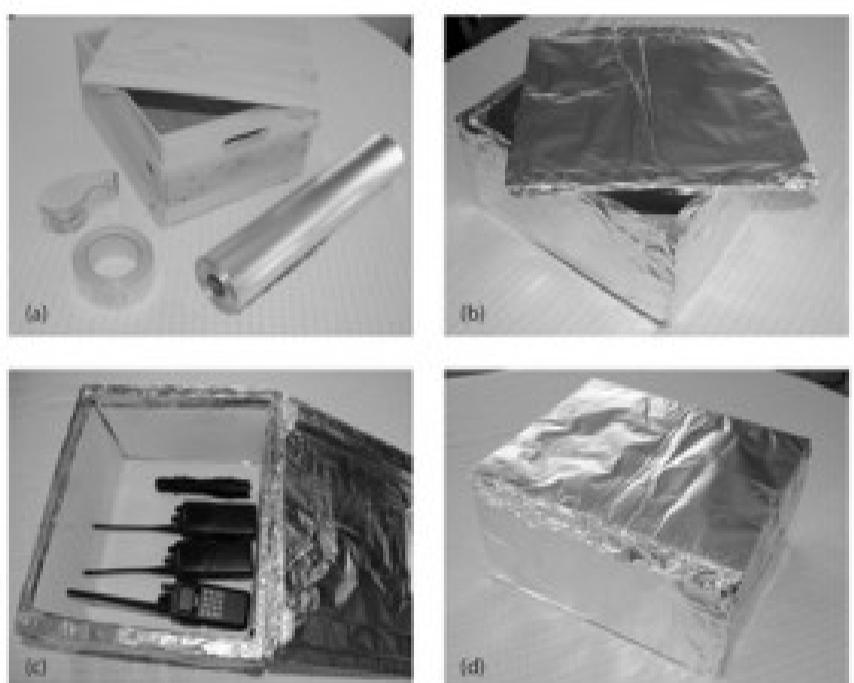
Introduction to Faraday Cages

There is a great deal of confusion about Faraday cages. Not only about how to build them, but also what they actually protect against. In this article, Dr. Arthur Bradley, author of Disaster Preparedness for EMP Attacks and Solar Storms, answers a few basic questions and perhaps debunks a few myths.

What is a Faraday Cage?

A Faraday cage (a.k.a. Faraday shield) is a sealed enclosure that has an electrically conductive outer layer. It can be in the shape of a box, cylinder, sphere, or any other closed shape. The enclosure itself can be conductive, or it can be made of a non-conductive material (such as cardboard or wood) and then wrapped in a con-

ductive material (such as aluminum foil).



Faraday Cage

What does it do?

A Faraday cage works by three mechanisms:

- (1) the conductive layer reflects incoming fields
- (2) the conductor absorbs incoming energy, and
- (3) the cage acts to create opposing fields.

All of these work to safeguard the contents from excessive field levels. A Faraday cage is particularly useful for protecting against an electromagnetic pulse that may be the result of a high-

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altitude nuclear detonation in the atmosphere (a.k.a. EMP attacks). Despite rumors to the contrary, a Faraday cage is not necessary to protect against solar coronal mass ejections because the frequency content of such disturbances is at much lower frequencies—they don't couple energy efficiently into small-scale electronics, except through conducted paths (e.g., wires coming into the system). A better precaution against solar events is to unplug electronics and use quality surge suppressors.

How does field cancellation work?

Field cancellation occurs when the free carriers in the conductive material rapidly realign to oppose the incident electric field. If the cage is made from something non-conductive, the free carriers are not mobile enough to realign and cancel the incident field.

How thick should the conducting layer be?

The conductive layer can be very thin because of something known as the skin effect. That term describes the tendency of current to flow primarily on the skin of a conductor. As long as the conducting layer is greater than the skin depth, it will provide excellent shielding because the absorption loss will be large. The skin depth is a function of the frequency of the wave and the conductor material. As an example, consider that for a frequency of 200 MHz, the skin depth

of aluminum is only about 21 microns. EMP pulses can have frequency content that ranges up to 1,000 MHz. Therefore, wrapping a box in a couple of layers of heavy duty aluminum foil (typically about 24 microns thick) provides the necessary conductor thickness to protect against high-frequency radiated fields.

Does it matter what type of conductor is used?

Not much. The conductivity of nearly any metal is good enough to allow the carriers to easily realign to cancel external fields. For example, if silver (the best conductor) is used in place of aluminum, the skin depth at 200 MHz is reduced to about 4.5 microns. Of course, the high cost of silver would prevent using it for such a purpose.

Can a Faraday cage have holes?

Yes, as long as the holes are small with respect to the wavelength of the incident electromagnetic wave. For example, a 1 GHz wave has a wavelength of 0.3 meters in free space. As long as the holes are significantly smaller than that dimension (i.e., a few millimeters), they won't let in much of the incident wave. This is why fine conductive mesh can be used when constructing a Faraday cage. In practice, the cage's lid or door usually causes the most leakage. Taping the seam with conductive tape helps to reduce this leakage.

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Can you use existing conductive enclosures?

Yes, there are many conductive enclosures that can be used, including ammo cans, metal garbage cans, anti-static bags, and even old microwave ovens. Each has its own level of effectiveness as covered in my book, Disaster Preparedness for EMP Attacks and Solar Storms. The key criterion is that the gaps and seams remain very small.

Must the cage be grounded?

There is a great deal of confusion regarding grounding of a Faraday cage. Grounding of the cage (i.e., connecting it to some Earth-referenced source of charge) has little effect on the field levels seen inside the box. Grounding primarily helps to keep the cage from becoming charged and perhaps re-radiating. The bottom line is that an ungrounded cage protects the contents from harmful electromagnetic fields as well as a grounded one.

Anti-static Bags

Anti-static bags are readily available to protect electronic components against electrostatic discharge. They can be purchased in many different sizes, including some large enough to hold radio equipment. While they do offer shielding from EMP, not all products are created equal. Testing confirmed that products certified to MIL-PRF-8170 and/or MIL-PRF-131 offer the

greatest protection from an EMP. The results from testing three different types of bags are provided in Disaster Preparedness for EMP Attacks and Solar Storms. When selecting an ESD bag, consider not only the shielding effectiveness but also the physical ruggedness of the bag. A tear or large hole can compromise the bag by allowing EMP energy to enter.



Static Bags

Larger Faraday Cages

Storing a larger set of electronics might require an entire room. Engineers who work in electromagnetics often use "shield rooms" to conduct experiments because they do an excellent job of filtering out interfering signals, providing in excess of 100 dB of shielding. A poor-man's shield room can be made by lining a small closet with heavy-duty aluminum foil, covering all four walls, the floor, the ceiling, and the inside of the door. Overlap and tape the seams using

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either conductive or regular cellophane tape. There can be no conductive penetrations into the room, or it will seriously degrade the shielding. Cover all electrical outlets, light switches, etc. with aluminum foil. Do not plug anything into the electrical outlets. Also, lay a piece of plywood or cardboard on the floor so that it can be walked on without damaging the aluminum foil. Rooms built in this way have been shown to offer more than 50 dB of shielding up to several hundred MHz.

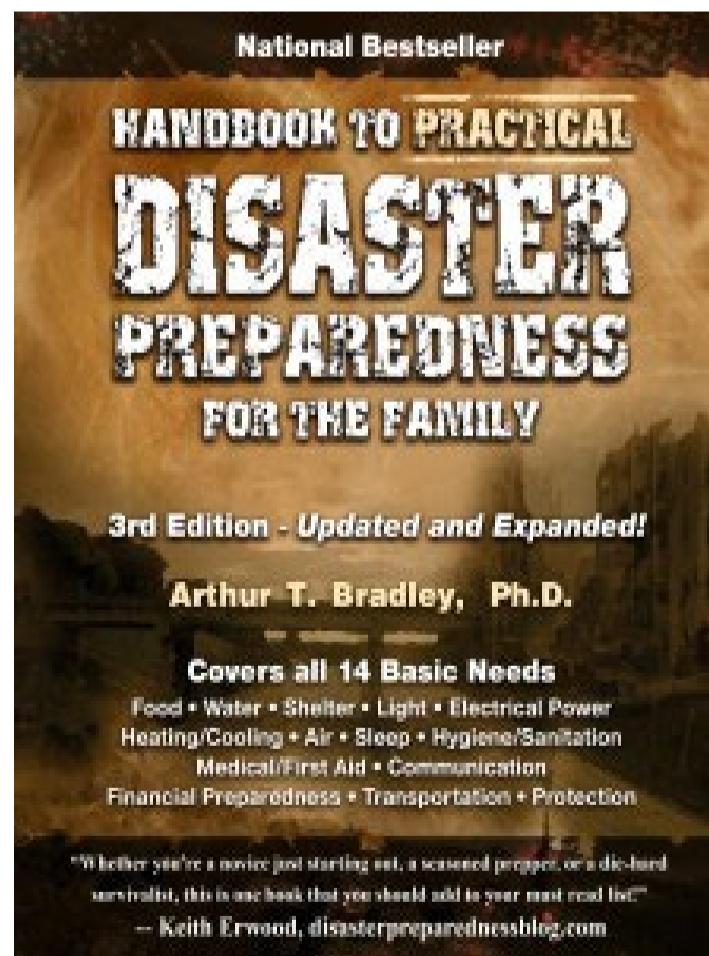


Faraday Room

For More Information

Dr. Arthur Bradley, PhD, is a NASA (Langley) engineer who designs custom analog electronics, diagnoses electromagnetic interference issues and builds robotic systems. He enjoys teaching and writing and has recently combined the two with his latest book. For more information about Dr. Bradley's books, see <http://disasterpreparer.com>. Among them are the **Handbook to Practical Disaster Preparedness for the Family**. To sign up for his free Practical Prepper Newsletter, Email: newsletter@disasterpreparer.com. This article was reprinted from TheSurvivalist-Blog.net

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How Processed Foods Affect Digestion and Ramen Noodles

By Stephanie Weeks

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I might be embarrassed to admit how many packages of ramen noodles I have consumed, however my admission may be helpful to many friends out there. Ramen Noodles remind me of growing up; they are easy to prepare, and they are cheap. These noodles are not the healthiest food-like substance for us to consume. Ramen Noodles have a very long shelf life. I've got the firm belief that the longer the shelf life, the more harmful the food with the exception of honey. Honestly, I haven't thought about Ramen Noodles in years since I changed my eating habits to more healthy options. What made me think of my once favorite snack was a picture I saw while surfing online; (see image at the top of next page).

I was appalled. How many people eat these packaged noodles as a staple in their diets? We are not picking on any one manufacturer. We were curious what numbers we were looking at when talking about Ramen Noodle consumers. Maruchan, the largest producer of these packaged noodles, says on their [website](#)



FOOD FOR THOUGHT

Instant noodles contain wax coating which is also used in styrofoam containers. That is why instant noodles don't stick to each other when cooking. Our body needs up to two days to clean the wax. Make sure you stop eating a pack of noodles for at least 3 days after a session of noodles. This wax can cause CANCER. SHARE if you care

that "Maruchan produces 3.6 billion packages of Ramen Noodle Soup a year. If the noodles were all strung together, they would reach all the way from the earth to the planet Mars and back". That number is staggering. I now feel I was naive to think this food was okay for me to eat. I added chopped veggies to my noodle bowl thinking I was making them a little better. I knew they weren't the best food for me, but I rationalized my love for the noodles. I wasn't kidding anyone. Later that day I was forwarded this YouTube video. When topics are brought to my attention a couple of times in one day, I know I need to take a deeper look at what is going on.

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There are a few issues with these packaged noodles; we will address three concerns here. Are Ramen Noodles coated in wax? What about the use of MSG in the flavor packets? Can this factory food be properly digested by our bodies?

First, we have found no conclusive evidence that Ramen Noodles are coated with wax. There are a couple processes for making these noodles; one is frying the noodles and the other is air drying the noodles. If you're buying five packages for a dollar, you are not getting the dried variety as they cost more to produce. The fried varieties, when reheated, can give off their oily make-up which would keep the noodles from sticking together. When boiling noodles at home, we sometimes add a teaspoon of oil to the water to keep the noodles from sticking together, so it is the same concept. The bigger issue I would be concerned with is microwaving your meals in a styrofoam cup or any plastic container. When

we microwave our food in plastic containers, the chemicals could leech into our food.

Secondly, MSG stands for monosodium glutamate. I personally avoid MSG in any food that I consume. MSG is a flavor enhancer which is added to many processed foods. This chemical has been linked to multiple health conditions; it's bad news, in my opinion. MSG is an excitotoxin, which means it overexcites our cells to the point of death; no good news there. It has been proven toxic and since we know it's bad for us, we should eliminate it from our diets. To learn everything you ever wanted to know about MSG, check out Dr. Mercola's extensive research article [here](#).

Lastly, noodles are typically made from flour, eggs, a pinch of salt and maybe a splash of water i.e. whole foods. The processed alternative we are speaking about also contains, among other things, tert-Butylhydroquinone, the same



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Continued from Page 12 - How processed foods affect digestion and Ramen Noodles

thing that we fill cigarette lighters with, otherwise known as petroleum. Need we say more? Digestion is essential to proper nutrient uptake in the body and when we add synthetic toxins to our food, we can not properly process it. After two hours, the whole food noodles are unrecognizable, while the Ramen Noodles are still in tact; yikes!

2011 TEDxManhattan Fellow: Artist Stefani Bardin:



Now it is time to make a decision: will you continue eating these packaged noodles or not? If you have friends or loved ones that are eating Ramen on a regular basis, please share this with them so that they can make an informed decision on whether they want to continue eating



this packaged meal. As always, feel free to share this article on Facebook, Pinterest, or Twitter.

Here is a recipe for [Grandma's Homemade Noodles](#). 

*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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How to Make Natural Soap

By Donna Hancock

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FOR years, a friend of mine would give me her homemade natural soap from time to time (as Christmas or birthday gifts) and I asked her to show me how to make her wonderful soap. So she came over one day and showed me, and a few of our mutual friends, how to do it. That was about a year ago. Several months after she showed us how to make the soap, I tried doing it on my own. This is what I learned.

