

FREEDOM'S *Phoenix*



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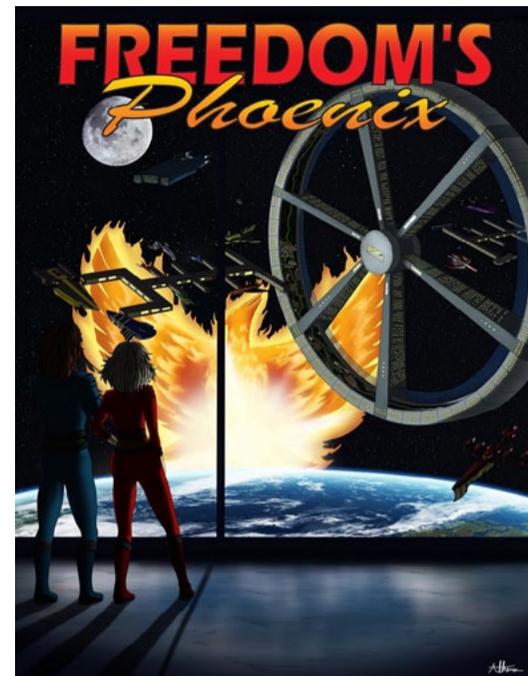
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Freedom's Phoenix Digital Magazine Viewing Tips

By Nick Barnett

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Liberty Is What You Do

By Jeffrey Tucker

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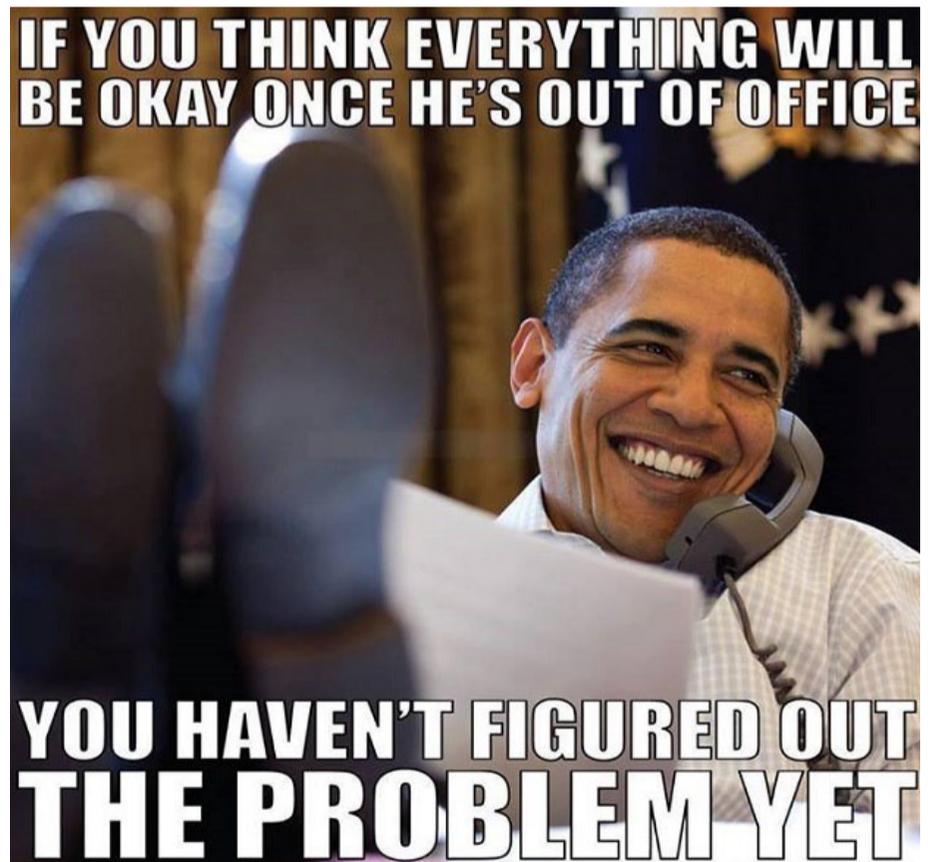
GOVERNMENT is pretty darn dreary, and, in a strange way, the opponents of government mirror that same outlook on life. You need look no further than the typical news aggregator in the libertarian world. It's mostly all factual but truly terrible. Wars, abuse, oppression, despotism, suffering.

It's all real enough. But here's the thing. A focus on problems instead of solutions can lead to a sense of hopelessness and despair. Countless times I've heard people say to me: the idea of liberty is great but totally unachievable, and so it's pointless to try.

Is it really pointless? In the last 15 years, we've seen a massive decline in infant mortality around

the world. Violence is down. Income is up in places where poverty prevailed for the whole of history. We've seen breakthrough technologies tear down government barriers. Social networking has connected us as never before.

Why is this? It's not because governments have gone away. It's not because the right people were elected to office. It's not even because of the change in public opinion, though that has surely played a role. It's because markets have ascended and become more powerful than those who seek to control them.



We use tools every day that have freed us from systems government constructed -- tools like

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smart phones, crowdsourced information delivery systems, open-source software for everyone, the app economy that massively improves our lives, and even alternative currencies made out of code.

It's not just about technology. It is about the choices people make. Homeschooling has taken off. Companies are pioneering energy production apart from governments. Innovations in housing rental, transportation, and food delivery are straining old-time government controls. File sharing and internet commerce is racing ahead much faster than the government's ability to control it. Private arbitration is making new inroads.

U.S. Secretary of State John Kerry was correct when he complained that "this little thing called the internet and the ability of people everywhere to communicate instantaneously...makes it much harder to govern, makes it much harder to organize people."



Think about the implications of this. Some people have ignored the counsel of despair and gone out there to make a difference. Rather than seeing themselves as surrounded by despotism and barriers, they have found creative solutions that are right now making government much less effective in managing our lives. These people are humanity's benefactors. They are making the world a freer place.

This approach suggests something powerful and important. For many decades in the liberty space of ideas, people have wondered about the path forward. It is through political activism and electing the right people to office? It is through seminars and journals? Is it through taking over the bureaucracies or universities? Or is there really no hope at all and therefore liberty-minded people should just throw in the towel?

You can make a case for all of these. But it turns out that there is a way forward that has a more proven track record. It comes through taking real action in your own life to find freedom in a new way. Liberty is not just something to believe; it is something to do. And the doing can have serious and large-scale effects on institutions and the path of history itself.

I began to keep track of such solutions-based liberty thinking a few years back. I discovered some simple tricks that allow people to make an end run around aspects of household man-

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agement that government bureaucrats had completely wrecked. I found that I could hack my showerhead to bring back a satisfying shower. I could crank up my water heater to get my clothes clean. I could ramp up the water pressure to stop pipes from corroding and smelling. I could put cleaning additives to detergents to get dishes and clothes clean.

All of these solutions are legal. But most people don't think about them or know anything about them, which is too bad because by taking simple steps you actually managed to kick the bureaucrats out of your home to some extent. You actually manage through your own actions to live a freer life.

These are small steps, but then I began to notice that this approach suggests a larger philosophical and strategic outlook. What if instead of fighting the state -- through means we don't even have at our disposal -- we used our wits and intelligence to think and act our way around

the structures of power? What if this has always been the way that liberty advanced, not by having it granted but rather by inspiring people to reach out and take it as their own?

The larger question: what if individual action always precedes social change? Well, look at the enormously successful environmentalist movement. Long before the regulatory agencies got involved, activists were telling people that they should make changes in their own lives. They said people should recycle, start biking, use less water, start composting, and so on. When people responded to these specific action-based items, the political system eventually responded.



So it has been in the area of labor rights, social welfare provision, mandated benefits at the workplace, and the movement against war. In every case, the social change began with specific individual actions. Activists encouraged peo-

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ple to sue their employers, make contracts with added benefits, go on strike, refuse to attend war parades, and any number of other things.

It's remarkable to think that the liberty space of opinion has not really gone this direction, even though it is clear that entrepreneurship and individual action has made the crucial difference in making the world a freer place.

Actually, correction: there are conferences around the country that feature speakers striving for very practical applications of the idea of liberty. I've seen these myself at places like [Liberty Forum](#) in New Hampshire, [FreedomFest](#) in Las Vegas, [Libertopia](#) in San Diego, [Freedom Summit](#) in Phoenix, and other places. Here you will find some very creative people talking about the application of the idea of liberty to a host of areas.

At these various conferences, I've seen magic happen. People combine ideas to create value that is larger than the sum of its parts. People gain ideas for living better and freer lives. They meet friends and form networks of mutual concern and love. They support each other in the

struggle against power. Whether they are professionals, home teachers, students, or political activists, they all benefit by being around each other.

Even in the scholarly area, intellectuals are getting more focused on applied areas of how liberty works itself out in real-time space. In politics, we are even seeing hands-on innovation with email swarms. Students for Liberty has shown masterful innovation in bringing together scholarship with social organizing to create a real sector of vibrant student activism.

What if we had a space in the cloud that is wholly dedicated to this solutions-based liberty mindedness? This is the dream (and the coming



reality) of [Liberty.me](#).

As for the technology, I've tracked the progress over 15 years and seen software solutions that are ever more sophisticated in allowing group engagement, publishing, networking, and outreach. In the past 18 months with the advent of affordable virtual servers, we've seen the cost of these solutions fall dramatically.

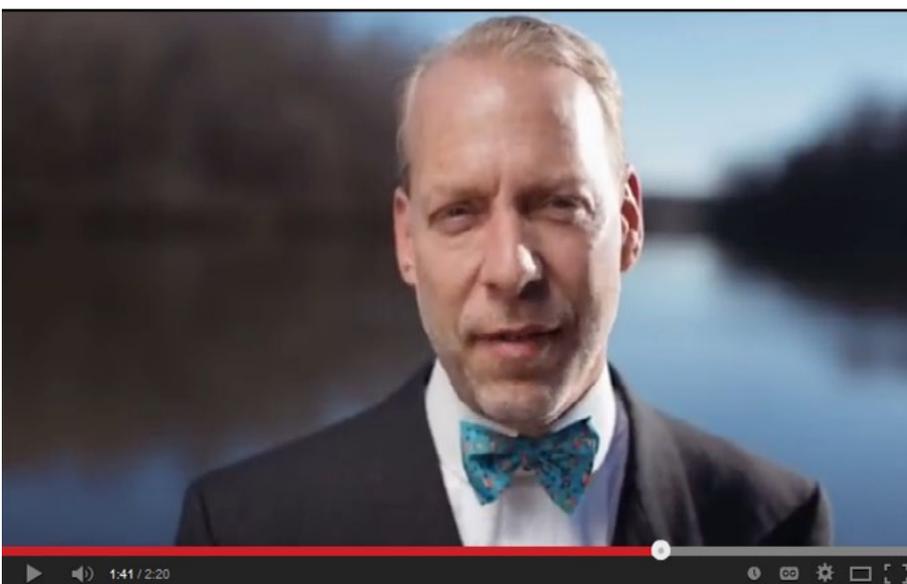
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It's time that liberty-minded people take advantage of these tools. That's why we are throwing everything at this project. We want to see nothing short of a civilization in the sky where a global and expanding community can enjoy the benefits of learning and networking, not as a one-way lecture but a billion-way communication structure. It is only now possible and we'd be crazy not to take advantage of the opportunity.

That's the vision: solutions-based liberty plus cutting-edge technology. This is a win, not only for members for the whole of humanity, because it puts the liberty agenda on hyperdrive by making it more intelligent and action-based. This is the moment. Liberty.me is where liberty lives.