For starters, you will need to have some basic



equipment. Most of it you can get at your local thrift store. Things like a metal pot (stainless steel only. DO NOT use aluminum, tin, or non-stick pots because they are violently and toxically reactive with lye), rubber spatula, measuring spoons, glass measuring cup (I found a 4 cup glass measuring cup sufficient), a wooden spoon or two, plastic container (to measure the lye), immersion/hand blender, cheap paper towels, and rubber gloves. You will also need a good thermometer (candy thermometer – don't use a meat thermometer, as the line markings are very small and close together and it will be hard to see exactly what temperature you are at.) As you will see, temperature is very important in soap making, as is precise measuring of the ingredients. You may also need some paper (such as newspaper) to put down on your countertop when working with the lye, as the lye may ruin your surface. You will need to have some regular white vinegar on hand to rinse everything that touches the lye. It is preferable when making soap to do it near a sink or tub full of vinegar water so that you will be prepared to safely clean up after yourself. Working with lye is dangerous because it is a caustic material. You don't want to breath it (work in a well-ventilated area) or touch it (if you get it on your skin, flush it with vinegar water).

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Now you will need to order your supplies. See picture below for the ingredients:

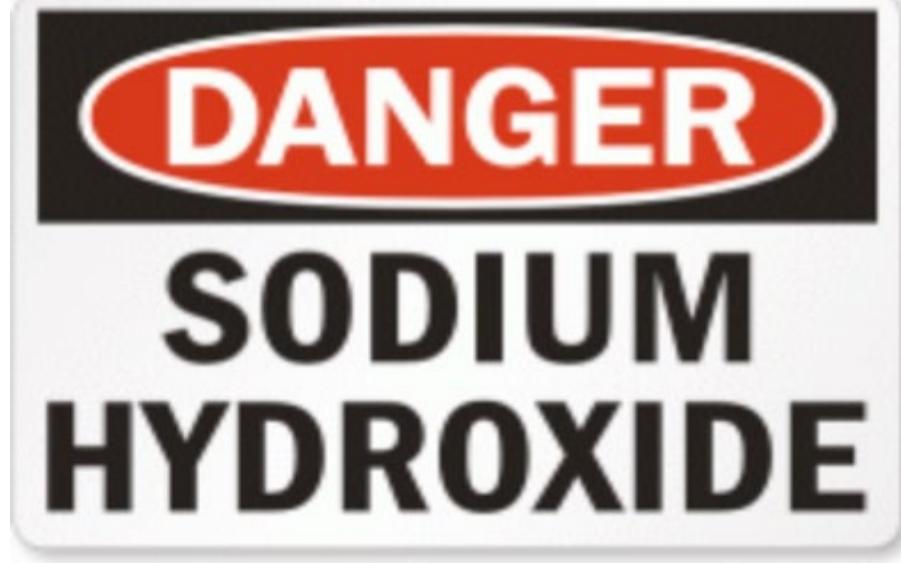


I haven't found any local shops that sell soap making supplies, so most of it you can order online. I ordered my first soap making supplies from SoapGoods.Com (mainly because that is where my friend to me that is where she got her supplies, and that the prices were pretty good). They sell all kinds of oils (both solid and liquid), butters, beeswax, essential oils, and even lye. There are two chemical formulas that are called Lye and they are Sodium Hydroxide and Potassium Hydroxide. Both are corrosive, caustic and hazardous. You can use either one

for making soap (the one I ordered online was Potassium Hydroxide, and the one I got at the hardware store was Sodium Hydroxide). If you want more details about lye, [click here](#).

Here is the recipe I use for the Natural Soap (makes about 4-5 lbs. soap):

- 20 oz. Distilled Water
 - 7.6 oz. Lye
 - 18 oz. Palm Kernel Oil
 - 18 oz. Coconut Oil
 - 16 oz. Olive Oil
 - 2 oz. Essential Oil (whatever fragrance you wish)
1. Fill sink with water and pour some white vinegar in the water. You will need to have this available when using lye.
 2. Combine Palm Kernel Oil, Coconut Oil, and Olive Oil in large stainless steel pot and heat on low just until the oils melt. (Do not overheat,



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Continued from Page 15 - How to Make Natural Soap

as oils take longer to cool than the lye solution). I heat my oils to about 135 degrees Fahrenheit then set them aside to cool.

3. Put on protective gear, including goggles, gloves, and long sleeves.

4. Measure distilled water and place in a 4-cup glass measure. Sprinkle the lye SLOWLY and CAREFULLY into the water. Stir with wooden spoon until dissolved. Set aside to cool. **(DO NOT POUR WATER INTO LYE – ALWAYS POUR LYE INTO WATER)**. The lye solution will get to be about 180 degrees Fahrenheit.



5. When both mixtures are 110 degrees F, pour the lye solution very slowly in a thin stream into the oils. Mix with immersion blender constantly until the mixture 'traces', about 10 minutes. (If stirring by hand, it will take about 20-30 minutes). If using an immersion blender, take care not to whip air into the mixture. You just want to make sure it gets mixed really well, not fluffed up. (TRACE – To test for trace, dip a spatula or spoon into the mix and dribble a bit of it back

into the pot. If it leaves a little "trace" behind, you're there. The soap does not have to be really thick just yet, it just needs to be well mixed with no streaks of remaining oil. It should have the consistency of pudding.



Trace is a sort of "point of no return" in the soap making process. Technically, "trace" is when your soap has reached saponification - when the oils and water have mixed and are not going to separate. Once your soap "traces", the mixture will not separate back into the original oils and lye-water. The soap does not have to be really thick just yet; it just needs to be well mixed with

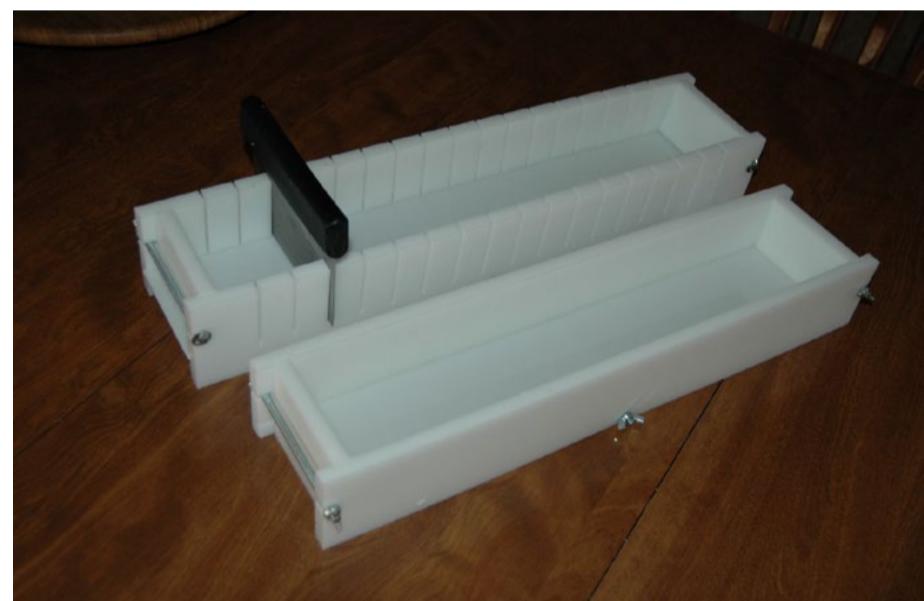
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no streaks of remaining oil. That's the key thing to know.

6. Once you have mixed all the lye solution into the oils and before it 'traces', add your essential oils and blend thoroughly.

7. When soap batter traces, pour the batter into a lined mold, taking care to scrape as much of the traced soap out of the pot as you can.



Above photo shows the mold (bottom) that I use and the cutting mold (top). There are several types of soap molds, but I found this one to be simple, fairly inexpensive, and easy to use.



You will want to line your soap mold, or it WILL stick.



Pouring Soap Mixture into Lined Soap Mold

8. Cover the mold with plastic wrap, then wrap the mold in a towel for warmth and let it sit, undisturbed, for a day or two.



9. Cleanup – use the cheap paper towels to wipe off all utensils, blender, and pot. Dip everything in the vinegar water to neutralize the lye. Once all of that is done, then you can drain the vinegar water and fill sink with hot, clean, soapy water and wash everything thoroughly.

KEEP IN MIND THAT YOU WILL NOT WANT TO USE YOUR SOAPMAKING MATERIALS FOR ANYTHING ELSE. KEEP THEM SOLELY FOR SOAP MAKING.

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10. After your soap has been in the mold for a couple of days, unmold it and remove any liner/paper used to line the mold. Cut as desired.

NOTE – The first couple of times I made soap, I lined a small box with a plastic garbage bag. Then I purchased a soap mold and cutting mold so that I could standardize the size of the soap.

11. Place soaps on a brown paper bag, or some type of parchment paper to dry and cure. You can turn them daily to be sure they dry evenly.



12. In 4 weeks, your soap will be mild and quite firm and ready to use. Store in a ventilated container.

There are several types of soap making processes – hot process, cold process, and melt and pour. I have tried both hot and cold process soap making, and I definitely prefer making the cold process soap. Hot process is where you make the soap the same way as above, but instead of putting it into a mold right away, you put it in a slow cooker for several hours and cook it. The advantage of doing it this way is that it will be ready to use in a few days, but the disadvantage

is that it's messy and the soap is not as smooth as with the cold process. The first time I made soap on my own, I used cold process. The next time, I tried the hot process. Neither of those batches came out well – they never 'traced' and therefore it took a very long time to harden up. I live in Arizona and it's pretty dry here, so I left the soap to sit in the lined box for about 6 months, and it eventually dried out and hardened up and we used it. One thing to note here is that the quantities of the ingredients need to be exact and the temperatures of the lye and oils need to be the same (ideally 110 degrees F) for you to get a proper trace. I learned the hard way, but ever since I invested in a digital scale and measured everything out perfectly and managed the temperatures of the lye and oil, I have not had a bad batch since.

So there you have it. Having natural soaps to use instead of heavily perfumed soaps are much better for you, and leave you feeling clean and moisturized. I have spent the last month or two building up my supply and am just beginning to sell these Natural Soaps (I am calling them *Clean Living Natural Soap*), so if you are interested in purchasing any, please feel free to email me at donnahancock@cox.net and we can work out the details. I will also eventually have other natural products (deodorant, lip balm, shampoo, laundry soap, etc...). 

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The Chicken and the Egg

By Catherine Bleish

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ONE of the first steps our family took toward living a more sovereign lifestyle was the ownership of chickens for meat and egg production. These creatures are easy to care for, a joy to have around, and they eat all sorts of little

pests that could otherwise end up in your home or garden! Some people find them a bit messy, but our family has found you can direct the mess (poop and scratching) by setting strong boundaries. They also provide the opportunity for you to start a small agorist side-business in home-grown eggs. Not to mention chickens allow you to disconnect yourself from a centralized food supply chain for your breakfast meals and dinner!

Chicken Life Cycle

Before you engage in the amazing journey that is chicken ownership, I think it's important you understand the lifecycle of a chicken. A chicken develops first from an egg into a chick, then from a chick into a pullet or cockerel, and finally into a full grown hen or rooster. Around six months of age, they begin to lay eggs. They will lay approximately one egg per day for sev-

eral years, followed by a declining rate until their death.

Eggs

Eggs develop inside the body of a hen. Once she has become an active layer, she will always have several developing eggs inside of her at any given time. Our family was able to witness this developmental process first hand when we made the novice mistake of allowing a stray dog around our chickens. The dog broke the neck of one of our most active layers and we immediately slaughtered her. During the slaughtering and butchering process, we were surprised to find a chain of developing eggs inside of her; there was an egg ready to be laid followed by an egg with a soft shell, followed by an egg with a soft translucent shell, followed by an egg without a shell, followed by just a yolk.



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You may be surprised to learn that the yolk is not what turns into a chick; it is actually the food for the chick to eat while developing inside the egg! In fact, the nutrients in the yolk can keep newly hatched chicks alive for up to three days, even without access to additional food or water! This is why people are able to send day old chicks through the mail.

Fertilization

While these eggs remain inside their momma hen they have the potential to be fertilized by a rooster. He does this by jumping on her back and rubbing his reproductive organs on hers. The hen then lays the eggs for you to eat and you will rarely know which eggs are fertilized and which ones are not unless you take additional steps to find out.



One way to tell if an egg has been fertilized is through a process called candling where you hold a light up to the bottom of the egg (or a candle) and take a peek inside. If the egg is fer-

tilized, you will often see spots of blood and a small developing embryo. I have found it easier to tell if your eggs are fertile or not once they've already begun the incubation process, then the embryo is much larger and easier to identify.

Incubation / Brooding

After a fertilized egg has been laid, it will start to develop a chick when kept at 99.5 degrees Fahrenheit. This happens when people put the eggs inside of an incubator or when a momma hen becomes "broody" and begins to sit on a pile of eggs. After 21 days of the right temperature conditions, a young chick will begin to peck its way out of the egg. When you hear the chick tweeting from in the egg it is commonly called "pipping". When they start breaking a line through the shell with their beak it is commonly called "zipping".

Chicks

Once the egg has hatched, the young bird is called a "chick". At this stage of its life it is fuzzy or furry and looks like a little poof ball



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on legs. This is the most vulnerable stage of the bird's life outside the egg. If hatched in an incubator, they will need a heat lamp for warmth for several weeks. Mother hens provide this warmth until the birds are big enough to sleep alone at night.

Pullets and Cockerels

Once the fuzz begins to be replaced by small feathers, the female is now called a "pullet" and the male a "cockerel". These birds do not yet lay eggs because their bodies are focused on gaining weight and becoming full sized. Most

people cannot tell the difference between a rooster and a hen until they are late in this stage and begin to develop distinguishing characteristic.



Hens and Roosters

Around age six months, your birds will enter the adult stage of their life where they are considered a full-grown hen (female chicken) or rooster (male chicken).

Males have a more upright posture, big arching tail feathers, and long talons on the back of their feet. While their appearances can be extravagant,



the most obvious indication that you are dealing with a rooster is their infamous crow ("cock-a-doodle-doo"!).

Hens are less ornamental, stand less perpendicular to the ground, and have a smaller overall stature. I should note that some hens in a rooster-less environment have been known to take on the role of crowing, though it is rare.

For more information on raising backyard chickens, buy Catherine's E-Book, Sovereign Living Guide to Backyard Chickens [here](#).



Catherine Bleish is a stay-at-farm mother of two young children and over 100 chickens in Southeast Austin, TX. She is a vocal advocate for agorism, raising sovereign children, and sustainable living. Catherine is Co-Star and Co-Executive Producer of [Sovereign Living](#). You can watch a playlist of her speeches [here](#), and a playlist of her media appearances [here](#). Visit her webpages at [CatherineBleish.com](#), and [TheBitMom.com](#).



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Wilderness Medicine “The Big 4/4 Survival”

By Byron Templeton

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WILDERNESS survival may require you to forage for food or medicine in order to stay alive. While the Earth is bountiful with animals and enveloped by plant life, certain survival situations can make this task seem impossible depending on the location, the season, and a person’s knowledge base. Hunting an animal for food requires a certain level of physical capabilities and skill sets. In most cases, if the person in the survival scenario is not trained in the skill sets of hunting and trapping, to pursue an animal for food could prove to be a deadly waste of caloric expenditure and could even possibly further endanger their life by encountering a wild animal. Even the consumption of small animals or insects can be dangerous and requires some knowledge of what is safe to eat and how to find them, as well as a certain level of determination to eat them, as most people don’t find things like grasshoppers too appetizing.

Plants make for great survival food and medicine because they require little energy to obtain and prepare. But, they can be just as deadly as an animal. Even just one bite of the wrong thing and you end up on the wrong side of the

grass. It is absolutely imperative that you know what plant you have before you stick it in your mouth or attempt to make any kind of medicine with it. Having good reputable resources and field guides to refer to are a must. I strongly suggest that you do your own personal research and studies of the plant life in the surrounding area in which you live and whatever areas you wish to explore. Your personal experience with each plant and knowledge base will expand and give you confidence, but never fail to correctly identify the plant in your resources before using it unless you are 100% sure. *When in doubt, don’t put it in your mouth.*

Once you’ve correctly identified an edible plant, you’ve also got to know its specific qualities and uses. Are there only certain parts of the plant I can use? Which parts are best used for food and which parts for medicine? What is the nutritional or medicinal value of the plant? How do I prepare the plant for food or can it be eaten raw? These are all valid questions you should be asking yourself in a survival situation. Even if you’ve answered all these questions with absolute confidence, it is still risky using plants you’ve never been exposed to so it is important to use only small quantities at first to observe if there are any negative reactions to the plant.

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The Big Four are plants that are very common and easy to find throughout the U.S. and available at almost any time of the year. They are relatively safe to eat and can be used for very effective wilderness medicine. Just knowing these four plants could save your life. I first read about **The Big Four** in *Tom Brown's Field Guide to Wilderness Survival*. At that time, I lived on my parent's farm in West Virginia where these four plants are very abundant. I experimented with all of them, so as we look at each of these four plants individually I'll share some of my own personal experiences with them.

1. Grasses:



Grass of almost every kind is edible and actually quite nutritious. It is loaded with vitamins and minerals. Ever wonder why your dog or cat will go outside and chew on grass? They could be trying to get certain nutrients out of the grass that they are lacking in their food. The young shoots can be eaten raw, but the more fibrous grasses should just be chewed on to extract the juices and then spit out. You can make nutritious teas from grass or if you're thirsty, you can squeeze out the collected dew from the

grass for safe drinking water. Grass seeds are highly nutritious as well and filled with protein, but be careful because some seeds can be toxic or infected with fungus. If you aren't familiar with a certain type of grass, it is suggested that you roast the seeds and if there are any seeds of a black to purplish color, don't eat them. Try chewing some grass from a safe location free of chemicals and high animal traffic. You may want to wash it off good before you chew it, but you'll be surprised that it's actually pretty good.

2. Cattails:



Cattails are a wealth of resources to use for survival, and you can find them around almost any pond, marsh, swamp, or wet grounds. Young shoots and stalks can be boiled or eaten raw during early spring, and the green flower heads can be husked and boiled in the late spring. You can eat the pollen heads raw or dry them out to be used as flour during the early summer, and from late summer to winter you can eat the roots

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either raw or boiled. I've personally tried the roots raw, and they are gritty and starchy.

Cattails can also be useful in many other areas for survival. The ripe flowers can be mashed into a medicinal salve for cuts and burns, and a sticky juice can be found in between the young leaves which can be used as a very effective styptic, antiseptic, and anesthetic. You can pull apart the seed heads to form a fuzzy, downy material that can be used as good tinder for starting fires or insulating material to keep you warm and comfortable. The stalks are also durable enough to make hand drills out of them and arrow shafts. I once made arrow shafts out of cattail stalks for my younger nephews and was really surprised at how well they worked.

3. Pine Trees:

Pine trees are another useful plant you can utilize in almost any survival situation. The needles are very high in vitamin C and can be boiled

into a nutritious tea. It's best to chop them up a little bit and boil them for five minutes or so. I did this once with pine needles from the pines in the backyard of our farm. The tea is really quite good on its own, but even better with a little honey mixed in with it. My mother, who is a picky eater, even enjoyed it. The protein rich male pollen anthers can be eaten in the spring-time. The seeds from the mature cones can be eaten and even the inner bark of the pine tree is edible. Pine trees also produce pine resin (the sticky sap) which can be used to make pitch for glue. Pine resin is also very volatile and can be used as good fire starter. The needles can be used for other purposes as well such as bedding, roofing for shelters, baskets, and fletching for arrows.

4. Acorns:

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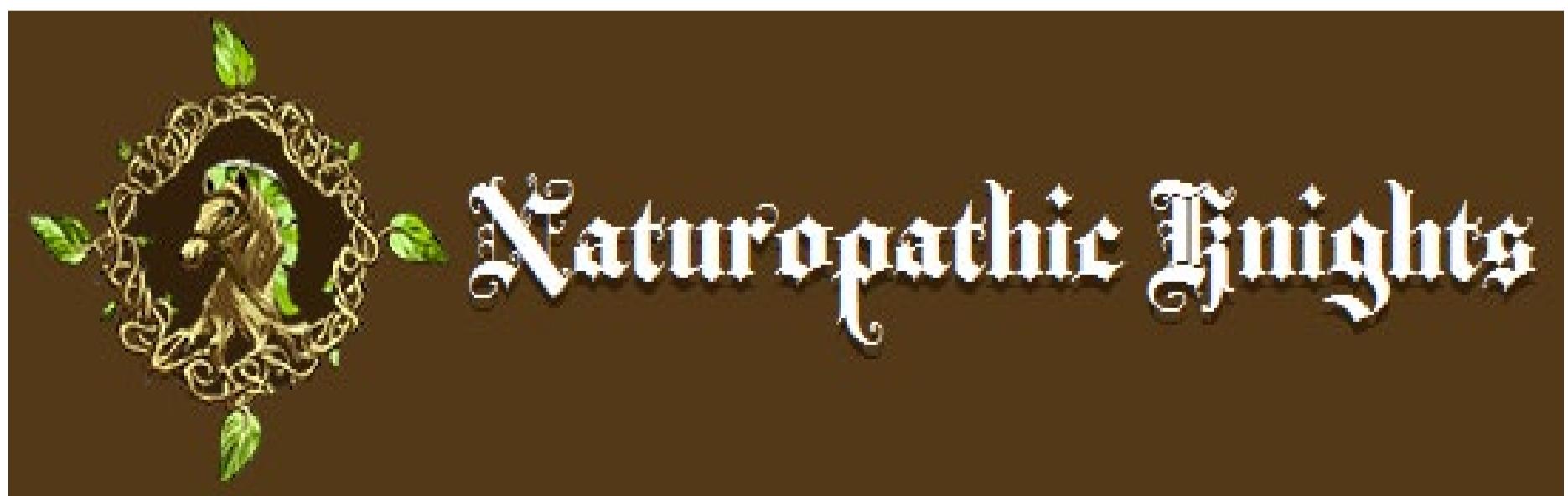
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Acorns are nuts that come from Oak trees which are quite common across North America. Acorns served as a staple food for Native American tribes and many other ancient people. They are a high source of protein and healthy fat, but you must know how to properly prepare them because they contain a toxic substance called *gallotannin*. When eaten this substance forms gallic and tannic acids which can cause damage to the mouth, esophagus, and digestive tract. The tannins also give the acorns a very bitter taste. You have to leach out the tannins with running water for several hours or boil the acorns. Acorns from white oak and pin oak trees are okay to eat raw. I was very curious when I learned about acorns so I collected a bunch of acorns from the woods behind my parent's farm in West Virginia. I ate some raw which was a mistake because they are extremely bitter, and I boiled some which helped but it wasn't near long enough to get rid of the bitterness. The good thing is even if you don't like your boiled acorns, you can use the water you boiled them in for medicinal purposes. It can be

applied to wounds as an antiseptic and gargled for sore throats and toothaches. I've also heard of acorns being mashed into butter and ground into flour. 

Byron Templeton is currently a medical student aspiring to become a Naturopathic Doctor and a pioneer in various health fields. He previously attended the Clarksburg Beauty Academy of Massage Therapy and graduated with honors. He practiced as a national and state licensed massage therapist at Travis Physical Therapy in West Virginia for 6 years. During that time, Byron also worked as a certified ISSA personal trainer for 8 years and graduated from Fairmont State University in West Virginia with a major in psychology and a minor in biology. Byron desires to progress naturopathic medicine while staying true to the philosophy, principles, and practice of nature cure. Visit NaturopathicKnights.com

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Inexpensive DIY Tin Can Light and Cooking

By Jesse Mathewson

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AS a life prepper and survival expert in the high desert, there are certain things that I center on when it comes to my family's safety, comfort and survival. The concentration for today's article is on DIY light.

Contrary to popular myth, the high desert of Arizona and New Mexico does not always have a full moon to light the way. There are times when there is no moon and it is inky black. Sure the stars provide a little light, however inside ones house, there is a distinct feeling of being buried alive without some form of lighting.



10 hour votive scentless candles. The supplies needed for this solution to both heating and lighting concerns are listed below.

- Ten hour scentless votive candles (I purchase mine by the case lot of 72 candles using Amazon® Prime – 21.99 per order) if you do not

To fix this issue with one simple solution, I chose to concentrate on easily procured

have a prime account, you can shop around and find a good price. Scentless is essential for several reasons.

- Left over tin/ steel food cans (2 x 28 oz. can) (2 x 14 oz can)
- Steel awl, punch, a triangle-edged can opener, or lastly in a pinch ,you can use a knife (just be careful!)
- Deluxe edgeless can opener or a medium sharpening stone (You can find a good priced can opener on Amazon® here.) or in a pinch, a piece of concrete sidewalk.
- The last item is your imagination - this part is entirely up too you.

Some people choose to fill the cans with water and freeze them prior to putting the design in the sides of the cans, however, because a freezer is likely not something you have in a SHTF situation, there are other options. I usually hold it firmly in one hand while pressing with a slow steady grip into the can. If you do this



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slowly, you can easily make patterns or simply place holes as desired for light. If you want to place it in the center of a room, put holes around the entire outside of it. However, if it is going to be on one side lighting the rest of the room, en-

hance the light by placing holes along one side only and aim that side into the room. One or two of these will quickly bring light into your house, and a ten hour candle will allow you to enjoy a game or two of cards.

There is an additional benefit to these light types - they can be used as cooking stoves as well. Use the larger cans, and after placing holes in the smaller ones, you can fill the larger cans with water and set them gently on top of the smaller cans. They will boil based on your elevation within 10-20 minutes or so. I keep one or two cans in a nesting situation within my go bags along with candles. Nest the cans, one inside another, and place two or three candles in each set up. I usually tamp them in with some type

of multiple-use fire-starting material and or hygiene material. They are light weight and inexpensive.



Obviously there are

many other uses for empty tin food cans and I encourage you to expand your minds and be creative. After all, this is a quick and inexpensive way to recycle materials in a survival situation. You will also notice in the pictures that I date my supplies. This is to tell me the expiration date printed by the company. I rotate my stock regularly so that I always have the longest amount of time available.

Free the mind and the body will follow. 

Jesse Mathewson is an individual who believes in Freedom, Non-Aggression, Self-Defense, Self-Ownership and a Free Market without state interference it is his firm belief that we should all be better students in life. He is also the author of the popular blog, jessetalksback.com and provides commentary to many varied places based on a background that includes education in criminal justice, history, religion and even insurgency tactics and tactical training. His current role in his community is as an organizer of sorts and a preacher of community solidarity. As a voluntaryist and atheist his life is seen as crazy and wild by many, though once they get to know him most realize he is a bluntly honest individual who will give you the shirt off his back if he believes it is necessary to help you. Feel free to email him directly at jesse.mathewson@hotmail.com – make sure you put Jesse Talks Back in the header or it may get deleted.

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3D Printing will Change the World

By Angel Clark

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song he likes, something about a Gummy Bear, and he managed to figure out how to pause the song, restart it, and to fast-forward and rewind so he could watch his favorite parts over and over again. As I watched my nephew realize what buttons did what he wanted on my computer, I thought about what life would be like for him when he is my age (I'll be turning thirty in a few months).