Jeffrey Tucker Launches [Liberty.me](#) [Indiegogo Campaign](#) (VIDEO):



Jeffrey Tucker on the [Declare Your Independence with Ernest Hancock radio show](#) on December 26th, 2013 - 3 hours.

[Link to MP3](#) of Interview

[Link to Hour 1](#) of Video Archive

[Link to Hour 2](#) of Video Archive

[Link to Hour 3](#) of Video Archive



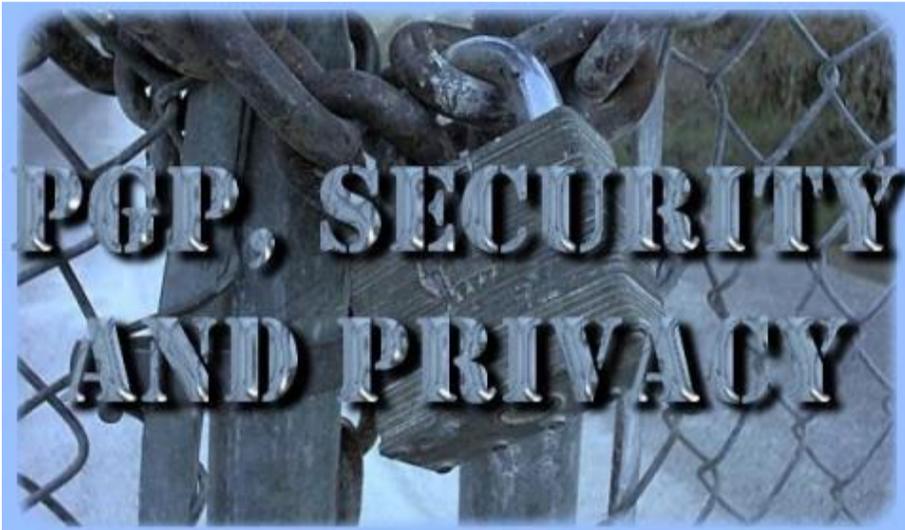
*Jeffrey Tucker serves as CEO of [Liberty.me](#), distinguished fellow of the [Foundation for Economic Education](#), Executive Editor of [Laissez Faire Books](#), and research fellow of the [Acton Institute](#). He is the founder of the [CryptoCurrency Conference](#), serves as economic consultant to the popular podcast *Let's Talk Bitcoin*, and writes a fortnightly column for *Crisis Magazine*. He is author of [Bourbon for Breakfast](#), [It's a Jetson's World](#), and [A Beautiful Anarchy](#), and thousands of articles, introductions, and prefaces. Following his 15 years as editor and builder of the website [Mises.org](#), he now writes and speaks widely, and curates and writes editorial introductions to the product offerings for the *Laissez Faire Club**

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Beginners' Guide To PGP

By Donna Hancock

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IF you are new to Bitcoin it's likely you've heard some terms thrown around by Bitcoiners that you have no idea what they mean—PGP, Tor, VPN, OTR, etc. In most cases these are referring to various technologies that people use to protect their data and communications.

This is the first installment of what will likely be a series of articles aimed at introducing new Bitcoiners to these and other technologies that you can use to enhance your privacy and keep sensitive information away from the prying eyes of governments and data thieves.

We're going to start off this series by introducing you to PGP, which is by far the most widely used encryption software available and a critical component to online privacy. Whether you're purchasing drugs from Silk Road or just sending emails to friends and family, it's something with which even casual internet users should familiarize themselves.

What is PGP?

PGP stands for Pretty Good Privacy. At its core, it is an internet standard (called OpenPGP) used for data encryption and digital signatures. Software that employs this standard is available in both a free, open source version produced by the Free Software Foundation called the GNU Privacy Guard (or GPG for short) as well as a low-cost commercial version.

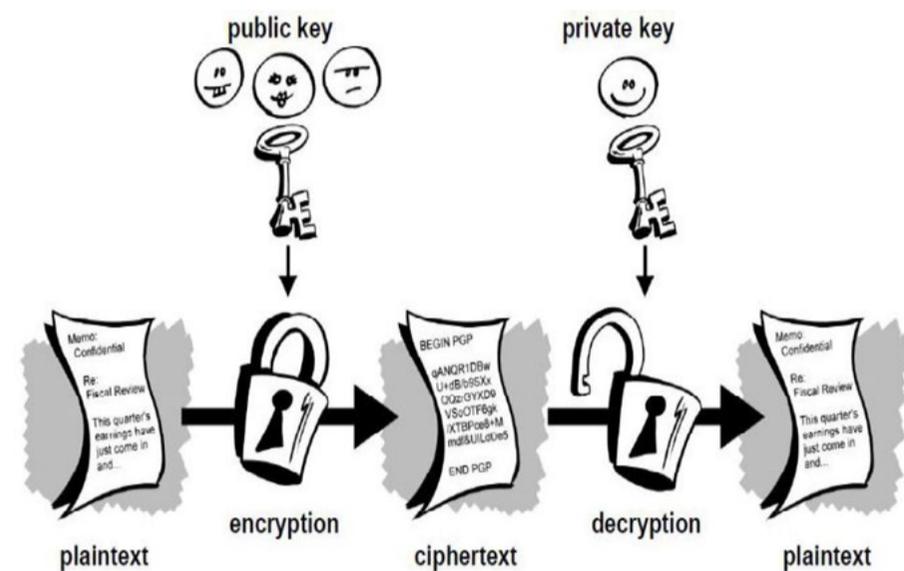
Let's take a moment to understand some of the basics of how it works. In conventional encryption, a secret key is used to transform *plaintext* (the unencrypted data) into unreadable *ciphertext*. The *same* key is also used to decrypt the ciphertext and reveal the plaintext. While this process works well for encrypting data stored on your hard drive, it has its drawbacks for use in communication. For one, you need to somehow communicate the secret key to the other party. But how to do this securely? After all, the reason you are using encryption is because you don't believe your communication channel is secure. You could meet in person and exchange the secret key offline, but that isn't very convenient. [Protocols](#) have been developed to allow for secure exchange of keys across insecure communication channels, but they tend to work

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better for real-time chat than, say, sending encrypted emails.

PGP makes use of *public-key encryption*. One key (a public key) is used to encrypt the data and a separate key (the private key) is used to decrypt it.



As a new user, you will generate a new public-private key pair. Just like the names suggest, you'll share your public key with others so that they can send you encrypted messages or files, while keeping your private key secret so that you can decrypt the data. The process by which the key pair is generated makes it impossible (given current technology and knowledge of mathematics) for an attacker to derive your private key from the public key.

Use Cases

The most obvious use case for this type of encryption is email. Anyone who has your public key can send you encrypted emails which only you can view. Likewise, you can send encrypt-

ed emails to your contacts by first downloading their public keys. In a future post we'll provide a more thorough tutorial demonstrating how to set up an email client to work with PGP. What you need to keep in mind, however, is only the body of the email will be encrypted. The subject and metadata (to, from, cc, and timestamp) will still be visible to anyone snooping on your emails.

You aren't limited to just encrypting emails either. Buyers at anonymous marketplaces like Silk Road frequently download their merchant's public key and use it to encrypt their shipping address so that only the merchant view it. Edward Snowden persuaded journalist Glenn Greenwald to set up PGP prior to leaking the top secret classified documents that revealed the depths of the NSA's spying operation. You can encrypt whole folders and files with your own public key to protect them from attackers who may gain access to your hard drive. In other words, PGP can be used in just about every conceivable case where strong encryption is needed.

Digital Signatures

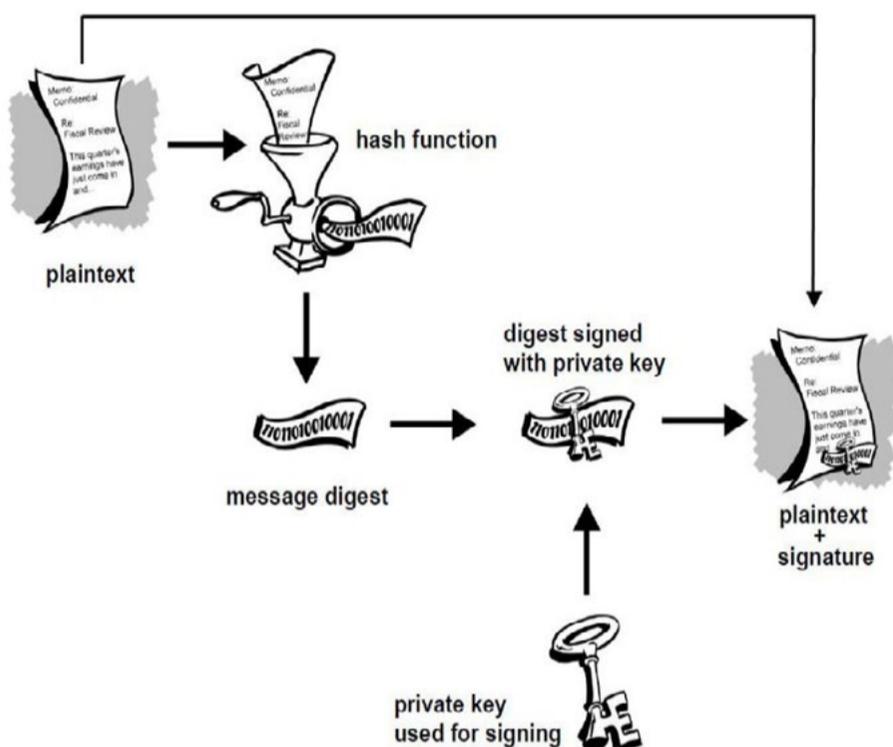
Another feature of public-key cryptography is it allows for the creation of something called digital signatures. Much like your real life signature, a digital signature can be used to authenticate data but with the added benefit of being

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completely unforgeable (again given the current state of cryptography).

A digital signature is created by a mathematical algorithm which combines your private key with data you wish to “sign”. The validity of the signature can be verified by anyone simply by checking it with your public key.



In the above diagram you see that the plaintext is run through a hash function to produce a message digest which is then signed with your private key. What this process ensures is that a signed document cannot be altered without invalidating the signature, allowing people to not only check the document's authenticity but also the integrity of the data. Just to give an example, suppose you sign a 10,000 word document. If someone were to change even a single punctuation in that document, the signature would show as invalid. To see why digital signatures are useful let's consider a few examples:

Returning to Edward Snowden, suppose the NSA had intercepted the classified documents before they reached Glenn Greenwald. The NSA could have removed the sensitive data, replaced it with disinformation, then forwarded it along to Greenwald. The reason this didn't happen is because Snowden signed the data with his private key before sending it along. This allowed Greenwald to use Snowden's public key to verify the files were unaltered. If the NSA tried to switch out some information, the signature would have shown as invalid.

Digital signatures are also extremely useful in verifying the integrity of software. A great example here would be Bitcoin wallets. Given the security implications, you want to be able to trust that the wallet you download is legitimate and won't leak information that would allow someone to steal your bitcoins. While all Bitcoin wallets are open source, unless you check and compile the source code yourself, you will most likely download a pre-compiled version that could contain malicious lines of code. Software developers will typically sign the software and provide a link to download the public key used for signing. With Bitcoin-Qt, lead developer Gavin Andresen signs new versions with his PGP key. Simply by checking the signature with his public key you can guarantee you've downloaded a legitimate copy.

How Secure Is It?

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If all of this is new to you, you're likely wondering how secure is the encryption used in PGP. Can we really trust it to protect us from from the NSA and its \$52.9 billion [black budget](#)? All I can really say is that the cryptographic algorithms used in PGP are all part of the public domain have been heavily vetted by the community of experts. At this point in time there are no feasible attacks known to the general public or academia. It's certainly possible that the NSA has access to highly advanced math that isn't publicly known, but even there the best attacks typically don't reveal the plaintext, rather they just make the keys slightly easier to brute force. The fact that the NSA has pressured Google, Microsoft, Apple etc. into giving them backdoors into their systems seems to be prima facie evidence that they can't break commercial cryptographic algorithms.

Getting Started

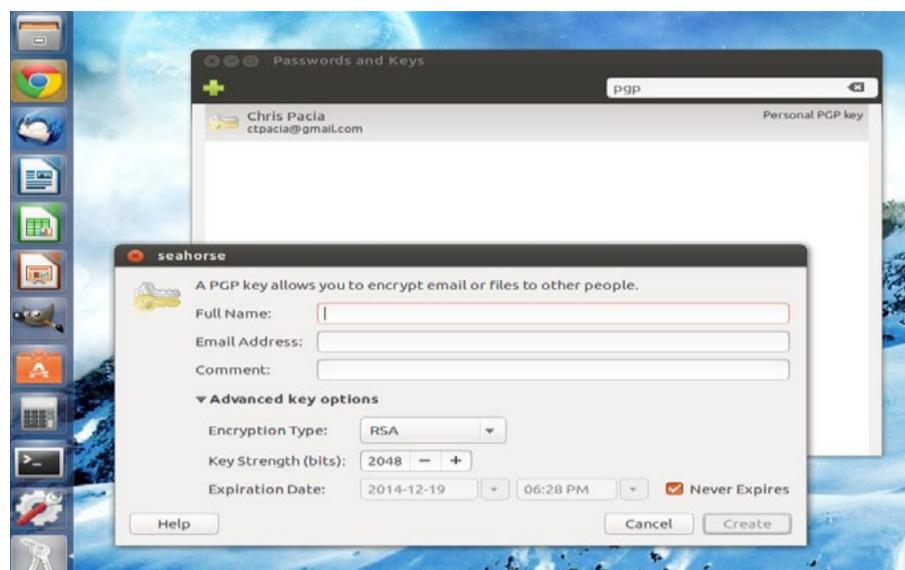
The first thing you need to do to get started is download and install GPG. If you use the Ubuntu operating system you're in luck, you already have it. It can be found in the apps menu as "Passwords and Keys".

Windows users can download Gpg4win [here](#).

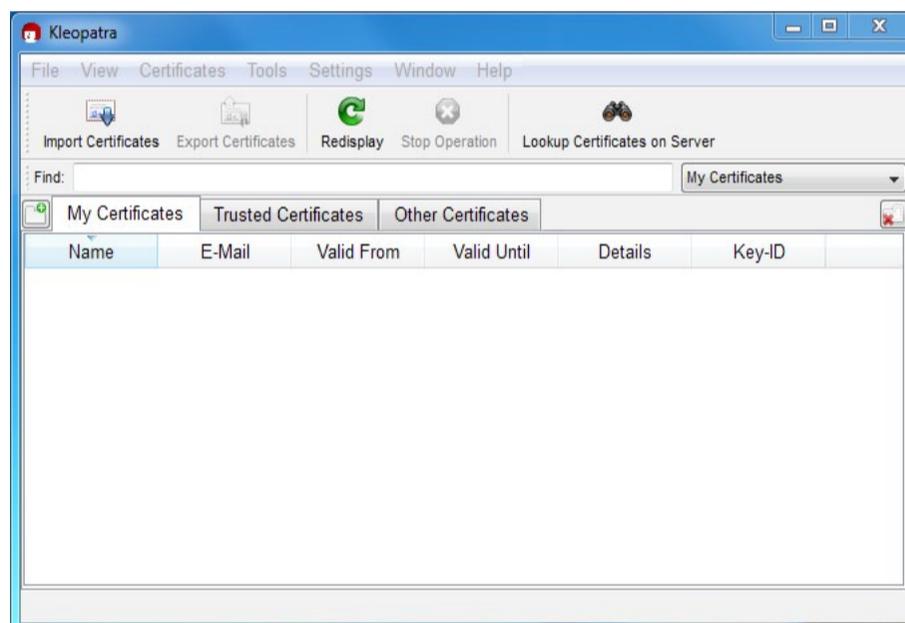
And Mac users should download the GPG Suite for OS X from [here](#).

Click image on top of next page for larger view.

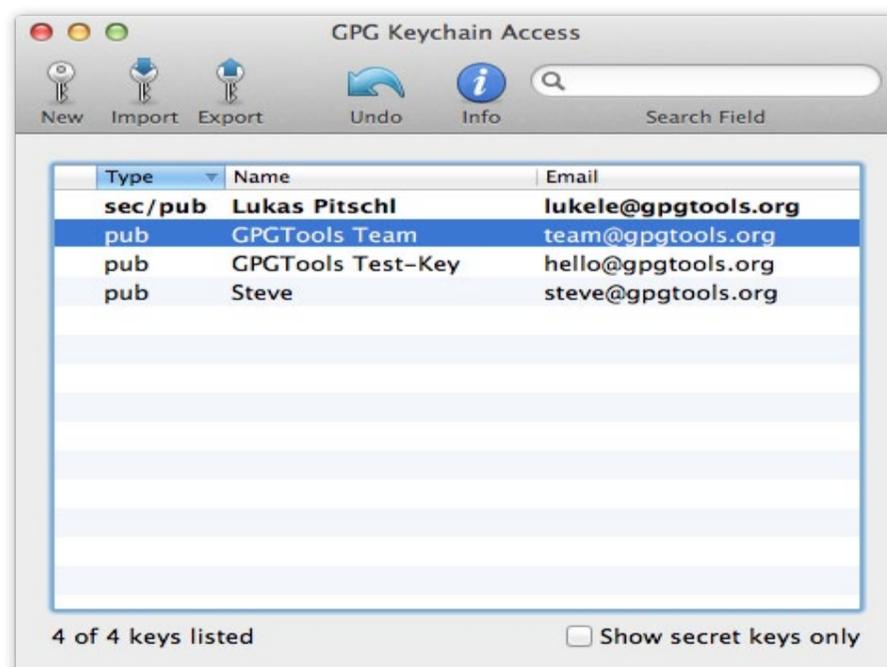
Ubuntu:



Windows:



OS X:



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In each of these operating systems you can access GPG as well as a number of advanced options from the command line, but as a new user, you're better off learning to use the GUI for now.

Generating A New Certificate

In PGP a "certificate" is essentially a public key with extra data attached to help others verify that the key really belongs to you. In practice this is usually your name, email address and one or more digital signatures from others (more on that later).

Depending on your operating system, you'll generate a new certificate by clicking "New", "New Certificate", or "New PGP Key".

At minimum you will have to enter your name, email address, and a strong password that you will use for decrypting and signing data. In the advanced options menu you can select your encryption algorithm (RSA, DSA/ElGamal), key size (in bits), and an expiration date if you want your certificate to expire. The defaults here should suffice for our purposes. The differences are technical and unlikely to affect your overall security (just don't *reduce* to the key size).

Once this process is complete you will have generated a new certificate and private key. You can click on "export" to save your public key to a [.asc file](#) for distributing to others, or you can

copy the text of the key block and share it with people that way. A typical public key block will look like this:

```
-----BEGIN PGP PUBLIC KEY BLOCK-----  
Version: PGP Universal 2.9.1 (Build 347)
```

```
mQMuBPG2x4URCACZ/c7PjmPwOy2qIyKAYRfcIT7YurxmZ/wQDwkyLJ4R+22mFwv  
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#dgmf  
-----END PGP PUBLIC KEY BLOCK-----
```

Key Servers

You might want to consider uploading your public key to a key server such as the [MIT Key Server](#) or [PGP Global Directory](#). These are searchable directories from which other people

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can download your public key without first asking you for it. This functionality comes in especially handy when using email. Some email clients can be configured to search the key servers for the PGP keys of your contacts or anyone who has sent you an encrypted email and import them automatically.

Just keep in mind that once you upload a key to a server, you typically can't remove it. It's probably a good idea to play around with PGP first, get used to it, then once you've created your permanent key, upload it. That way you don't litter the key server with multiple keys bearing your name.

Importing Keys

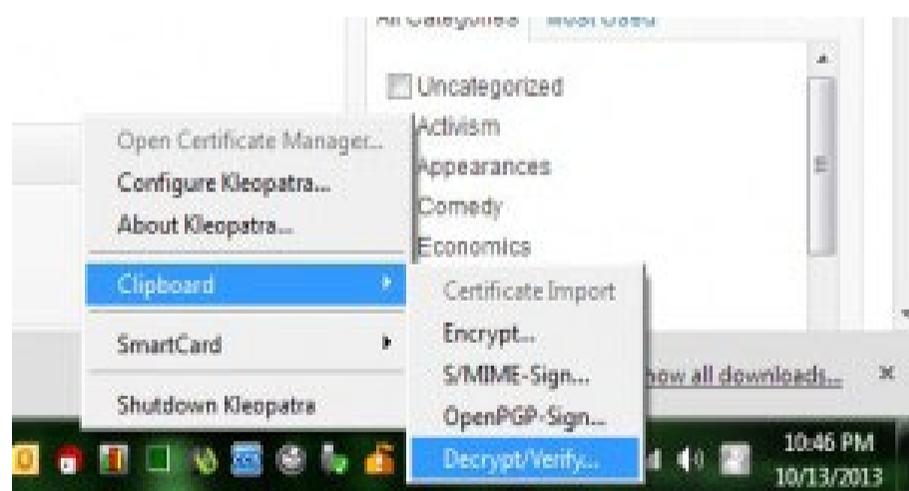
In order to encrypt files to send to others, you will first need to import their public key into PGP. You can do this by downloading the .asc file containing their public key (either directly from others or from a key server), clicking "Import" or "Import Certificate", and selecting the file. In Linux you can import a key simply by double clicking the .asc file. In Windows you have the option to copy the public key block and import it directly from the clipboard.

The software will typically let you view, edit and sign the public keys on your keyring. More on signing other people's keys later.

Encrypting Data

You have two options for encrypting data in PGP — you can encrypt a plain text message from the clipboard or encrypt whole files. Let's start with encrypting plain text messages. The first thing you need to do is pull up your plain text editor (Notepad in Windows, GNU Emacs works well for this in Linux). You'll have to forgive me for not being familiar with OS X, but I assume you can encrypt from the clipboard in that operating system (though I'm not positive).

Type whatever message you want and copy it to the clipboard. In Windows, you'll need to right click on the Kleopatra tray icon and click Clipboard>>Encrypt. The software will prompt you to select a public key from your keyring with which to encrypt the message. The encrypted ciphertext will replace the unencrypted plaintext in your clipboard. (Click image below for larger view).