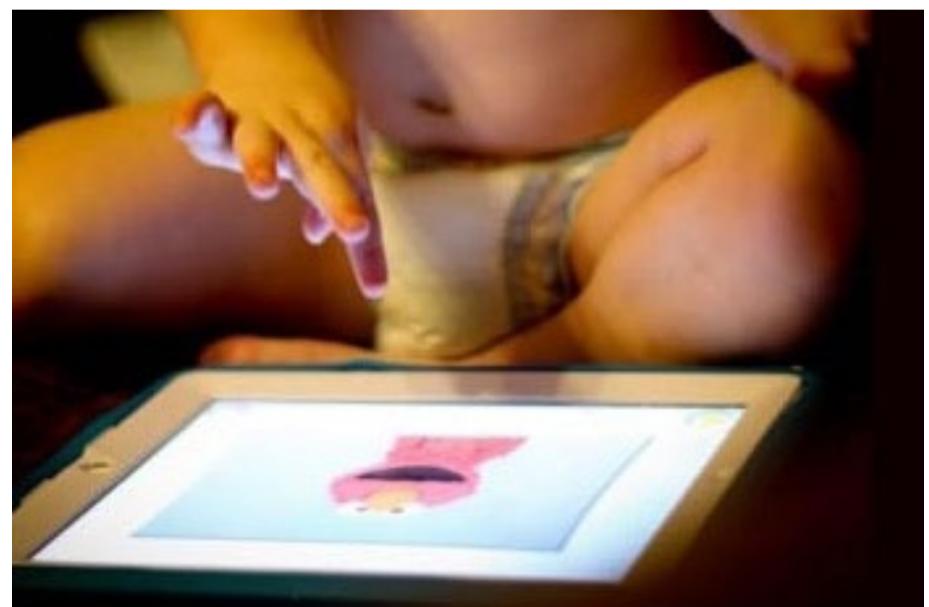
I try to pay attention to technology, even when I don't understand it. 3-D printing is one of those things I don't completely understand, but that will change the world. When I first heard about 3-D printing, I assumed it was a printer that printed a 3-D image. I was so wrong. As most of us now know, 3-D printers can print just about anything! You can print a gun with a 3-D printer, or you can print a replacement part for a space station. They're currently working on printing organs and electronics. For the sake of brevity, let's say it takes 15 years for almost anything

LAST month I went to visit my little brother and his family. My nephew, who just turned one, was keeping me amazed as he played with my computer. There's this really horrible

to be able to be printed. As the technology becomes more efficient, 3-D printers will become more affordable. How long until there is a 3-D printer in most homes?

In the not-so-distant future, I believe most homes in America will have a 3-D printer, just as most homes in America now have a computer. Let's consider how that will change economics of the future, shall we?

It's 2043, and my nephew is now 30 years old. He needs to get a new phone. He checks out the Internet and finds the phone that he wants (hopefully it's not an iPhone). He checks online for the design for the phone he wants, downloads it, and prints out his new phone (as long as he has the proper materials for printing). There's very little waiting, very little cost, and he doesn't even have to leave the house.



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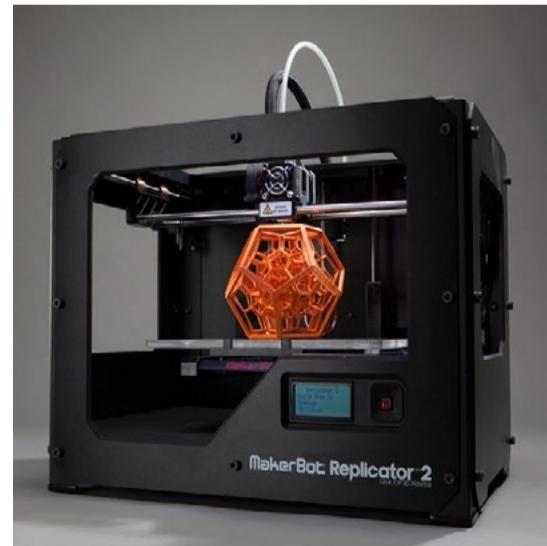
He's planning on going out with his friends and needs awesome shoes to go with that shirt his amazing aunt gave him. He browses online, finds a style and color he likes, downloads the design, and prints them out.

A light bulb burnt out in his bathroom. He prints a new one. His faucet is leaking, so he prints a new one. He got a flat tire, so he prints a new one. He needs a new alarm clock, and prints it. Do you see where this is heading?

I see this as inevitable. There's no reason why we shouldn't be able to print out 95% of what we need. So what will this do to jobs in the future?

There would be no need for a factory where employees put together iPhones, because we can print iPhones. In fact, there will be very little need for any kind of factory. Manufacturing jobs will no longer be available, or will only be available to a few people. Retail stores will change. People may still choose to go to stores, but a majority of stores will most likely be virtual, or

just online. Why have overhead for a physical store, employees, electric, and everything else that goes with it, when you can just have a web-



site? No more riots on Black Friday as people try to get that toy for their kids, instead they buy the design and print it.

I could continue to give examples or how 3-D printing will change the world (especially once we can print organs!) but instead, I'll leave you with this. Think about the advancements in technology you have seen in your lifetime. When I was a child, a smart phone would have seemed like magic to me. It's going to be the same way for small children now. In a few decades they'll take printing a smart phone for granted, and be embracing even more amazing technology. One of these days, we may even have a flying car (fingers crossed)! 

Angel Clark is a liberty-oriented lady, and blogs at SussexCountyAngel.Com. Angel focuses on economics and civil liberties, but you will hear her opinions on plenty of other topics. The Angel Clark Show airs live weekdays on LRN.FM, from 5-7 p.m. Eastern. Angel also has podcasting of her show listed on RadioFreedomUS.Wix.Com/Radio-Freedom.



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The Organic Illusion

By Barbara Peterson

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SLAP a ‘USDA Certified Organic’ label on a product, and viola! It is safe, GMO-free, and healthy, right? If you are comfortable and feel safe believing that, then this article is not for you. However, if you think that somehow trusting the USDA – an agency that has proven time and time again that its sole purpose is to hand the act of producing food over to the hands of multinational agribusiness corporations such as Monsanto – with the truthful labeling of our supposedly ‘organic’ food is foolhardy at best, then read on.

Recently I posted “[GMOs in USDA Organic Food](#)” on Farm Wars. It is getting very little notice. Why? Because nobody wants to hear it. It tears apart the illusion of a ‘safe’ haven for non-GMO food. It attacks the bubble we create for ourselves, thinking that we can simply go to the store and pick up a can of ‘USDA Certified Organic’ food and feel safe. It makes us uncomfortable because it demands that we take responsibility for our food choices instead of relegating

those choices to a government agency whose sole purpose is to subjugate and control. And we go home with our cans and jars and boxes of government-certified phony ‘organic’ food and feel good about ourselves that we made the right choice and have taken a stand for food safety.

QUIT BEING MANIPULATED!

I say to the people who equate food safety to the USDA Organic label: Get up off of your hind ends and do the research! Just because it says USDA Organic does not mean that it has not been adulterated by people whose job is to do just that. If you don’t trust the company who makes the food, then USDA Organic label or not, DO NOT BUY IT!

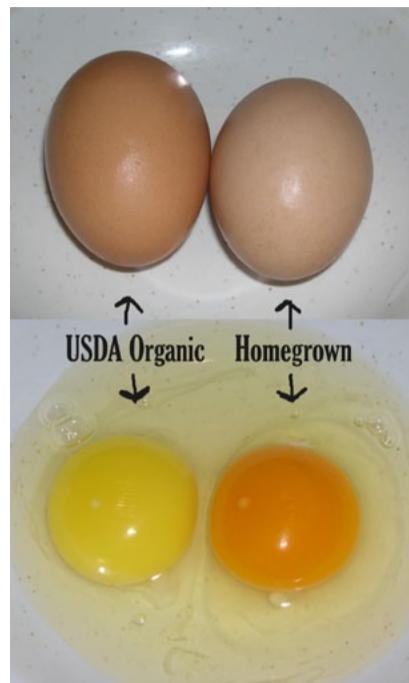
Even Monsanto is getting into the ‘organic’ market by adding [another division to its portfolio](#) in an attempt to take advantage of the growing demand for organic food caused by the backlash that it created by flooding store shelves with its patented genetically engineered pesticide-laden factory ‘foods.’ Monsanto wants to own ALL seeds, including organic, and is working steadily on a monopoly on the creation of every single thing we eat. Would you buy ‘USDA Certified Organic’ made by Monsanto?

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Egg Comparison

Take a good look at this photo in which I compare my non-labeled, non-certified organic homegrown egg yolk with a yolk from one of the ‘USDA Certified Organic’ eggs that I bought at the market. How do



I know mine is organic? The USDA didn’t tell me. I know it is organic because I know what my chickens eat, and I know how they are raised. Mine is the one on the right. The shell is lighter, but the yolk is much darker. A darker yolk indicates a well-rounded diet. My hens free range. The storebought egg is on the left. The shell is darker, but the yolk is a very pale yellow. Why the difference? Just because it is stamped ‘USDA Certified Organic’ doesn’t mean that the hens are getting a well-rounded diet. It simply means that the feed they are getting is labeled ‘USDA Certified Organic,’ and not necessarily nutritious.

To go even further, I cooked both eggs, and put some of the yolk from each one into Rita Bird’s

feeder. To be more than fair and reduce the level of ‘chance’ in the experiment, I put only one piece from my chicken’s egg into



the bowl along with three pieces of the storebought one. Guess which yolk she went after? Yup, she picked through them and found the one homegrown yolk. Now the question is... do we have the sense of a bird when it comes to choosing our food? From the looks of it, I’d say no. Labels do not indicate that a product is healthy, nutritious, or good for us. They simply indicate what the grocery manufacturers in collusion with government agencies want us to know. Everything they don’t want revealed is hidden behind that label. Labeling has turned into something much more than simply letting customers know what it is they are buying. It has been turned and twisted into something that conveys whatever illusion corporations want to display in order to sell more products. This practice is commonly known as ‘marketing,’ and it is perfectly legal. Ethical? No. But since when has the USDA or Monsanto or most any other giant agribusiness ever been concerned with ethics?



Barbara Peterson lives on a small ranch in Oregon, and believes that self-sufficiency and localization of food sources will be necessary to survive the coming depression. To this end, she has put up a website to share information at: <http://farmwars.info> and <http://survivingthemiddle-classcrash.wordpress.com>

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Why We Should Boycott the 2014 NFL Season

By Dave Hodges

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IT is time to boycott this event. Second, this is not the same America as it was on 9/11. Today, far fewer people trust rogue organization

I love the game of football.

However, I love

the founding principles of my country more. This article describes the reasons on why America should withdraw its support, not for football, but the NFL as a whole.

The 2014 Super Bowl has come and gone and there was no false flag attack. The closest the Super Bowl came to having a false flag event was the beat down provided by Seattle as they humiliated the Denver Broncos by a score of 43-8.



There was never going to be a false flag event because there are too many banksters that attend

this event. Second, this is not the same America as it was on 9/11. Today, far fewer people trust the government. Most do not know or understand what is going on. However, if we had another 9/11 attack, millions, and I mean millions of sheep would have put down their bottles of Woolite and would have been screaming "false flag" from every roof top. If something would have gone down at the Super Bowl, the alternative media would have become the dominant media, almost overnight. Even CNN, FOX News and Coast to Coast would have to cover the event at face value if they wanted to stay in business.

I am pleased that there was no loss of life as this is not the manner in which we need to grow our movement. However, we still need to be vigilant because the forces of darkness are indeed putting the pieces of martial law in place. I do not know if we can stop the course we are on. However, there are some things that we could be doing in the short-term. And one of those things we should be doing is boycotting the rogue and exploitative organization we call the National Football League (NFL).

The NFL Price Gouges Every Vendor and Fan They Service

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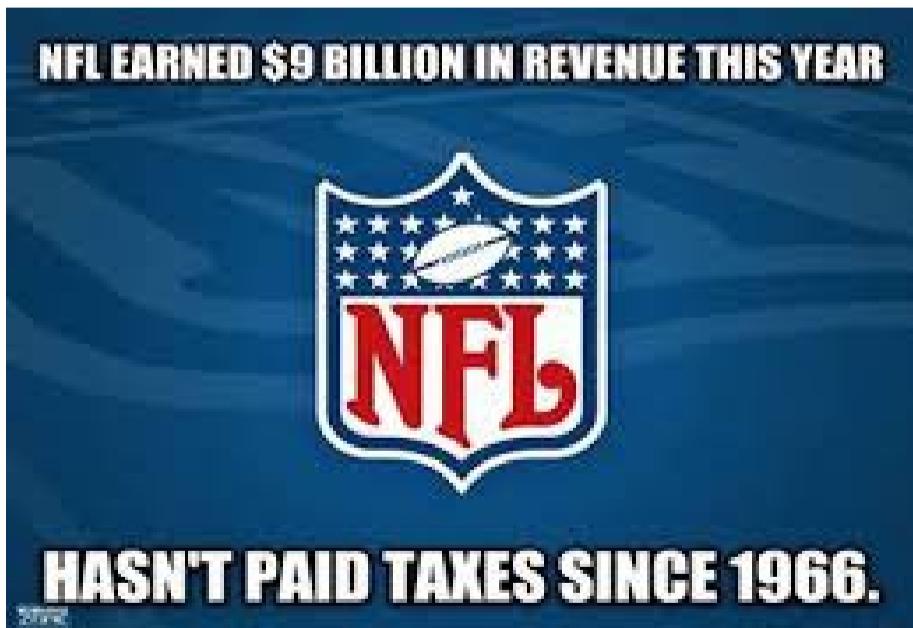
When my wife supervised concessions in the National Football League's (NFL) 1997 Super Bowl, as the Arizona's Operations Manager for McDon-

Did you know that the NFL made \$9 billion dollars last year? Did you know that the NFL is a tax-exempt corporation and paid no tax on their \$9 billion dollars of profit in the 2012-2013 season? What is wrong with this picture? Adding insult to injury, the NFL extorts money from every city that hosts the Super Bowl.

alds, the corporation was charged 30% of all profits by the NFL for the privilege of helping the NFL make money. The corporation lost a lot of money as did all the other participants in the NFL Experience and the Super Bowl, directly.

The NFL owners demand that citizens of various communities put up hundreds of millions of dollars to build monolithic stadiums at taxpayers expense. **Amazingly, the NFL does not pay tax on its revenues!**

Unbelievable: The NFL Is Tax Exempt



I know you are wondering if you read the preceding statement correctly? That is correct!

Hide Your Wallet When the Super Bowl Comes to Town

In the most recent string of NFL violations of the public trust, the NFL is attempting to use local government to control pricing of hotel rooms in and around the University of Phoenix Stadium where the 2015 Super Bowl is being played. Fortunately, for the people of the nearby area in Glendale, AZ., and their Mayor, Jerry Weiers, have told the NFL to go pound sand. Can you believe that the NFL thinks that they have the right to price fix local merchants and the prices that they would charge? Mark it down, on Super Bowl Sunday, the NFL becomes the economic dictators of the host city!

Every time the Super Bowl is played in a city, the residents' wallets get a little lighter with the corporate welfare demanded by the league for the pleasure of helping the NFL make more money.

The last time I attended an NFL game, a 10 ounce beer cost \$10! A dollar an ounce for warm

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stadium beer! And we thought the Rockefellers were being greedy over the price of oil!

Don't Try to Smuggle Your Constitution Inside of An NFL Stadium: The NFL or the TSA, What's the Difference?

What's the difference?



Invasive TSA Security



Invasive NFL Security



TSA Perverted Pat Down



NFL Perverted Pat Down



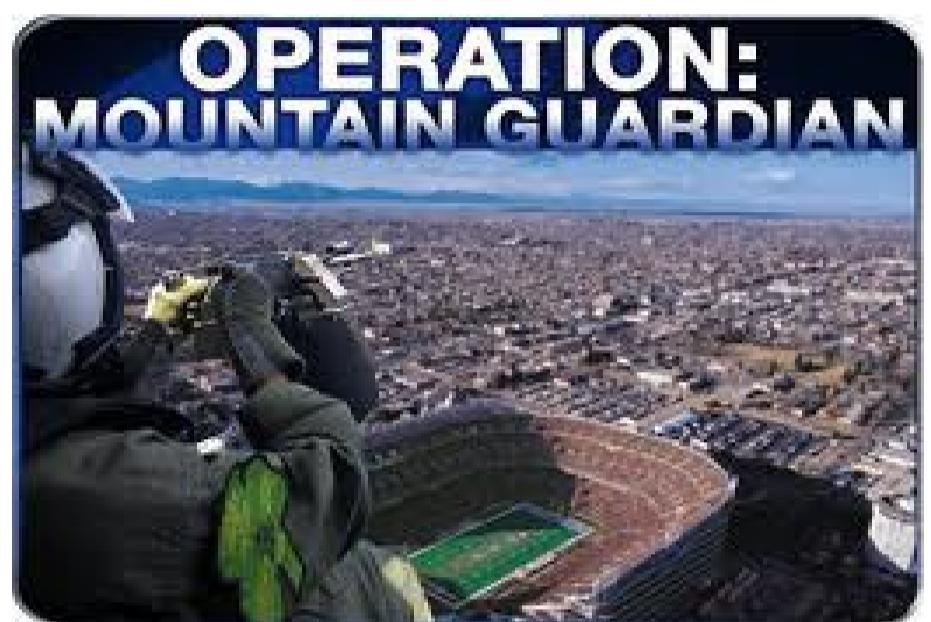
TSA Perverted Pat Down



NFL Perverted Pat Down

Please remember, as I have reported before, this is the same NFL which is participating in the violation of our constitutional liberties through [TSA-type searches](#). When you go to an NFL game, by default, you give up your Fourth Amendment rights.

The NFL An Accomplice to Tyranny



In the commission of a crime, if you drive the getaway car and get caught, are you going to jail? You are darn right you are going to jail. Shouldn't we expect the same of a sports league in which select owners thinks it is OK to aid and abet in the act of kidnapping a child from his or her elementary school.

In Operation Mountain Guardian, we should remember, that this is the same NFL that allowed FEMA to bring school children to the Denver Broncos Sports Authority Field after they were illegally removed from their elementary schools without parental notification or permission. To date, there has been no apology or explanation given. The same thing took place at the New York Giants Stadium as well.

Why would anyone support such an organization?

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The NFL Backs Gun Confiscation



Who will ever forget the Bob Costas rant at an NFL game last year when he called for gun confiscation. The peo-

"Give up your guns" people who overpay for the game tickets are not paying to hear the NFL tell everyone that they should give up their guns. Does anyone think it is an accident that the NFL is cooperating to allow their venues to be used as detention centers in times of national emergency?



It Is Time To Boycott the NFL

If we do not put an end to this tyranny by withdrawing our support of the organizations which allows these abuses to perpetrated upon the public, we are in danger of losing free access to all private and public facilities. How long will it be until this in-

sanity carries over to us being groped before we can enter a mall? Or a church? Or a movie theater? Or a bar?

How does one go about boycotting the NFL? Pretty much the same way that one would boycott anything.

1. Not that it will do any good, but write to your Congressman demanding that the tax exemption for the NFL is revoked.
2. Press your State Legislators to pass laws forbidding the use of tax payer money to support corporate welfare for the NFL. The billionaire owners can build their own stadiums.
3. Write to all advertisers of NFL televised games and tell them that you will not buy their products as long as they advertise at NFL games.
4. Obviously, everyone should refuse to buy a ticket to an NFL game.
5. Do not buy NFL merchandise

I played high school football and coached at the high school level before moving on to coach college basketball. I love football. It is a brutal game played by tough men. I learned a lot about life and discipline from my football coaches. If

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you are like me, you do not have to get your football fix from the NFL. Go to a high school game where the competition is genuine and the love of the game is why the athletes play.

Conclusion

The only reason that American forces attacked Guadalcanal in the dark days of 1942 during WWII, was because America needed a victory, any victory. Boycotting the NFL can serve the same purpose.

The forces of the NWO are so omnipresent, so powerful that the general public is unable to gain any traction against this tyranny. However, this is a battle we can win. Nobody can force you to go to a NFL football game. Nobody can force you to purchase NFL products. This is what we should have done after the TSA began to sexually assault Americans, refuse to fly. If the American public stood down in the face of tyranny, the airlines and the NFL would go broke and their screams would have been heard

all the way to the halls of Congress. 



We can accomplish this

The Acronym NFL Should Soon Come to Mean Not For Long

Dave Hedges is an award winning psychology, statistics and research professor, a mental health counselor, a political activist and writer who has published dozens of editorials and articles in several publications such as Freedoms Phoenix, News With Views and The Arizona Republic. Dave is the host of [The Common Sense Show](#), which provides Americans with the tools necessary to reclaim both our individual and national sovereignty.

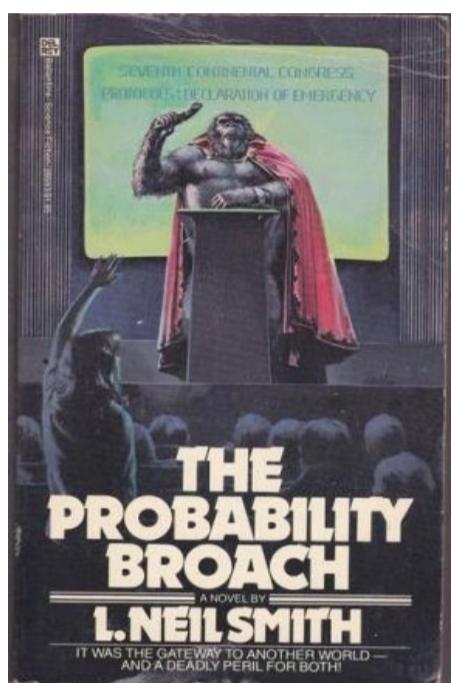


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The Probability Broach written by L. Neil Smith

Book Review by Gregg Tivnan

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THE Probability Broach by L. Neil Smith is the finest book on Liberty written.

Here is a classic fish out of water (without his bicycle) story about an "honest" cop plunked down in

a free society trying to catch bad guys. "Honest cops" were a possibility in 1980. The book opens with a Denver detective in the near future telling you his story, much as Philip Marlowe did in the great books by Raymond Chandler. This cop, Win Bear, sticks his nose in to a Federal Security Police murder and finds trouble. The Federal Security Police were a radical idea in 1980 when L. Neil wrote the book, but are rather tame by today's militarized badged murderers in America 2014. You go along for a great ride, sharing the discoveries as Win does, and learn about the free world as Win does.

The book does not get "preachy", just great people you would like to know living their lives and explaining to a stranger in a strange land how to behave. I do not want to tell you more of the plot, because the story is too good to waste,

and you can only read it for the first time, once. My life is divided into 2 sections. Before I read the Probability Broach and after I read the Probability Broach. After I read the Probability Broach in 1994, I saw how all human interaction could and should be decent, honest and moral. What was even better, it was told in a really entertaining way. I can think of no better book to introduce freedom to anyone.

In 1988 I read Atlas Shrugged for the first time and discovered I was not alone. I was not the only one. I was not wrong. I was not evil due to my deeply held beliefs and morals. Atlas Shrugged showed me I was not the only one to think my way and it pointed out brilliantly much that was wrong in America. I now knew most of the problem, but not how to make it right. I knew I did not want to live in the Reagan-Bush America, but I did not know any decent alternative.



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Book Review by Gregg Tivnan**

Anarcho-Capitalism, libertarianism is called impractical for the real world by both the ignorant and the evil. Ayn Rand herself stated that Justice should be a State function. That's right, Saint Ayn believed that the same people who brought you Obama-RomneyCare, The NSA, Auschwitz, and the City of Detroit should run the courts and be the judges. That slavery (compelled legal participation and testimony) was necessary and moral when the state deemed it so. Ayn Rand was wrong. L. Neil never, never fell for crap like that. He shows in his book how all functions of a society can and should work. He shows how a free society should act when under the gravest peril.

"A city so nice they named it twice"? How about a book so good I have purchased more than 60 copies? The Probability Broach by L. Neil Smith is that good. Better even. I read it for the first time 14 years after its publication. The cover was worn out and pages falling out. Someone had read this book to death. I still have and

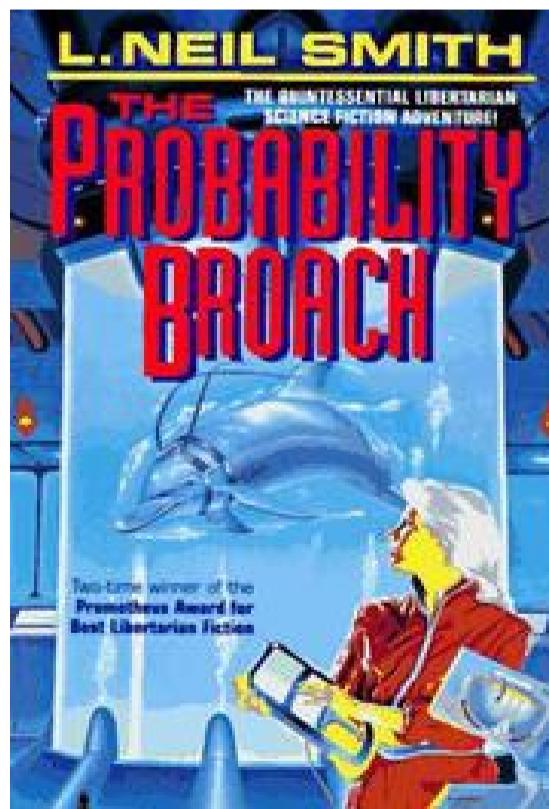
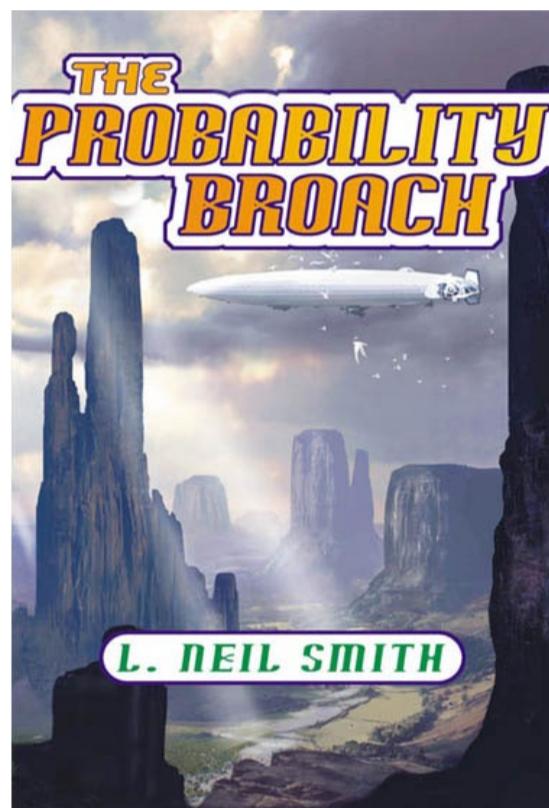
treasure that same ratty old copy, now signed by the author. I used to haunt used bookstores, hunting for copies of a book with a Gorilla on the cover. When it was reprinted in 1996 I bought 50 copies at



L. Neil Smith

one pop. I give it as gifts to people and am now down to just a few copies. 🌸

The Many Covers of the Probability Broach



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The Cold Civil War

By Bill Buppert

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“YOU only have power over people so long as you don’t take everything away from them. But when you’ve robbed a man of everything, he’s no longer in your power – he’s free again.”

- Aleksandr Solzhenitsyn

All the conditions for civil war in the United States are coming to a boil. Many revisionist observers of the American Cold War period are discovering that it was simply a continuation of the war on the world the US has been waging since 1893 after the bloody conclusion of the genocidal campaigns against American aborigines in the nineteenth century and the brief interregnum to consolidate the Federal monopoly stranglehold from 1861-65 when Lincoln nobly swam in oceans of blood to prevent the country from *abandoning* slavery. The Grand Old Politburo did not free the black man so much as switch out the manacles so he could join his white Helots on the national plantation.

The recipe for upheaval is peppering the country.

A large part of the population has, through voting, made it crystal clear that an entitlement culture is not only desired but imperative to providing for all aspects of living. Hence, democracy in America has become a circus and a spoils system in which the candidates compete to see who can advance Mencken’s characterization of all voting as an “advance auction on stolen goods”.

The post WWII warfare-welfare state has metastasized at the Federal level and unmasked itself since 9/11 to be an unbridled and unapologetic gangster state that takes whatever it wants and demands total transparency of the taxed citizenry while playing the national security state card to shroud itself in obfuscation, deceit and misdirection at every turn.

The behavior of cops in the last generation has been the primary marker of the shift in attitude of the state in its relationship with its charges in the land of the free and the home of the brave. Not only has militarization been the harbinger of the worst behavior of police in history in the country but the evil triumvirate of police unions, qualified immunity and the *de facto* Federalization of all 19,000 police departments polluting

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the American landscape is quickly bringing the entire sorry enterprise to a head and a boil.