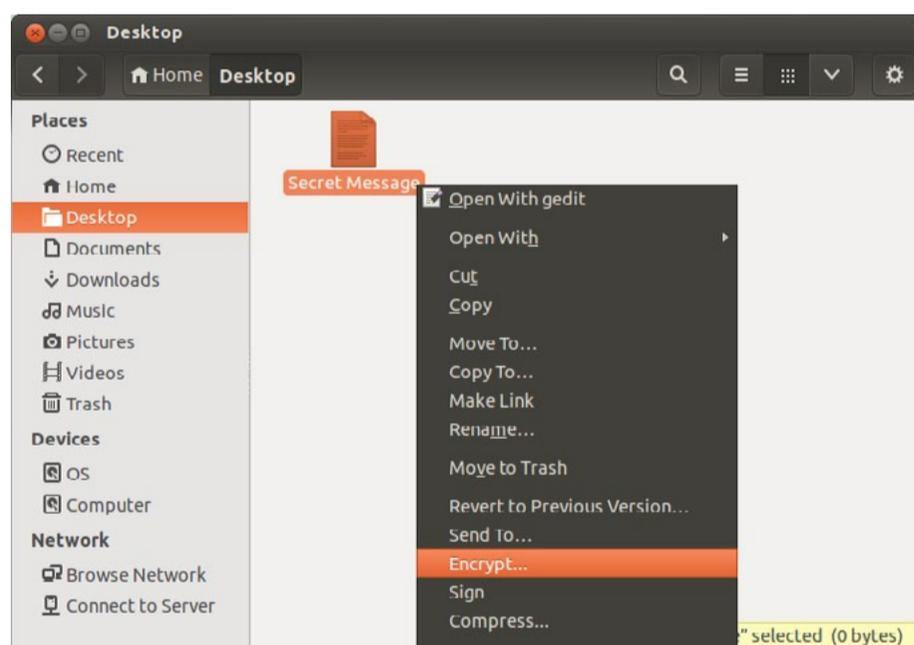
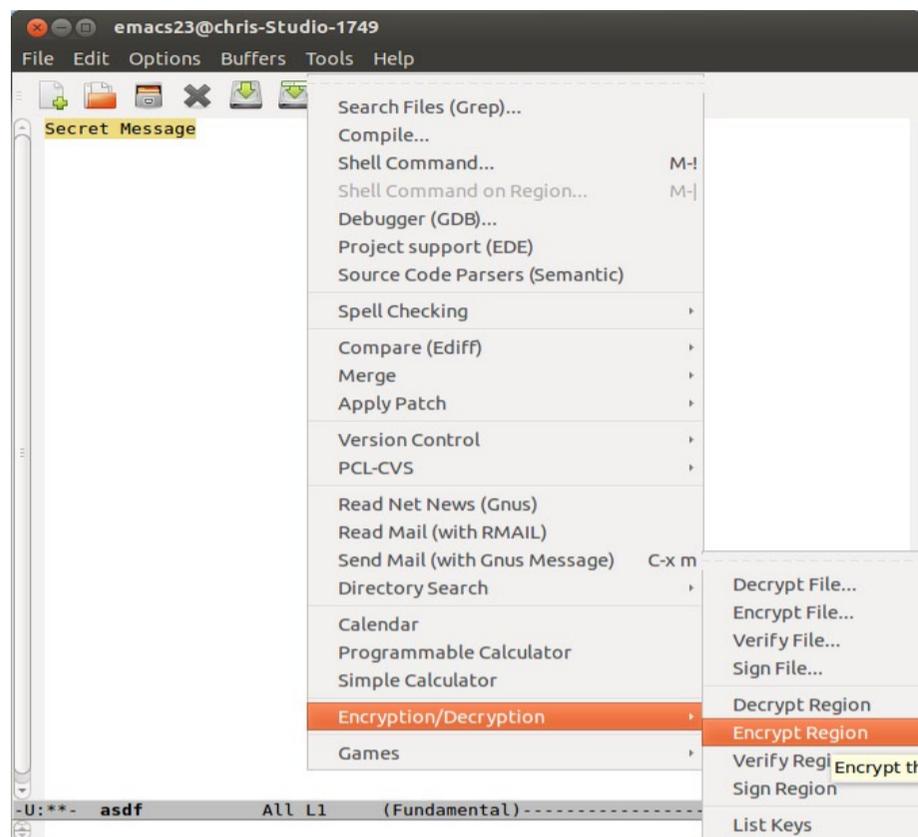


In Emacs you'll need to highlight the text, click Options>>Encryption/Decryption>>Encrypt Region. Or you can simply save the file to disk and right click and click encrypt.

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Click images below to enlarge:



The resulting encrypted message will look like this (see top of next page).

Some things to keep in mind, once you encrypt something with *someone else's* public key, you can't decrypt it. You can, however, encrypt a message using multiple public keys and the message can be decrypted with any of the cor-

```
-----BEGIN PGP MESSAGE-----
Version: GnuPG v1.4.14 (GNU/Linux)

jA0EAwMCNUyTD6Yu1QtgyemPt3ysidtpK5AXDobS2mB5+ym7/zNqMe4u/fli9pPV
PakBAwNtRCE45qIFUpCj3Pjh3jRoPVmiQOb8n5PuhipuIP4v6ANcboWnCUam7NGd
VHuU2OLX36QWooPI5Ewl9xto+3iqjlc1TaiRlHo0JHU8EOv75BpjahzKhDCV21MQ
q9QOHBESsU9xhk/t7gnT2EfhxzPHTb2N7fkPRFqItMU949hSvaYtN3AA80qxjkic
jPEbftLIlbrvEK2WpyMPDt+YPnIvJ2mHfsmB41VnLr14BS5zpfWTEdjkTJALRWVj
MRARwU8/iE/hh9FMkYb8mB2cmJh6TgqpYF45qtacdKOKVqQBToPwS0dFf5Pw25Qx
jaRRTzfoP9mhDlnkHuNP79zhj9+uTMWRp00d117CuopnTeaTMQTYJeHNpsX79Jx3
EF6QQjrw38UNz2IZGplKHFkT391aI7NywviI7LmfJYHMoIFhdz97Woad1MCMpQ/G
qq1A/QRzheMz90NG9OQRtc6q2hNCsQUI7kRV7kTrgPCrzKepLwZ3EBcSea8vyQcH
f43blJP1VucaTf9jvGPX1qgisOFHBYcZKv1+1I4sRIFcSWpKr3VeCr76bq+vMk1D
7+rT8SaYs0efFkfF/Y6+yOoporP0HsxVxAIUZ7zPXIH2UxtGfcfcu/pWxNQ1WrM5
dwWPasQaXg==
=tfo5
-----END PGP MESSAGE-----
```

responding private keys. So you could encrypt a message with someone else's public key *and* your public key, then you can both decrypt it at a later date. Also, if you encrypt data using only *your* public key, it basically works like symmetric key encryption in that only you will be able to decrypt it.

To encrypt an entire file select "Sign/Encrypt File" from the menu and select the file you want to encrypt. Just like before, you'll need to select a public key(s) from your keyring with which to encrypt the file.

Decrypting Data

To decrypt either a message or a file, you need to do all of the above in reverse. Just this time use the decrypt option from the menu. Here you will be prompted to enter your password for your private key that you created along with your key pair. This is what prevents an attacker

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from stealing your private key and decrypting messages intended for you.

Keep in mind, if you are decrypting data on your normal computer, you could be running the risk that malware could copy and upload the data *after* you've decrypted it. This might be an acceptable risk for everyday communications, but if you're dealing with extremely sensitive data you should probably transfer the encrypted data to a secure viewing station prior to decryption.

Any air gapped computer (one permanently disconnected from the internet) would work for this purpose. Or you could boot into a Linux live system (such as [Tails](#)) from a USB stick to isolate your work environment from preexisting malware.

Signing Data

Just like with encryption you can either sign a message from your clipboard or sign whole files. The process is just as straightforward as before except this time you will select “sign” rather than “encrypt”. Here you will again be prompted for your password. The resulting output will look like this:

```
-----BEGIN PGP SIGNED MESSAGE-----
Hash: SHA256

This is an example of a PGP signed message.
-----BEGIN PGP SIGNATURE-----
Version: GnuPG v1.4.14 (GNU/Linux)

iF4EAREIAAYFAlK5pacACgkQuJVtv+58EFxiXgD/QGwQVCZMA1E7fL6V1Rbv4Ogq
Sa9VTEw+s9mWwiBInp4A/3guc2PvZb8iIdrCyWGwIMJIOQs8OuhWfjtN3CBhOSA1
=S+B+
-----END PGP SIGNATURE-----
```

Notice that the message is at the top under the header, while the signature is at the bottom. If you chose to sign an entire file, the software will generate a separate .sig signature file that you will need to send along with the original file.

Also keep in mind that encrypting and signing are not mutually exclusive. You can opt to both encrypt and sign data to protect the message from eavesdroppers and allow the recipient to verify the message came from you.

Verifying Signatures

To verify a signature on a signed message or file you will obviously have to first download and import the corresponding public key. Just like with decryption, you can either verify the signed message from your clipboard or by selecting the file. If you're verifying a signed file, you'll likely be prompted to select both the file *and* the detached signature (.sig) file.

If you've done it right you will see a response that looks something like this:

```
Good signature from B8956DBFEE7C105C Chris Pacia (trust ultimate)
created at 2013-11-16T12:05:37-0500 using DSA
```

When verifying the signature on software, the developer will typically provide a link to a .sig file for you to download. However, when releasing software on multiple platforms, it's not uncommon for a developer to provide a single

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signed message containing the hashes of the files rather than a separate signature for each version. Consider the following release notes for Bitcoin-Qt:

```
-----BEGIN PGP SIGNED MESSAGE-----
Hash: SHA256

73495de53d1a30676884961e39ff46c3851ff770eaa767331d065ff0ce8dd0c
bitcoin-0.8.6-linux.tar.gz
ec85816e6cd034230ec5dc83c105334aa91bfa38fd959ba3d1d3bd5d4df3208b
bitcoin-0.8.6-macosx.dmg
baac30350a721472bd34e811f16bd68c4e4672cfb47df73aee12376b2adcae8d
bitcoin-0.8.6-win32-setup.exe
582fcb973a29e1a6e44ddc6602400e77fc85b53f6f54a1105d22d84d992e3c83
bitcoin-0.8.6-win32.zip
-----BEGIN PGP SIGNATURE-----
Version: GnuPG/MacGPG2 v2.0.20 (Darwin)

iQIcBAEBCAAGBQJSpjKpAAoJEBt7+0V79uISEvgP/2T2Pt1w02WMAK3DL4D/uFq6
xcuhCjrV1FHt1UoYTdohl112d03q6qsakguBxvaGMe80KCS85JT7B2Sbs/goyYT
2WxkEv+ttQFVnB32MlFeGYrPt9I7xmNQQqYoQMGsV+VeCfqsDELxVpPCLDYFbBLUk
lkHa4LTkXsGI351iIEjUB4jXSKeJvWQQ6HdxKOIUaxA6AZX8qKuGbsYUMNy/pBi
lqZNOTWtFjRkPR+qhhjjpx9J9A914dFYvH61JDS9mj2jOUCTtg3hKwYg3KvSOtj1
6Mkm6qkJtF0SxJpx3tQjH4rav7G1WY0Y546X2+uF9BuFKvhDVY74fe8pAh+ASF18
lq4pbpg6pElk94CESPEDxIIB1wgozKBidLSzCtKfqqTDPQtFDny1nA3Km+FGQX5Y
HATPB0EeuB5juJs7rHpO/OhweI1cORPPfhaTiA6Cf6Ti0yl+FX/ZmVXclUUYEF1M
fXS8JsAI2xIdDgjeo6xTwI211N5Gs3JmypoGM0dggNslMUEeCX/05uciyo26y+TUZ
TZLRVY4WsS0FpsA07UuYuasi1B1WzGm8BW4Akt3X07awVwyHSUfePS02qGdUwfDS
sDzf5SoBphnBUcRiVoHl11hn8bfW0henksL6YUJIfY4w5q5S9vM/5uk+vxghWGRk
K6o6VP8xT/1yRhWbR0Yp
=DYos
-----END PGP SIGNATURE-----
```

So what is going on here is that the installation files for Linux, OS X, and Windows (.exe and .zip) were run through the SHA-256 hash function and the outputs were then signed. To verify the integrity of the Bitcoin-Qt for Windows (say), you would first verify the signature on this message then hash the bitcoin-0.8.6-win32-setup.exe file with SHA-256. The output should look like this:

```
baac30350a721472bd34e811f16bd68c4e4672cfb47df73aee12376b2adcae8d
```

Then just compare this output with the hash in the signed release notes. If the two match, you know you have a good file.

```
user@users-desktop:~$ sha256sum [FILE]
```

```
user@users-desktop:~$ sha1sum [FILE]
```

```
user@users-desktop:~$ md5sum [FILE]
```

You may be asking, how in the world do I calculate a hash function? Some operating systems will let you do this from the terminal. For example in Linux you can just type:

Otherwise, you could easily use an [online hash calculator](#).

Key Management

Finally, we should probably talk a little about key management. One of the downsides to PGP is susceptibility to something called a man-in-the-middle attack. This attack works like this: Let's say you want to securely communicate with someone using PGP. The first thing you would do is download their public key. However, it may be possible for an attacker to intercept your internet communications before they reach the server containing the public key. The attacker could send you one of his own public keys and make you think it's the public key of your communication partner. Not knowing any better, you would encrypt your messages with

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the attacker's public key allowing him view all your communications. Even worse, the attacker could re-encrypt the message with the correct public key and forward it along it the destination. Neither you nor your communication partner would know the message was intercepted.

this:

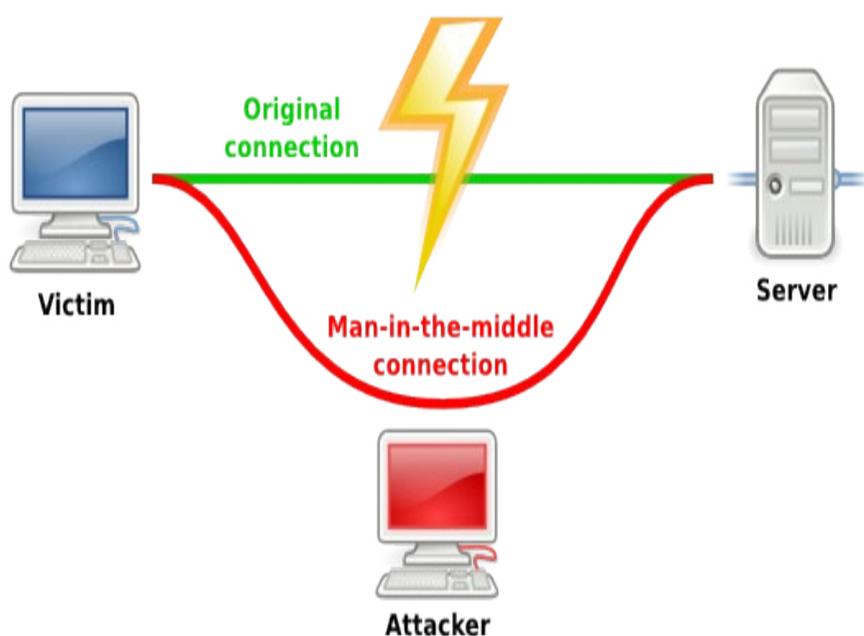
```
0150 2502 DD3A 928D CE52 8CB9 B895 6DBF EE7C 105C
```

If you can get the key's owner to verify the fingerprint, possibly by reading it over the phone, then you can be fairly confident in the validity of the certificate. Obviously, finding an appropriate communication channel to verify the fingerprint can be tricky.

3. Download the key from multiple IP addresses/devices/servers A MITM attack is difficult to pull off as it is. It becomes much harder if the attacker has to watch the communications of multiple IP addresses and servers. To this end you can increase the trust in the public key by downloading it from multiple locations (home, work, the library, Starbucks, over Tor, etc), from multiple devices, and from multiple servers. Gather up all the keys and check to make sure they are all they same. If so, you can be reasonably confident the key is valid. It would be extremely difficult to pull off a MITM attack after all that.

4. Web of trust. In PGP you have the ability to use your private key to sign the someone else's public key. This creates the opportunity to introduce a sort of *six degrees of separation* trust model. Let's say you've

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Obviously, a critical part of security in PGP is the ability to trust that the public key belongs to its purported owner. While complete trust is difficult to achieve, there are a few methods you can use to increase your level of trust.

1. Meet in person. If someone physically hands you their private key, then obviously this eliminates the problem of trust. Of course, this is very inefficient.

2. Verify the fingerprint. Each PGP certificate has a unique fingerprint which is calculated as the hash of the certificate represented in hexadecimal. It looks like

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downloaded Charlie's public key but don't know if you can trust it. Charlie's key is signed by Bob, who you also don't trust, and Bob's key is signed by Alice, who you do trust. Because you trust Alice, this gives you chain of trust that goes all the way to Charlie, allowing you to trust Charlie's key. The only downside to web of trust is that it can be difficult to get started and make enough connections to link you to all the keys you wish to download.

So that's it for now. While we could go much more in depth, what we covered should be enough to get you started using PGP. Just remember, given the revelations about U.S. gov-

ernment spying and depths to which it is sinking to destroy your online privacy, there is really no excuse for not familiarizing yourself with PGP and using it on a regular basis. In a future installment of the series we'll talk about how to set up an email client to automatically encrypt and decrypt your emails. Until then, stay safe and feel free to email me with questions. 

Original content by Chris, copyleft, tips welcome

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Top Ten Trends 2014: A Year of Extremes

By Gerald Celente

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IN 33 years of forecasting trends, the Trends Research Institute has never seen a new year that will witness severe economic hardship and social unrest on one hand, and deep philosophic enlightenment and personal enrichment on the other. A series of dynamic socioeconomic and transformative geopolitical trend points are aligning in 2014 to ring in the worst and best of times.

Ready or not, here they come.

March Economic Madness: One of the most difficult aspects of trend forecasting is getting the timing right. And when it comes to economics, there are many wildcards that can stall or detour any on-rushing trend. We called the Crash of '87, the 1997 Asian Currency Crisis



and the Panic of '08 (we even established the domain name in 2007) right on the button. But we missed the mark with our Crash of 2010 prediction.

Why? The Federal Reserve and central banks around the world were secretly pumping tens of trillions of dollars into a failing financial system. These were, at the time, unimagined schemes for nations that pride themselves on capitalism. And while we are not naïve to the dirty dealings of the financial industry, rigging the daily multi-trillion dollar LIBOR and FOREX markets was not on our radar. Thus, what we believed to be economic truths and hard facts were, in fact, cover-ups and lies.

Such unforeseeable factors aside, we forecast that around March, or by the end of the second quarter of 2014, an economic shock wave will rattle the world equity markets. What will cause this econo-shock? How can you prepare for it? It's a Top Trend of 2014. Read about it in the Winter [Trends Journal](#).

Global Chinatowns: Name the continent or pick a country, every one contains its own brand of Chinatown. The Chinese global buying binge, now in its early growth stage, will no-

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ticeably accelerate in 2014. From coal mines in Zambia, to Borscht Belt resorts in New York, to factories in Italy, and to farmlands in Ukraine, a seemingly endless variety of Chinese development projects are being incubated around the world. If there is a deal to be had and a need to be filled, Chinese players are increasingly at the front of the line.

Wealthy investors, college graduates without jobs, skilled and unskilled laborers will be migrating out of their overpopulated, congested and highly polluted nation to foreign shores. Where are the new growth areas? What actions will be taken to stop or control the trend? Who will benefit? Who will lose? And what are the dangers and opportunities? You'll find the answers in the Winter [Trends Journal](#).

Wake Up Call: Last year we forecast the Great Awakening 2.0, a period reminiscent of the first Great Awakening that provided the intellectual, philosophical and spiritual ammunition that ignited the American Revolution. The "Awakening" has begun. Throughout 2014, and beyond, you will hear the Wake Up Call. It will be loud and distinct.

In 2013, the White House and Congress proved their extreme incompetence with a series of public failures. From closing down the government, to the debt ceiling debacle, to the aborted attack on Syria and, ultimately, to the disastrous launch of Obamacare, the ineptness of our political

leaders was overwhelming. As polls show, a majority of citizens registered levels of scorn and ridicule unparalleled in modern America.



But this phenomenon is not limited to America. Around the world, citizen distrust has turned into universal disdain for entrenched political parties whose draconian austerity measures and punishing economic policies have thrown millions into poverty and pushed millions of protesters into the streets. Civil wars, civil unrest, revolts and revolutions will be just some of the cards dealt by an angry public that has lost everything and has nothing left to lose.

Will those in power hear the Wake Up Call? Or will they attempt to stamp it down and drown it out? Hear it or not, the movement is unstoppable. It will be a battle of the classes. What will it mean? Where will it take the biggest toll? Can the protests and disturbances of tomorrow bring peace and enlightenment that will lead to the Great Awakening 2.0? It's all in the Top Trends 2014 Winter [Trends Journal](#).

Seniors Own Social Media: Seniors now comprise the fastest-growing user segment of the

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social media world, and the year ahead will see the retail, business, political, health and entertainment industries evolve aggressive strategies to realize the robust economic potential in engaging seniors.

The gamut of possibilities is so grand that we forecast technological and product advances that impact everything from nursing home life to political campaigns and causes. Read the Winter [Trends Journal](#) to pinpoint how this trend will unfold and affect you and your interests.

Populism: Regardless of how professional politicians deride it or how the traditional media describe it, “populism” is a megatrend sweeping Europe, and it will soon spread across the globe. Mired in prolonged recession, disgusted with corrupt political parties, and forced to follow EU, ECB and IMF austerity dictates, populist movements are seeking to regain national identity and break free from the euro and Brussels domination. These movements are positioned to bring down ruling parties and build up new ones.

The discontent of the one-size-fits-all Euro Union formula is so deep that populists are expected to gain some 25 percent of the European

Parliament seats in next year’s elections. “We have the big risk to have the most ‘anti-European’ European Parliament ever,” cried Italian Prime Minister Enrico Letta. “The rise of populism is today the main European social and political issue,” Mr. Letta added. “To fight against populism, in my view, is a mission today – in Italy and in the other countries.”

Already, some nations, such as Spain, have passed new laws restricting public demonstrations while imposing police-state measures to stamp out dissent. What is the future of populism? How far will it spread? Will it lead to the formation of new parties, or lead to civil wars? Read about it in the [Trends Journal](#)’s Top Trends 2014 edition.

Trouble in Slavelandia: Even as total US personal wealth soars above a record high of \$77 trillion, fueled by the stock market’s own record highs, life for the growing number of have-nots in Slavelandia has become more desperate. In today’s Plantation Economy – driven by the bottom line needs of multinationals and flailing austerity-prone governments – low-paying service jobs and reduced hours engineered to evade



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corporate responsibility to provide benefits, are making it tough for the working poor, a group that now includes debt-burdened and underemployed college graduates and seniors as well as the traditional underclass.