Cops are not only becoming increasingly brutal and absurd in their techniques but seem to have an active disregard for the very welfare of the citizens whose wallets are pinched to pay their inflated salaries and watch their waistlines blossom to unhealthy proportions. If the Ukrainian protests had occurred here in the US, the American constabulary would have gone to gun immediately and left hundreds if not thousands of protesters maimed and killed. The police attitude cannot be disputed: they will go home at the end of their shift no matter the cost in lives or taxpayer money because that is the perverse incentive of government and in their case, an inherent result of the curious blend of cowardice and bullying psychopathy that seems to be the ideal mix for statist cops. Even the alleged Oathkeepers will do the worst for the state unless the entire history of the [Serpico](#) cop is simply understated or unreported.

There are no good cops and they will be the vanguard of the coming hot civil war in America. It seems ironic that the former communist coun-



tries like the [Ukraine](#) would have a police force that practices a far larger restraint in dealing with its

minions than the vaunted city on a hill in North America.

The economic ills are legion throughout the country: an acknowledged national debt impossible to repay, non-funded liabilities and promises at the federal and state levels that may exceed GDP by dozens times over, the cavalier printing of money to make counterfeiting look legitimate by comparison and usurious combined tax levies that would have made King George III blanch in professional embarrassment.

A Federal [corporate tax rate](#) that started at one percent in 1909, ballooned to 52% in 1968 and has settled to a monstrous 35% making it one of the highest tax rates of its type on Earth yet it only ultimately affects the consumer since it increases the price of goods and services in the heavily regulated above-ground economy. A combined tax burden on Americans that probably exceeds 70% when all is said and done. One does not work until April to pay off the tax-man, you never stop.

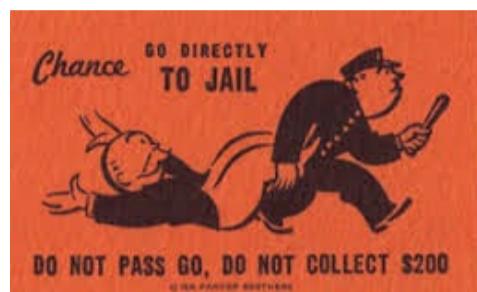
Some have observed that the best capitalists suffer under the worst capitalist conditions in North America and Europe and that the reverse is true through most of the rest of the world. One learns that in the rest of the world outside the “developed” nations, you can keep far more of what you earn and they have as of yet to develop the sophisticated “theft accountancy” competence

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of the West in which the tax paying drones are nothing more than cattle managed on a feedlot known as a country.

One could go on and on cataloguing the horrors of the modern nation state and the US in particular but many more competent scribblers and pundits have opined on the waning of the West and the ultimate fate of the unfortunate passport holders and residents of these burgeoning prison-states. The term may be jarring but there is a prosecutor in every burg across the fruited plain with a huge arsenal at his disposal to put anyone away for a very long time in the self-serving legal system cutely posing as justice in America.



History rhymes and does not repeat itself but every country in human history has suffered paroxysms of upheaval and conflict that has changed its national destiny and sent it to the graveyard, in particular large empires that could no longer sustain their tyrannical behavior overseas and simply brought it home as a natural reaction to its daily behavior.

The US is quickly rocketing to a number of critical decision points in which the very existence of the national government is in jeopardy if it cannot consolidate its stranglehold on every aspect of the citizenry's behavior hence the Snowden confirmation of a total absorption of every elec-

tronic transaction amid a sea of other damning affirmations of tyrannical behavior on the part of the imperial rulers in DC. The cold civil war is the one-way conflict raging in America by the Federal government on the whole of the citizenry. As I mentioned before, simply put all the components together of what the US government does on a daily basis from the wildly barbaric daily behavior of cops to a monolithic bipolar need for a transparent citizenry and a shrouded intelligence and national security leviathan that works in the shadows to consolidate power always at the expense of individual liberty and freedom. Everything in between from economic malpractice with the Keystone Keynesians to the barely veiled desire to nationalize "health care" to the notion that national security trumps everything to the point where one forgets what, in essence, is being protected at all besides the religious admonitions to maintaining the power of the central government.

The hot civil war will be triggered by a number of unforeseen and seminal events that will be much more Black Swan in character than predictable. The Federal government is blind to the second and third order effects of its policies as evidenced by the vast economic illiteracy posing as policy and the increasingly brutal treatment and response of the most mundane infractions by its Praetorians. The history of irregular warfare is chock-full of legions of examples of smaller and more adaptive resistance move-

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ments outpacing and defeating larger and better-equipped foes.

Once you grok Solzhenitsyn's quote at the beginning you start to understand the vast miscalculation in store for the mandarins in DC once the end-game is approached. This is Bush's fourth term and the current occupant is simply following in the long train of abuses that is the fire and substance of all Presidents since the beginning. The Federal government mission statement can be summed up in one pithy phrase: to pursue and defend central government supremacy wherever it may be found and to institute it where it is absent (to characterize bureaucratic behavior simply substitute the word mediocrity for government).

This will be its undoing and when the eventual break-up of the country happens, future historians will bicker for decades on correlation and cause to trace the beginnings. Many sober historians will look at the years 1791, 1865 and 1893 and others will suggest dates in the twentieth

century but in the end it does not matter.

The dates on the tombstone once the US enters the dustbin of history with all the other failed attempts at Homo Sovieticus will not be as important as the events that comprise the dash. I have had to bleach my brain of all the incredible agitprop and disinformation posing as education in America from K-12 and on to the mind laundries in university and the conclusion is inescapable, the story of America is quite simply the narrative of a country drunk on the path to government supremacy over every aspect of human behavior and a willingness to export violence planet-wide to control everyone else.

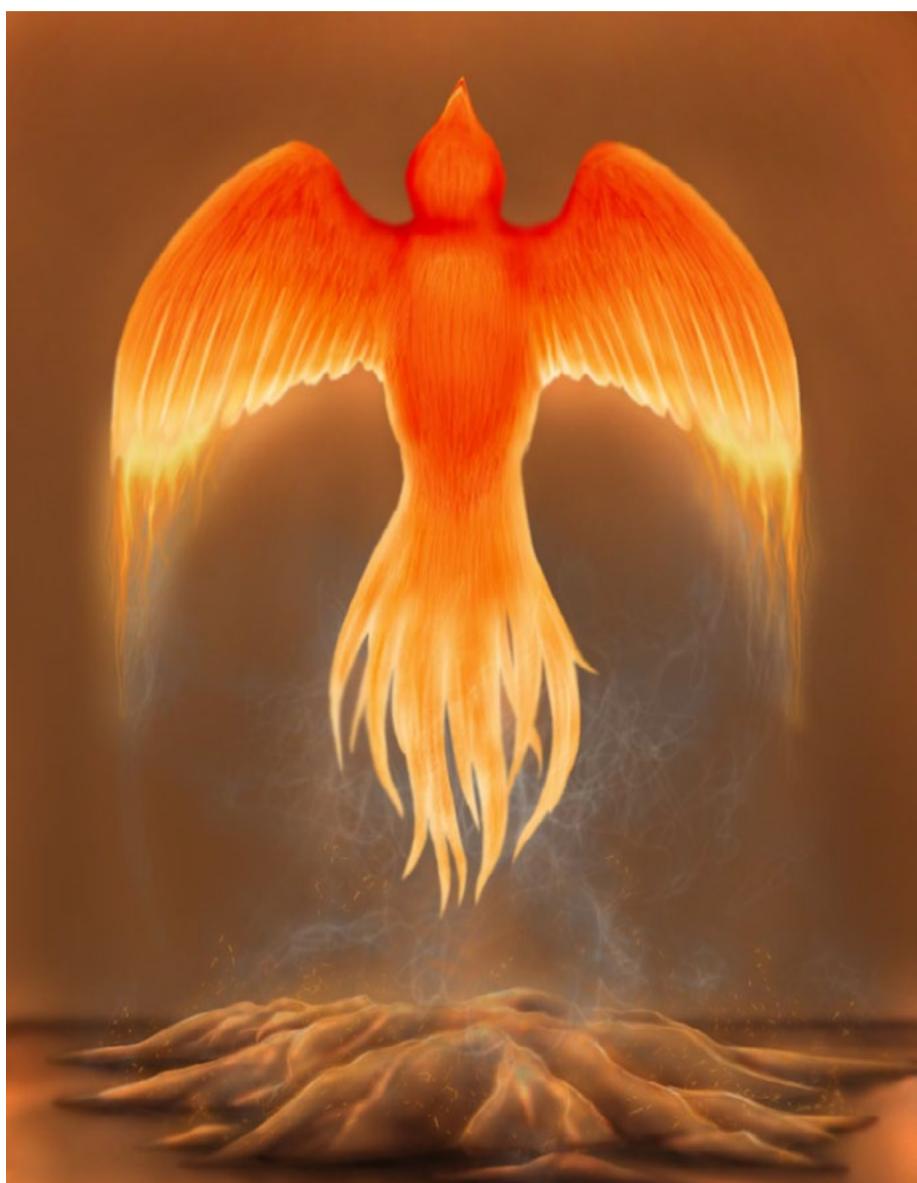
So, in the end, the Cold Civil War, will go hot. Unlike the unpleasantness in 1861-65 in which a part of the nation calved off to divorce itself from the body politic it no longer felt a part, the next civil war will be more genuine in the nature of the civil wars one has come to know in Ireland, Spain, Iraq and Afghanistan but it will be more characteristic of the behavior of the USSR and Nazi Germany in its treatment of the combatants and non-combatants alike once the Feds get the butchery started.

The Federal government will practice a scorched earth policy because it will be fighting for its very existence and the gloves will be off which will greatly benefit the swelling of the resistance ranks as it discovers, like its behavior around

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the world since 1893, that it cannot maim and kill women and children fast enough to keep the men from filling the warrior ranks to fight the beast.

The good news is that the US has a number of flaws and errors in the military realm if it attempts to prosecute internal military campaigns against secessionist or insurrectionist elements and movements. [Strategic Deficit Disorder](#) and the [absolute inability to conduct successful counterinsurgency](#) campaigns anywhere on Earth. The vaunted American military machine is a paper tiger absent sufficient technology. One merely has to look at the trillions wasted in

Afghanistan where the Green Zone is still not a safe place to tread without full kit and weapons in the capital city.

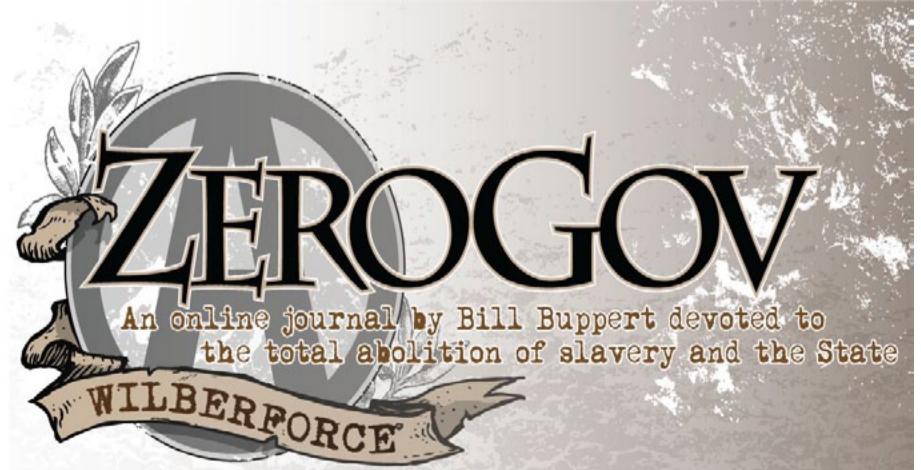
There is a storm on the horizon and the government will push until every American will be in the hazard with very stark choices indeed.

Think. Train. Resist. Fight. 



Bill Buppert is the Publisher of the website [ZeroGov.Com](#), which is dedicated to the total abolition of slavery and the state.

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What are Essential Oils?

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THE term “essential oil” is a contraction of the original “quintessential oil.” This stems from the Aristotelian idea that matter is composed of four elements, namely, fire, air, earth, and water. The fifth element, or quintessence, was then considered to be spirit or life force. Distillation and evaporation were thought to be processes of removing the spirit from the plant and this is also reflected in our language since the term “spirits” is used to describe distilled alcoholic beverages such as brandy, whiskey, and eau de vie. The last of these again shows reference to the concept of removing the life force from the plant. Nowadays, of course, we know that, far from being spirit, essential oils are physical in nature and composed of complex mixtures of chemicals.¹

Read about the importance of [The Quality of Essential Oils](#)

The International Organization for Standardization (ISO) in their Vocabulary of Natural Materials (ISO/DIS9235.2) defines an essential oil as a product made by distillation with either water or steam or by mechanical processing of citrus rinds or by dry distillation of natural materials. Following the distillation, the essential oil is physically separated from the water phase.

According to Dr. Brian Lawrence “for an essential oil to be a true essential oil, it must be isolated by physical means only. The physical methods used are distillation (steam, steam/water and water) or expression (also known as cold pressing, a unique feature for citrus peel oils). There is one other method of oil isolation specific to a very limited number of essential oil plants. This is a maceration/distillation. In the process, the plant material is macerated in warm water to release the enzyme-bound essential oil. Examples of oils produced by maceration are onion, garlic, wintergreen, bitter almond, etc.”²



NAHA explores different methods of extracting essential oils [here](#).

For now, let's explore the biological role of essential oils within aromatic and medicinal plants.

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The Biological Role Of Essential Oils Within Plants

While essential oils are in the plant, they are constantly changing their chemical composition, helping the plant to adapt to the ever-changing internal and external environment. Recent scientific research has shown that plants produce essential oils for a variety of purposes including:

To attract pollinators and dispersal agents

Insects have been pollinating flowers for over 200 million years. Insects, like humans, are attracted to specific plants for one of three possible reasons: its aroma, its color, or its morphology or physical structure. Scent appears to be more ancient than flower color as an attractant to insects.³ Various insects, including bees, butterflies, and even beetles, are known to be attracted by the aroma of a plant.⁴

To play a role in allelopathy, a type of plant-to-plant competition

Allelopathy occurs when a plant releases chemicals to prevent competing vegetation from growing within its area or zone. An often-cited example is in southern California, home to the dominant shrubs *Salvia leucophylla* (sage bush) and *Artemisia californica* (a type of sage). Both species release allelopathic terpenoids, eucalyptol and camphor, into the surrounding area, which effectively prevents other plant species from growing around them. This is allelopathy.