Nearly half of the requests for emergency assistance to stave off hunger or homelessness comes from people with full-time jobs. As government safety nets are pulled out from under them – as they will continue to be for the foreseeable future – the citizens of Slavelandia will have no recourse but action. The fast-food worker strikes of 2013, seeking a higher minimum wage, were just a mild taste of what is to come. Learn more in the Winter [Trends Journal](#).

The New Altruism: Several burgeoning trends identified for 2014 will coalesce in a welcome trend toward selfless concern for the wellbeing of others and an interest in the common good. Across the age divide, from people in their youth to those of advanced years, the search for meaning will intensify and become more widespread in response to waning resources, want, and an over-commodified culture. As despair quietly takes more prisoners, Doing Good will be recognized as the key to escape.

Ironically, the Internet that has been much maligned for currying narcissism will make the donation of money, time and talents so easy that people will be able to enact their better natures without resistance. Be they Boomers in renaiss-

sance or populists in revolt, people will discover and expand the humanist side of globalism and act accordingly. See why in the Top Trends of 2014 Winter edition of the [Trends Journal](#).

Private Health Goes Public: While the world focused on the blockbuster NSA surveillance revelations and other cyber-snooping episodes of 2013, another powerful trend line was firmly planted: Your health data has been progressively mined, assembled and made accessible to a widening group of interested parties.



While signing up for the Affordable Care Act brought some attention to this developing trend, around the globe, data on individuals' health status, behaviors, prescriptions and even their genetic indicators have been funneled to a wide range of databases. Those databases have many purposes and a growing number of hands on them.

The positive and negative implications of this trend are equally powerful. Individuals and their

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health care providers can more easily tie vital physical data with worldwide medical databases to anticipate and potentially prevent disease. But, in the wrong hands, the data can be used to exploit, damage and take advantage of individuals and their families. Security concerns will rise in equal importance with the potential benefits of this critical trend line.

What does this mean for you, your family, or your business? The Winter [Trends Journal](#) will provide the answers.

Boomer Renaissance Arrives: Distinct and strengthening economic, lifestyle and societal determinants are building a creative foundation for the older population as it discovers new approaches to work and finds long-elusive contentment in the process.

You already know that older workers, seeing their retirement plans shattered, have to work beyond traditional retirement years. You also know that those same economic dynamics are forcing aging Boomers to entirely rethink retirement. And, of course, you know that as Boomers are living longer, traditional thinking about retirement has been stood on its head. What you might not realize is how these factors are compelling Boomers to unearth potent creative energies not only to survive, but to realize potential that evaded them in traditional work roles.

In 2014, we will see growing evidence of this Boomer Renaissance, accentuated by waves of

self-guided entrepreneurship that alchemizes commerce, survival and self-actualization into a new world and self view. The Winter [Trends Journal](#) will explore this compelling 2014 trend in depth.

Digital Learning Explodes: Fears that online educational platforms fall short of providing depth and effectiveness in the learning experience will all but disappear. Across the entire educational spectrum, online learning will expand to include not only course instruction, but also a wealth of real-life learning experience, with considerable participation by the skills-hungry business community.

For individuals, educational institutions, industries, small businesses and up-and-coming entrepreneurs, the implications are enormous. From traditional degree-based education to very specific micro skills-based learning, this trend line explodes. The Trends Research Institute will break down the implications for individuals, business professionals and a range of industries in its Winter [Trends Journal](#). 

Gerald Celente is an American trend forecaster, publisher of the Trends Journal, business consultant and author who makes predictions about the global financial markets and other events of historical importance. Visit his webpages at [TrendsJournal.Com](#) and [GeraldCelente.Com](#)

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Living Freedom

By Catherine Bleish

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AS I stand here in the wake of twenty thirteen, I feel both exhausted and empowered. For many of us, twenty thirteen was a year of major lifestyle and ideological transformations. The idea that you have to "fight" for freedom is quickly fading away as the realization that you can "create" freedom takes hold in the hearts of liberty lovers across the globe.

Bitcoin exploded onto the scene in 2013, shaking mega corporations and monetary institutions to their core. As Bitcoin becomes a dinner table conversation in the homes of "mainstream" families, so does the realization that we do not need centralized banks and government to pro-

vide money to us. We can create our own.

The ramifications of this will be huge in twenty fourteen. Small businesses will open around Bitcoin. Multi-million dollar start ups will launch around Bitcoin. The dollar will become even more irrelevant. The looting of the masses by gangster banksters will become less possible. People will be empowered to just say NO to funding war and oppression because they will be empowered to create and distribute their own money.

Twenty fourteen, in my opinion, will mark the year that the old white-haired control freaks in "government" will begin to fade into the back-



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ground, and young lovers of freedom will step into the role of changing the shape of our society as we know it. The power exercised by the "elite" is based on the control of information and money. With the internet and Bitcoin, nothing can hold back the message of freedom. Nothing can stop people from accessing the information and tools they need to make significant changes to their way of life.

Empowered by the success of Bitcoin, I believe that twenty fourteen will be the year that people begin taking large steps to get out of all centralized institutions in which they have found themselves entangled. This means starting their own businesses, growing their own foods, buying local quality products instead of mass produced trinkets. Twenty fourteen will be the year people move from TALKING about freedom to LIVING freedom. I can't wait! 🌱

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 www.CatherineBleish.com, www.SovereignLiving.com, and www.TheBitMom.com.

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Genetic Devolution

By Barbara Peterson

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IN this grand experiment that we have been dragged into kicking and screaming by those who would attempt to devise the perfect human, the perfect animal, the perfect plant, by manipulating their basic genetic structure to suit a pre-conceived design, we are being led by babies in adult diapers who have no understanding of the very things that are crucial in revealing the perfection that is sought.



We are taught in school that practice makes perfect, and in a way, it does. Repetition and rote have their roles. We build muscle by repetition. We learn to write by repetition. But we each do these things differently no matter how much uniformity we attempt to maintain. We are taught to

do the same thing each time in order to produce something that is within uniform parameters. But we will never reach the goal of complete uniformity. It is unattainable. Each repetition is different than the one before it and the one after it. True uniformity does not exist.

So why do we equate uniformity with perfection and just assume that when everything appears



to be exactly the same it will then be perfect? Nothing is exactly the same, and uniformity can never attain perfection because it lacks the one thing that brings brilliance to an otherwise bland existence. And that is – the imperfection, the straying from the mold, the seeming randomness that makes up the uniqueness of each and every life form. Not one is the same. Not one. All are unique.

And we are setting ourselves up to lose it all to the limited constructs of a few geneticists' awkward attempts at mimicking creation, who plug away at changing our genetic structure much like a baby taking his/her first steps and not

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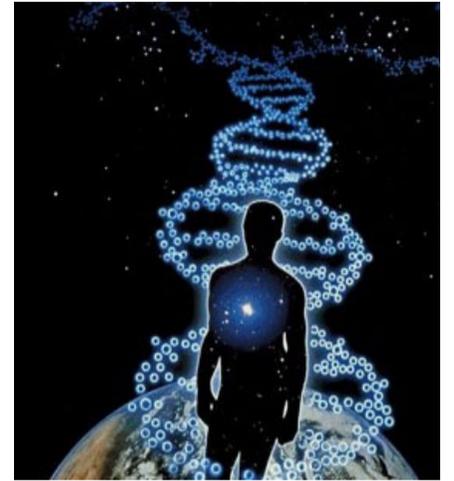
Continued from Page 27 - Genetic Devolution



anticipating the inevitable crash. That unique combination of genes and outward influences that make up each and every human, animal and plant on earth is becoming lost in a factory that spews out genetic mutations just as fast as it can rake in the profit.

There is a design to this life that we know nothing about. When we try and change that design, we are as children playing in a mud puddle. We can only guess at what our machinations will produce in the long run. Anyone who says differently is either very, very confused, or lying.

Instead of the genetic revolution that we are being told is the salvation of mankind, we just might very well be facing a genetic devolution of mammoth proportions if we don't reign in this insane quest for a monocultured, uniform society devoid of the perceived imperfections that are so necessary for true perfection to flourish. 🌸



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://survivingthemiddleclasscrash.wordpress.com>



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Farm Wars

Fighting to Save the Family Farm!

Reinventing the Wheel - Meet the Tweel!

By Gary Franchi

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THE wheel has served mankind for eons, but now it has finally arrived in the 21st century.

Since 2005 Michelin Tires has been working on a tire that doesn't need air, and no, it's not a rigid wagon wheel. Its a tire that has built in shock absorbers that will never become flat or blow out.

Its called the Tweel and it recently hit the market for industrial skid-steers.

In April of 2013 it earned the silver "Edison Award" given in the spirit of "persistence and excellence personified by Thomas Alva Edison."

But the question on everyone's mind now is, "when can I get one for my car?"

The buzz on many online forums and websites claim technical setbacks due to vibrations and noise at high speeds have kept it off the market, some speculate that Big Oil and Big Rubber may never let such a product reach consumers.

So I decided to call Michelin tire and see what they had to say about the matter.

Michelin's Mary Ann Kotlarich revealed to me that prototypes had resolved the wind noise and vibration issue years ago, and that shes been working to correct the facts for some time now and revealed a different reason for this revolutionary product being kept off the roads.

She stated, "wind noise and vibration is not a fact withholding consumer use. The Department of Transportation would need to make changes in regulation before consumer use could be applied" citing current regulations that require air to be in tires on America's Highways.

According to Michelin, "The introduction of passenger car and light truck applications of the Tweel is still years away, as further developments must meet Michelin's demanding standards of safety and handling. However, no fundamental blocking points have been found and

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work continues in research and development.”

Further clarifying the high speed wind noise and vibration issue, John Webber writing for Grassroots Motorsports reported in the October 2012 article titled “The Tweel is For Reel,” “Early issues in regards to noise and high speed vibration were resolved in subsequent prototypes and current automotive Tweel prototypes have shown to be reliable and well behaved.”

PHOTO CREDIT: JOHN WEBBER, HOT ROD POWER TOUR:



Demonstrating their durability, Webber reported that, “Three highway driven vehicles successfully participated in the entire 2013 Hot Rod power Tour long distance road trip in June 2013.”

These images from the 2013 Hot Rod Power Tour give us a glimpse of the future of motoring in America. Zach Merrill, who works for Michelin, placed road-ready prototypes on his 1955 Morris Woodie and completed the Tour, as he says, “like riding on air.”

At this point in time Michelin Tires is the only tire manufacturer with an airless tire on the commercial market and plans for a mass produced consumer model still years away.

So until the Department of Transportation is lobbied by the American consumer and Michelin meets it’s safety benchmarks we’ll all have to admire them on small construction vehicles, military humvees, and the occasional public display.