Chemicals that deter competing growth (terpenes, for example) are referred to as **allelochemicals**.

To serve as defense compounds against insects and other animals

Plants, like other living things, need to protect themselves from various types of predators. Plants use terpenoid compounds to deter insects and other animals from approaching them. Shawe pointed out that “insects are very rarely found on peppermint plants and the presence of linalol in the peel of citrus fruits confers resistance to attack by the Caribbean fruit fly.”⁵ The Douglas fir tree releases a complex mixture of volatile oils, or terpenes, from their needles to defend against the spruce budworm. Even more fascinating is that the Douglas fir trees “will vary the composition and production of terpenes each year thus decreasing the ability of the budworm to develop widespread immunity to specific compounds.⁶

To protect the plant by their antifungal and antibacterial nature

Resins and complex combinations of terpenes are released by some plants and trees, such as evergreens, to act as antimicrobial, antifungal, and antibacterial agents against a wide range of organisms that may threaten the survival of the plants. Compounds such as sesquiterpene lactones found in plants such as feverfew, yarrow, and blessed thistle, have been found to play a

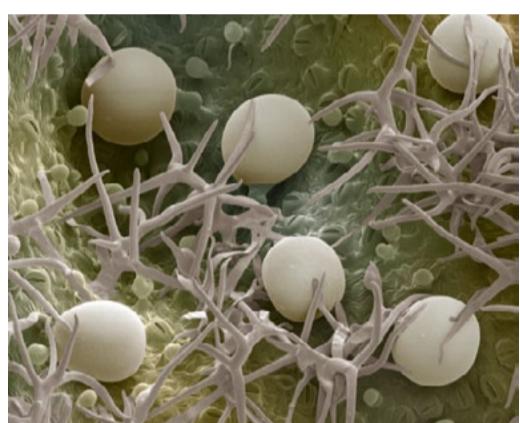
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strong antimicrobial role as well as a protective role from herbivores.

The Storage Of Essential Oil Within The Plant

Plants store essential oils either in **external secretory structures**, which are found on the surface of the plant, or **internal secretory structures**, which are found inside the plant material. Usually with plants having external secretory structure, you just have to lightly touch them and you will notice an aroma imparted to your skin. With plants having internal secretory structures, you may need to break the leaf or seed in order to get to the aroma/essential oil.



External Secretory Structures



Glandular trichomes
External secretory structures in plants are called **glandular trichomes**.

They can be found on the surface of the plant (such as herbaceous leaves) and are thought to be responsible for the production of chemicals that deter or attract pests or pollinators. Glandu-

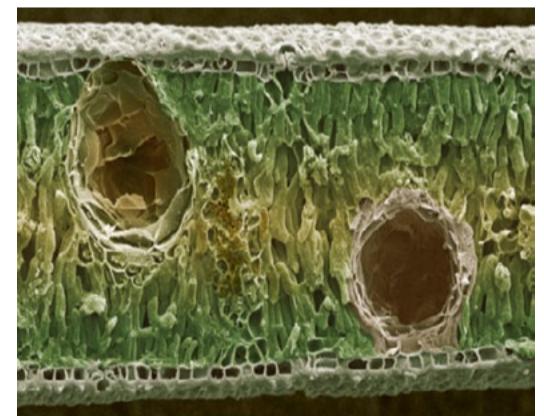
lar trichomes are most commonly found in the Lamiaceae (syn. Labiateae) family. The oil storage capacity varies from species to species and also between trichomes. Biochemical experiments have shown that these volatile oils are synthesized by highly refined enzyme reactions taking place within the plant.

Common essential oils that have glandular trichomes: Basil, Lavender, Marjoram, Melissa, Oregano, Peppermint, Rosemary, and Spearmint

Internal Secretory Structures

Secretory cavities and ducts

Secretory cavities and ducts consist of large, intercellular spaces that are formed either by the separation of the walls of neighboring cells, or by the disintegration of cells.⁷ Cavities occur as spherical spaces and are most commonly found in the Myrtaceae and Rutaceae families. Ducts are more elongated spaces and are most commonly seen in the Asteraceae (syn. Compositae), Pinaceae, Apiaceae (syn. Umbelliferae), and Coniferae families.



Common essential oils with secretory cavities:

Citrus oils: Bergamot, Grapefruit, Lemon, Lime,

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Orange, and Tangerine; Eucalyptus species; Clove bud; and Resin trees: Benzoin, Frankincense, and Myrrh

Common essential oils with secretory ducts: Angelica, Caraway, Carrot seed, Dill, Fennel, Fir, Cedar, Pine, Spruce, Juniper, and Cypress

Essential oil cells

Essential oil cells are found within the plant tissue and are unique from other cells in content and size. They can often be found throughout the plant and are most commonly seen in the Lauraceae, Piperaceae, Gramineae, and Zingiberaceae families.

Common essential oils with cells: Bay Laurel, Black pepper, Cardamom, Cinnamon, Citronella, Ginger, Lemongrass, Nutmeg, Palmarosa, and Patchouli



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Homemade Refrigerator Dill Pickles

By Donna Hancock

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YOU will find that making your own pickles is easy, quick, and tastier than any store-bought pickles. Homemade refrigerator pickles are crispy, you can tweak the recipe to your liking, and they make a great snack whenever you feel like having something with a little kick.

I have been making homemade pickles for a couple of years now, and have modified the original recipe to my taste. You can make them a little spicier by adding dried red peppers, a little more or less tart depending on the amount of vinegar and salt you put in the brine, you could add natural sugar to make them sweet, and you can also grind them up to make relish. There is no canning process used with refrigerator pickles - once you are done mixing everything together and putting it in the jar, all you have to do is put them in the fridge. They will be ready to eat in a few days and will last up to a month in the fridge, and after you eat all the pickles, you can use the pickle juice/brine as a marinade for

steak or chicken, so nothing is really wasted. So many different things you can do. You can find the smaller pickles used for pickling at any grocery store, or better yet, grow your own. A word about salts. In many pickle recipes, it will call for Kosher or Canning/Pickling Salt. Kosher salt is coarser than canning/pickling salt and some brands contain an anti-caking agent (yellow prussiate of soda) but unlike the anti-caking additive in table salt, it doesn't cloud pickling liquids. Canning/Pickling salt is similar to table salt, but lacks the iodine and anti-caking additives that turn pickles dark and the pickling liquid cloudy. Pickles made with table salt would still be good to eat, but they wouldn't look as appetizing.

Here is the recipe I use to make Refrigerator Dill Pickles:

- 1 Bunch Fresh Dill
- 4-5 Cloves Garlic
- Mini Cucumbers (about 9 will fit in a 1.5 quart canning jar)
- 3 TBSP Pickling Spice
- 1 tsp Italian Spices
- 3 Cups Water
- 6 TBSP White Vinegar
- 3 TBSP Canning/Pickling Salt

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Continued from Page 48 - Homemade Refrigerator Dill Pickles



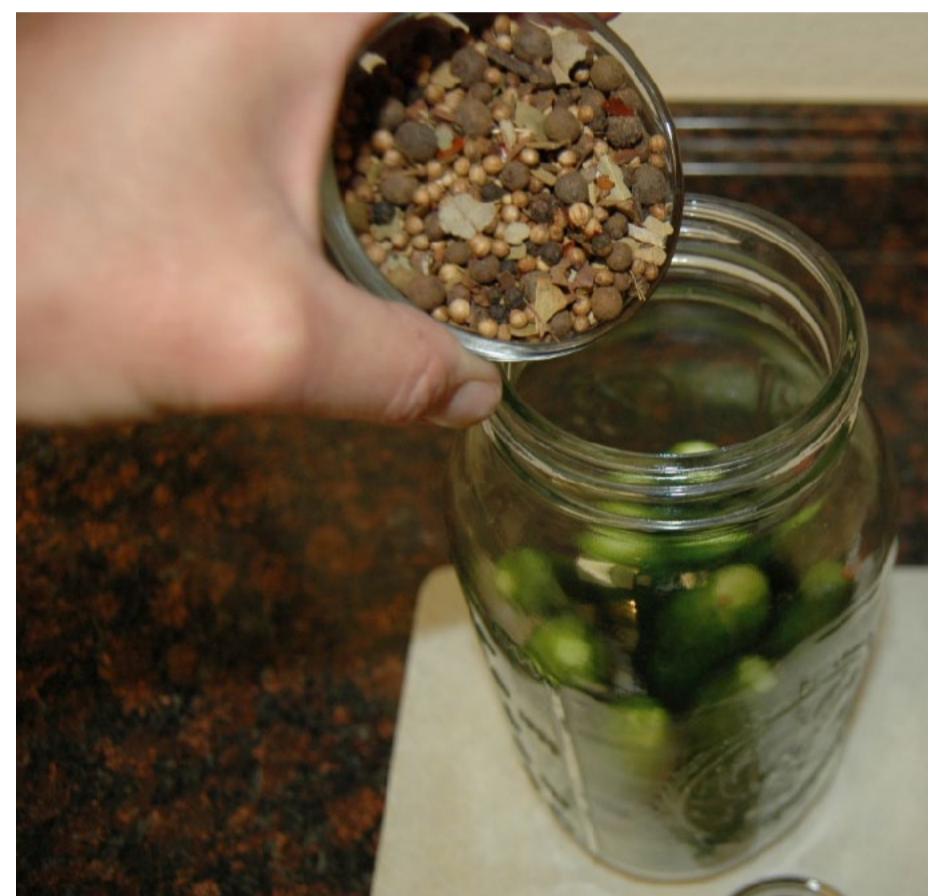
Ingredients



Wash pickles thoroughly and place in clean glass jar (could be a large canning jar, or a pickle jar that was used for store-bought pickles):



You can put the pickles in whole, cut them up into long spears, or slice them). Pour in your spices, and place the fresh dill in the jar over the pickles:



Mix water, vinegar, and salt in a pitcher, stirring briskly until all the salt is dissolved. This only



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Continued from Page 49 - Homemade Refrigerator Dill Pickles

takes a minute or two. (If you want, you can heat the water and pour in the salt so it will dissolve, but then you have to cool it down before pouring in your vinegar). This makes the 'brine' (which is salty solution).

Pour the brine over the pickles, place a lid on the jar (you may want to shake the jar a few times to distribute the spices) and put in the fridge. The pickles will be ready to eat in a few days. The longer they sit, the more flavor they soak up from the spices.



Enjoy!

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Publisher's Backpage

By Ernest Hancock

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AQUADOME PICTURES

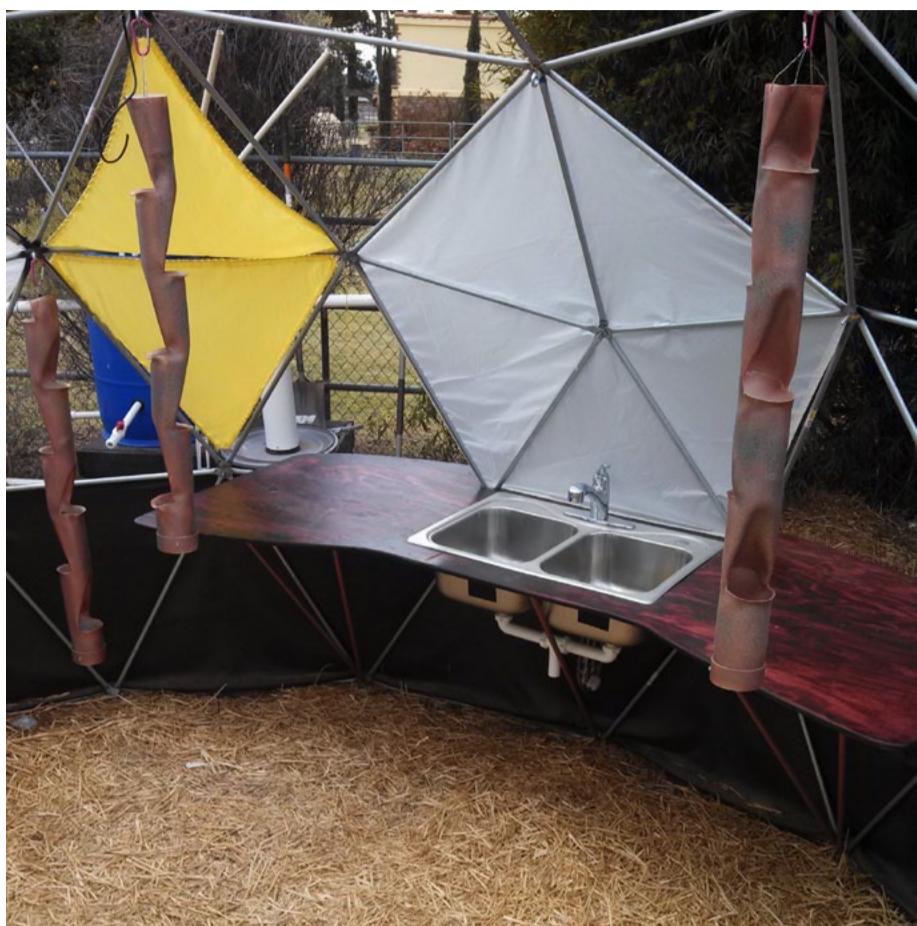
Update February 2014:

Of a total of almost 200 spaces to plant so far, one third of the spaces have plants



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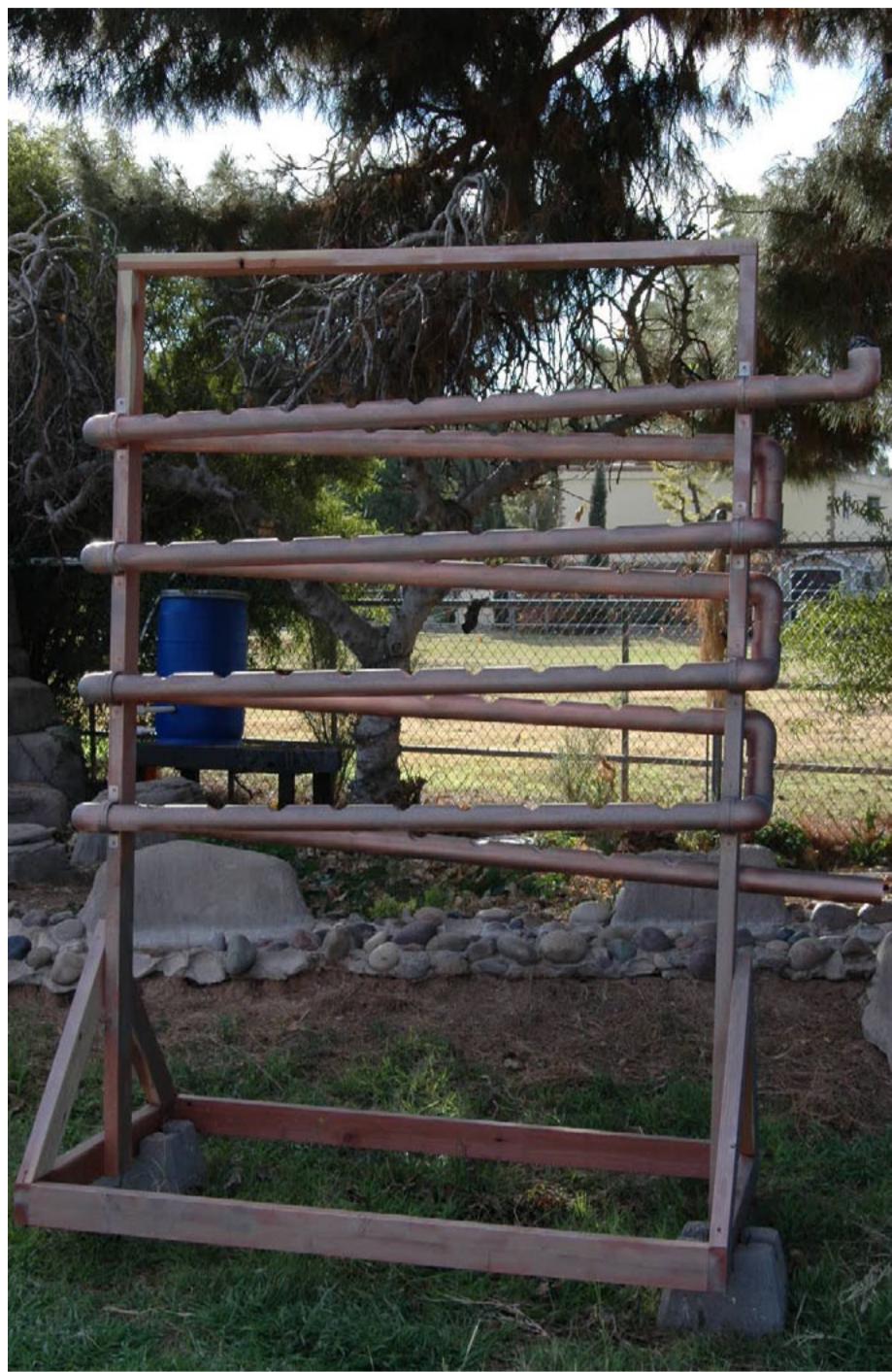
Although the water looks green when looking at the pond from the side (as in the above picture), the water is actually very clear (as in picture below taken from the top of the pond):



**grow
your own
organic garden**

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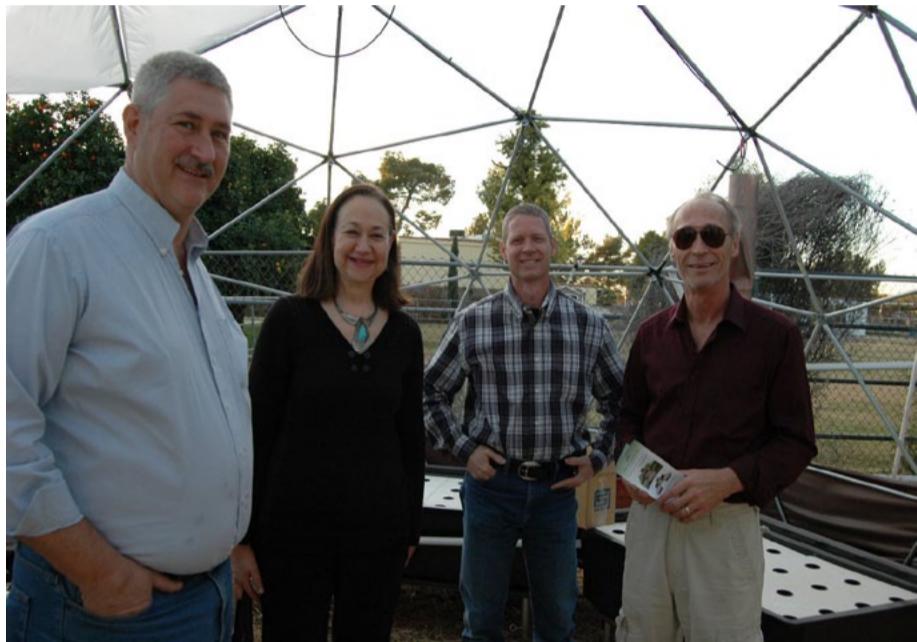
After only being in the grow beds for 5 days, broccoli started to grow!



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Karen Hudes (World Bank Whistleblower) stopped by for dinner while she was in town. Pictured below are left to right Michael Crosswhite, Karen Hudes, Chad Hudspeth (Endless Food Systems) and Barry Hess:



Donna Hancock and Karen Hudes making fresh homemade pasta:



The following are some pictures of the preparation of the location for the Aquadome, and the construction of the domes and growbeds. Many activists helped in this project (Thank You!)...

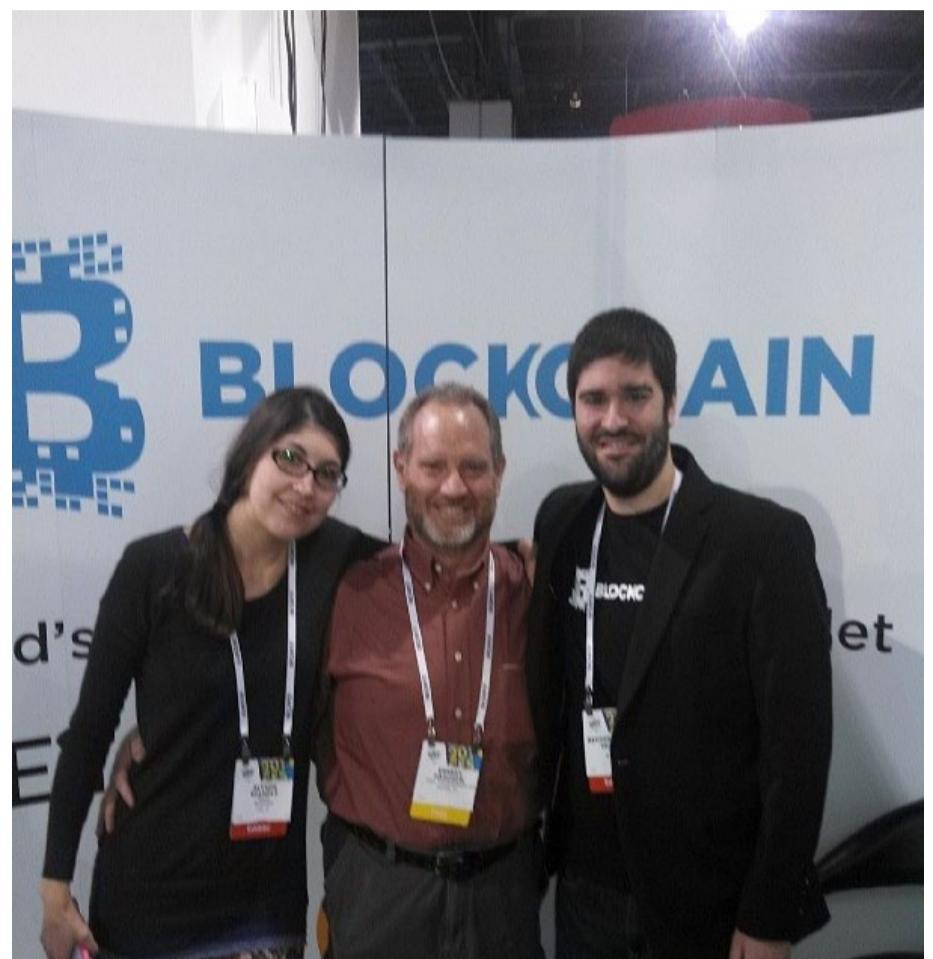


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Ernest at the Consumer Electronics Show in Las Vegas - January, 2014:



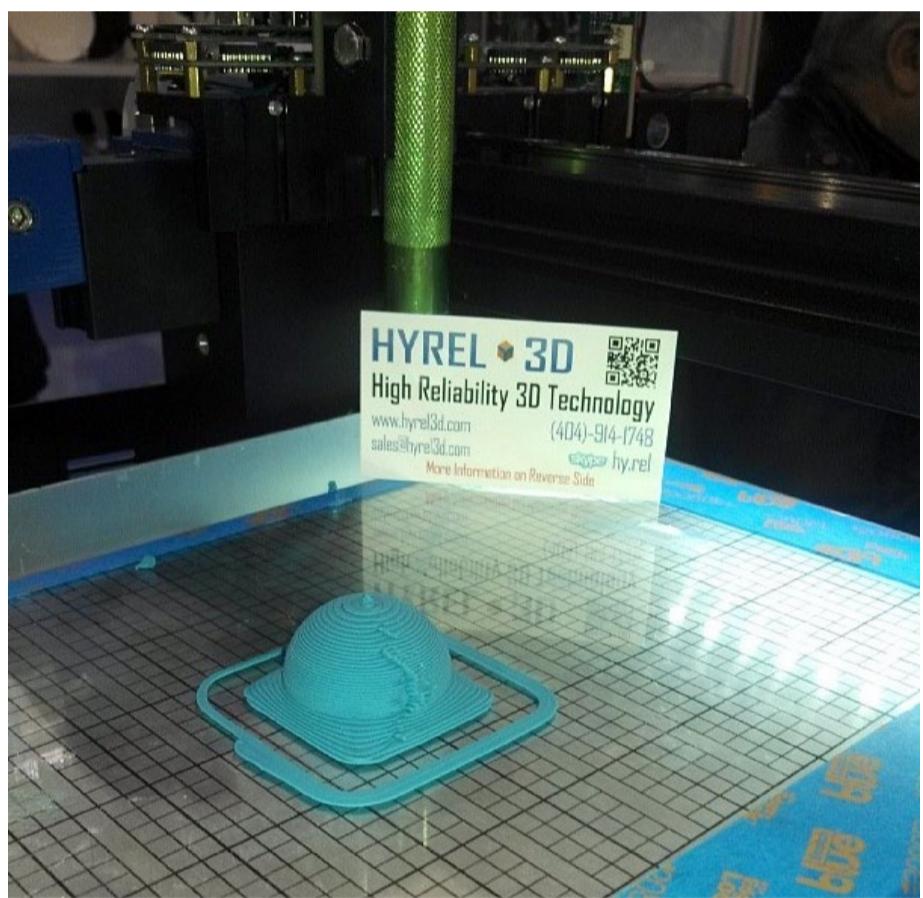
Alyson and Mandrik representing Blockchain



TREWGrip is a handheld "rear-type" keyboard and air mouse for your mobile technology

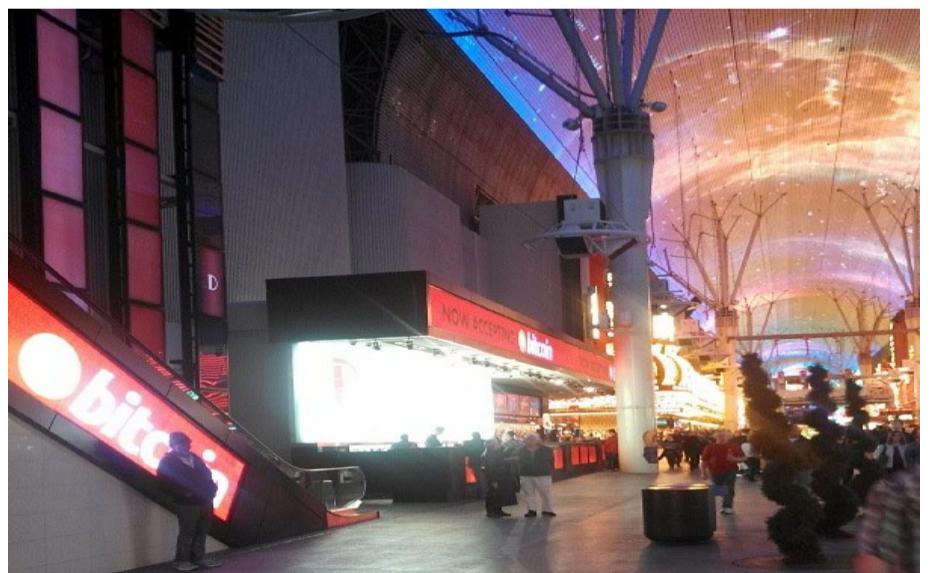
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Ernie's Big Wheel for downhill drifting by Local Motors

Bitcoin at Passport to Freedom Event in Las Vegas, NV January 2014:



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Arizona Breakfast Club Meetings for 2014:

February 4th, 2014 - **Patrick Wood** (Trilateral Commission; Powerpoint Presentation on Trans-humanism and Technocracy) - **Jeff Greenspan** (Former Regional Coordinator for Ron Paul's 2008 and 2012 Campaigns) will provide an update on the Internal Arizona Republican Party Politics for 2014) - **Matt Papke** ([FreeTempe.Com](#)) is an Arizona native and longtime resident of Tempe who has been involved in his community at many levels.

January 4th, 2014 - **Dave Hodges** ([The Common Sense Show](#)) and will feature topics from the Canamex Super Highway, North American Union, Economy in 2014, Obamacare & your kids, Martial law preparations by Obama administration.



Dave Hodges on the Declare Your Independence with Ernest Hancock radio show 12-24-13:



**PEACE,
Ernie**