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Revolutionary TWEEL ready for consumers? Video:



GARY S. FRANCHI *Congressman Ron Paul for bringing tens of thousands of new patriots into the Ron Paul Presidential Campaign. His productions have been seen on CNN, PBS, Discovery, History Channel and NBC and is the successor to Nightly News with Brian Williams. Gary serves as President and Executive Producer of Next News Network (known in Web shorthand as N3), the first 24/7 broadcast network dedicated to the restoration and preservation of individual liberty and America's distinctive values and institutions. Visit NextNewsNetwork.Com to tune in to the broadcast feed.*

FRANCHI is a filmmaker, broadcaster, national grassroots organizer, and is the successor to the late Hollywood Producer Aaron Russo (Trading Places, The Rose) as the National Director of Restore The Republic (RTR). RTR.org is a powerful Activist Networking site, dedicated to spreading Freedom and Liberty, and was formed in response to the success of Russo's film "America: Freedom to Fascism." RTR was later singled out by

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The Ultra-Constitutional Constitution Means Exactly What the Rulers Say it Means

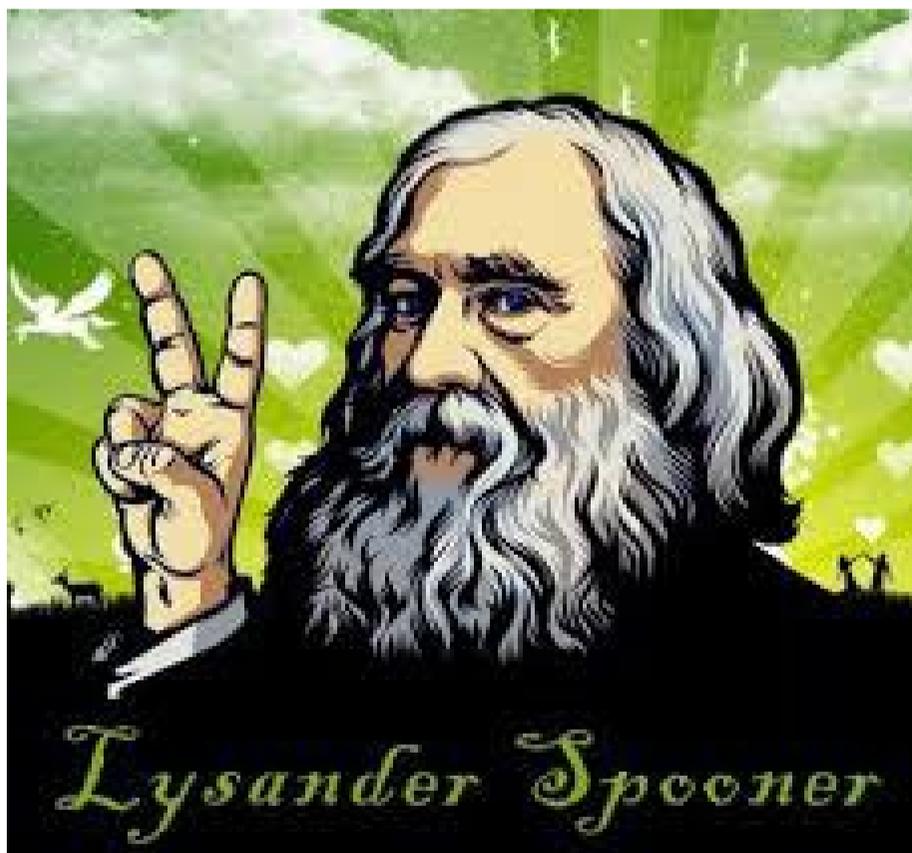
By Bill Buppert

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EDITOR'S Note: I am presently on recce in the Deep Pacific exploring the expat opportunities for leaving the USSA since my return from Afghanistan and will

return to Amerika briefly before settling our affairs and departing for a much longer sojourn abroad. My posts will be even more sparse than usual. –BB



“But whether the Constitution really be one thing, or another, this much is certain – that it has either authorized such a

government as we have had, or has been powerless to prevent it. In either case, it is unfit to exist.”

~Lysander Spooner

I am probably one of the only humans on Earth to be reading all 2400 pages of Spooner's [six volumes of complete writings](#) and I have yet to find anything I fundamentally disagree with yet he is the exception rather than the rule in any discussion of the Constitution in America. It is the primary source for one of three book projects I have in the works for 2014. I stand by my notion that the Constitution is one of the most brilliant government slave ownership manuals ever penned by humans in history.

My wife brought this article to my attention.

See: <http://rt.com/usa/court-upholds-laptop-border-searches-041/>

As most of you know, I live in this freedom sterile zone near the Mexican border (for now) and have had to live in a hyper-saturated LEO zone that would make the East Germans blush with envy and anticipation. There is even a perma-

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ment ICE/BP road block (not the quaint notion of a check point which is allegedly voluntary). You blow this without stopping for the black- or green-garbed (eerily matching the color motif of both the Nazis and the East German border guards) armed thugs and they will run you down.

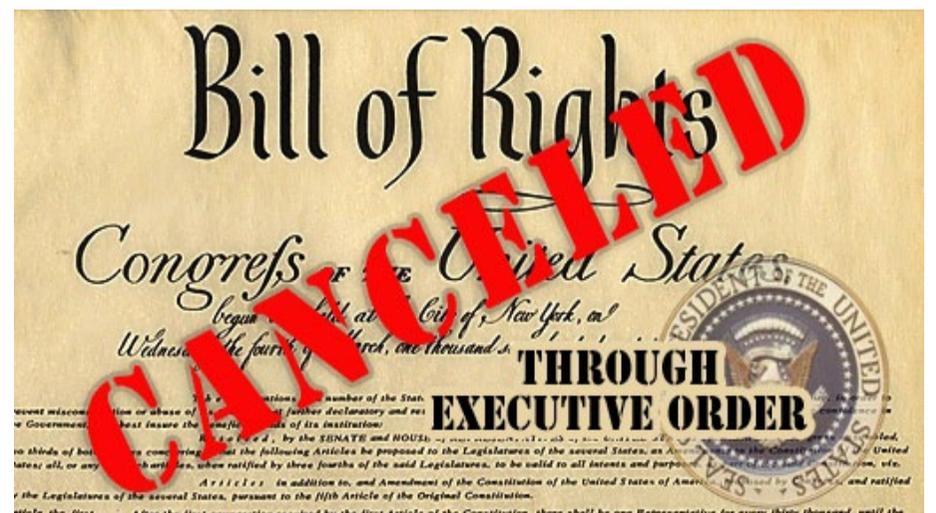
Now the robed government employee, Korman, has declared *de jure* and *de facto*, the pretense of probable cause and reasonable articulable suspicion does not even need to exist for the police to seize your electronic property.

“District Judge Edward Korman made his ruling in New York on Tuesday, more than three years after the American Civil Liberties Union (ACLU) filed suit. The ACLU claimed that – since Americans put so much of their lives on their computers, cell phones, and other devices – border officials should have reasonable suspicion before sifting through someone’s personal files.”

The article further avers:

“The trouble is, the ACLU noted, that almost two-thirds of the population (197.4 million people) live within 100 miles of the US border. New York, Washington, Boston, San Francisco, Los Angeles, Miami, and dozens of other major metropolitan areas fall under the so-called “exemption” zone.”

This would, of course, mean by implication that all international airports are “borders” and provide the means for the Federal government to establish yet another blanket beachhead using the Constitution to erode basic human rights and freedoms throughout the entire nation. There is no courtroom in the US that does not suffer an implied conflict of interest with the private citizenry because they are all government-managed with the statist drones making up the lion’s share of staffing with a monopoly on the use of force in the hands of the badged and most likely overweight statist policing entities shambling through the corridors of the freedom-sterile zones of a Federal courthouse. Like the fuselage of an American flagged airline, the Federal building ethos is one of complete domination of private citizens stripped of every thread of self-protection and human dignity. The prohibition on private weapons in courtrooms and courthouses is not only a manifestation of government hoplophobia but a very real concern for the rage generated unjustly against thousands of citizens who are abused in these star chambers



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for what are largely *malum prohibitum* crimes.

The implications are staggering and merely confirm the worst suspicions among freedom advocates that the naked power of the Federal government is essentially limitless. Please keep in mind this is a *Constitutional* ruling by a government employee. Much like having the police rule on their own misconduct by investigating the mischief himself or herself or the NSA claiming much like the DHS that the reasons for their behavior cannot be disclosed due to national security concerns. Most government supremacists are either too dull or drunk on ultimate power to see the delicious irony in the ruling. The ruling essentially confirms the worst forebodings of Constitutional skeptics like myself who know that the document and the hundreds of meters of shelf space groaning under imperial judicial rulings are a very fancy bunting and excuse to grant unlimited power to the central government and incinerate individual liberty at every turn.

Fancy the judiciary in the Federal apparatus to be concerned with individual liberty and freedom? Hell, I don't even fancy the ACLU to be concerned with it because of their historical institutional blindness to the Second, Third, Ninth and Tenth Amendments.



Yes, I said [Third](#) because an enterprising civil rights attorney could have a lot of fun with that with a class action suit against the DHS for violating that rarely invoked amendment for the shameless LEO misbehavior in Boston after the bombing. I would be very interesting to see the definitional constraints on temporal limitations in that case.



All of this proves one thing that is crystal clear: there is no judicial remedy to get the Federal government and Mordor on the Potomac out of your knickers and no possible expectation of justice in the American system in the classical

sense of the term as a remedy for wrongdoing. The American legal system is designed first and foremost to provide a legal excuse and imprimatur for government supremacist behavior. [Dred Scott v. Sandford](#) was an existential harbinger of things to come, it simply provided a contemporary viewpoint on slavery and human ownership that would be expanded to all men over time. *Dred Scott v. Sandford* was never repudiated formally but merely the construct for the entire legal scheme in America which is a notion that all humans in the tax jurisdiction in America would be subservient to a legal apparatus that even appropriated the right of *non-citizens*.

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There are many permutations to the *Dred Scott* decision that reverberated throughout the next 150 years but the most interesting is the notion of slaveholding as a right for which the Federal government could not be held accountable for the *Missouri Compromise of 1820*. But in the long history of linguistic legerdemain that is the stock and parcel of American jurisprudence, the very notions of slavery would become the backbone of all Federal expansion of power because self-ownership would become extinct as a legal principle.

This ruling is further proof for the observant and reflective sectors of the population that the Constitution is one of the most devilishly clever and manipulative anti-freedom instruments ever penned and that the perfidy and cunning of the Founding Lawyers should be battle cry to fight for liberty instead of the incessant and ahistori-

cal droning of allegiance and admiration for the fetid parchment.

If Korman has not got your freedom antennae quivering, you are asleep. Korman is the plantation owner's legal representative and you have just been served.

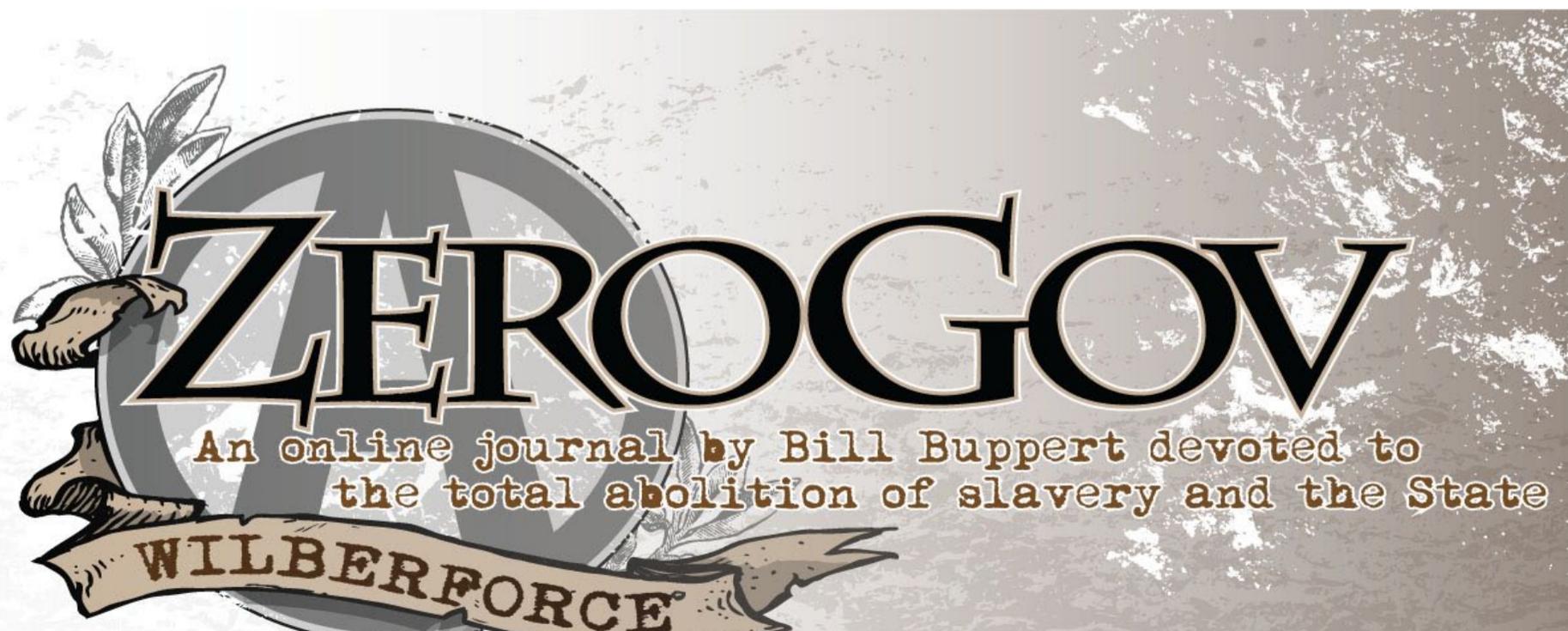
Korman has levied yet another declaration of war on human liberty and dignity.

Please don't write your Congressman, just tend to your preps and get out to the range more often.

Resist. 

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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It Is Not Over

By Chuck Baldwin

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EVERYWHERE I go, I meet people who seem to believe that it's all over, that there is no hope, that freedom is forever doomed. The doom and gloomers are omnipresent. But there is a great line in the newest version of the movie "Red Dawn" that should help put it all in perspective. One of the freedom fighters says, "I'm still breathing so, it's not over." I love that line. I feel exactly the same way.

There is no question that the forces of globalism and socialism have pretty much had their way over the past few decades. And with very few exceptions, we don't have a lot of allies in Washington, D.C., and in most State capitals. For that matter, we don't have a lot of allies on Wall Street or in most classrooms. But that doesn't mean that it's over: not by a long shot.

Freedom didn't have a majority in 1775 and 1776, either. I doubt that one could find any time in history when the proponents of liberty were ever in a majority. Sam Adams may have said it best when he said, "It does not take a majority to prevail...but rather an irate, tireless minority, keen on setting brushfires of freedom in the minds of men."

However, there is one thing that Colonial America had that modern America doesn't have: a patriot pulpit. The pulpits of Colonial America were ablaze with the fire of liberty. Colonial clergymen of every Christian denomination explained, extolled, enlightened, expounded, and elucidated the Natural Biblical principles of liberty from their pulpits continuously. Remember that it was mostly the men of Pastor Jonas Clark's congregation at the Church of Lexington that stood armed on Lexington Green against British troops in the wee morning hours of April 19, 1775, and fired the shot heard 'round the world.

Publisher and historian Gerald Nordskog writes these words about Jonas Clark: "As the pastor of the church at Lexington, he typically gave four sermons a week, written out and orally presented--nearly 2200 sermons in his lifetime. His preaching was vigorous in style, animated in manner, instructive in matter, and delivered with uncommon energy and zeal, with an agreeable and powerful voice. His sermons were rarely less than an hour, often more."

Nordskog continues, "It can be regarded only as a singularly happy circumstance that, as Lexington was to be the place where resistance to the power of England was first to occur, and the

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great act of a declaration of war first to be made by the act of the people in the blood to be shed, making the place forever famous in history, the minister of Lexington should have been a man of the principles, character, courage, and energy of Mr. Clark.

“It can be regarded he was eminently a man produced by the times--more than equal to them; rather a guide and leader. All his previous life, his preaching, his intercourse and conversation among his people had been but a continued and most effectual preparation for the noble stand taken by his people on the morning of the 19th of April, 1775. The militia on the Common that morning were the same who filled the pews of the meetinghouse on the Sunday morning before, and the same who hung upon the rear of the retreating enemy in the forenoon and throughout the day. They were only carrying the preaching of many previous years into practice.

“It would not be beyond the truth to assert that there was no person at that time and in that vicinity--not only no clergyman but no other person of whatever calling or profession, who took a firmer stand for the liberties of the country or was more ready to perform the duties and endure the sacrifices of a patriot, than the minister of Lexington.



“When the struggle actually commenced, the people were ready for it, thoroughly acquainted with the reasons on which the duty of resistance was founded, and prepared to discharge the duty at every hazard. No population within the compass of the Colonies were better prepared for the events of the 19th of April, than the people of Lexington; no people to whom the events of that day could more safely have been entrusted; none more worthy of the duties that fell to their lot; or who better deserved the honours which have followed the faithful performance of them. No single individual probably did so much to educate the people up to that point of intelligence, firmness, and courage, as their honoured and beloved pastor.” (Nordskog, Gerald Christian; *The Battle of Lexington*; Nordskog Publishing; 2007; Print.)

Can one imagine how history would have been changed had the Church of Lexington, Massachusetts, and all of the churches of Colonial America for that matter, been occupied with the kinds of ministers we have today? I can tell you this: there would have been no Lexington Green and Concord Bridge; no Bunker Hill; no Valley Forge; no Declaration of Independence; no U.S. Constitution; and no United States of America. And that is an absolute fact. The erroneous interpretation of Romans 13, so prevalent today among pastors and churches, would have instructed the colonists that it would be a sin against God to rebel against King George.

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Pastors would have taught their congregations to be good little slaves to the Crown. Without a doubt, had Colonial America had the kinds of ministers we have today, we would still be a subjected colony of Great Britain to this very hour.

And if you think Jonas Clark was the exception to the rule in Colonial America, you haven't studied history. Men such as John Witherspoon, James Caldwell, John Peter Muhlenberg, Joab Houghton, Ebenezer Baldwin, Elisha Williams, Charles Chauncy, Jonathan Mayhew, Isaac Backus, Samuel Sherwood, John Fletcher, John Leland, etc., etc, inspired and instructed Christians of all denominations regarding their duties and responsibilities as free men and women under God--including the duty to free themselves from the yoke of bondage.

So prominent was the role that Presbyterian pastors played in the American Revolution that as news of the rebellion spread throughout England, Horace Walpole told his fellow members of the British Parliament, "There is no use crying about it. Cousin America has run off with a Presbyterian parson, and that is the end of it." And Presbyterian ministers were not the only ones to rally the church for the cause of independence.

So many Baptist preachers participated in America's War for Independence that at the conclusion of the war, President George Washington

wrote a personal letter to the Baptist people saying, "I recollect with satisfaction that the religious societies of which you are a member have been, throughout America, uniformly and almost unanimously, the firm friends to civil liberty, and the preserving promoters of our glorious Revolution." It also explains how Thomas Jefferson could write to a Baptist congregation and say, "We have acted together from the origin to the end of a memorable Revolution." (McDaniel, George White. *The People Called Baptists*. The Sunday School Board of the Southern Baptist Convention, 1918. Print.)

But it was ministers from all of the Christian denominations who sounded the clarion call for freedom from their pulpits. Writing in the mid-1800s, noted attorney and historian John Wingate Thornton said, "To the Pulpit, the Puritan Pulpit, we owe the moral force which won our independence."

The patriot pulpit is what Colonial America had that modern America doesn't have. We lack the "moral force" of that patriot pulpit. For the most part, America's pastors today are shy, sheepish servants of the state. For the American people to once again muster the courage and conviction to reclaim their liberties requires a revival of the patriot pulpit. As long as Christian people stay seated in the padded pews of these passive pulpits, our nation will continue to plummet into the pit. But this is where the good news begins.

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All over the country, tens of thousands of Christians are leaving these timid and cowardly ministers--even pastors are leaving their timid congregations behind and joining up with freedom-minded believers in brand new independent fellowships.

For example, we have over 800 patriot pastors listed on our Black Regiment web page. These are ministers who are not afraid to identify themselves as a patriot pastor and have asked to be included in the list. I invite you to search the list and see if there is a Black Regiment pastor near you. See it here:

[The Black Regiment](#)

Furthermore, there are thousands of Christians who are leaving these say-nothing churches and starting home churches or are meeting with small groups of believers who also share their love of liberty. In addition, we have hundreds of believers who, because they cannot find a patriot pastor in their community, are tuning into the service at Liberty Fellowship each Sunday afternoon at 2:30 Mountain Time and listening to our messages.

To watch our messages live each Sunday afternoon online, go to:

[Live Stream](#)

One may also watch my archived messages here:

[Video Messages](#)

I am personally convinced that there will be a “latter rain” of God’s outpoured blessings, including the blessings of liberty, upon His remnant in America. The fires of liberty are burning too brightly in too many hearts. And more and more of Sam Adams’ “brushfires of freedom” are being lit by the day. I firmly believe that what is now a trickle of revival and separation from these dead churches will soon become a torrent. Patriot pastors and congregations are being re-born and rebuilt at this very moment.

If it means we must forsake the establishment church, so be it. If it means we must leave the sleeping and lethargic behind, so be it. If it means we must relocate, so be it. If it means we must break old traditions, so be it. If it means it might cost us something, so be it. We fought and won our liberties once; we can do it again.

Is there no hope? Is it all over? Too many freedom lovers are still breathing so, it’s not over.

(c) *Chuck Baldwin* 

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2014 Predictions

By Stephen Lendman

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SOME are best guesses. Others are easier to make. For billions worldwide, 2013 was grim. Expect 2014 to be no better. For many it'll be worse.

Conflicts without end threaten humanity. War profiteers never had it better.

Washington bears most responsibility. One nation after another is ravaged, destroyed and plundered.

It's the American way. Advancing its imperium matters most. So does benefitting the nation's privileged class.

War criminals and crooks run things. The criminal class in Washington is bipartisan. They're waging war on humanity.

They're ravaging the world for unchallenged dominance. Millions of lost lives don't matter. It's a small price to pay, they claim. So is unspeakable human misery.

Whole continents are carved up for profit. Resources are plundered. Ordinary people are ex-

ploited. America has been at it for centuries. Post-WW II, things accelerated.

Post-9/11, they spun out-of-control. Expect a bloody 2014. Expected more death, destruction and human misery. Expect it globally.

Expect merchants of death to keep profiting hugely. Expect corrupt politicians to get their share. Expect America's most disadvantaged to be left increasingly on their own out of luck.

Safety net protections are on the chopping block for elimination. In 2014, expect more erosion. Republicans and Democrats agreed. So did Obama.

He spent his entire tenure shifting wealth disproportionately to Wall Street, war profiteers, other corporate favorites, and super-rich elites.

He's a job destroyer, not creator. He's doing nothing to stop offshoring many of America's best jobs. He's letting them be replaced with low pay/poor or no benefit ones.

He's continuing America's race to the bottom. He's got more of the same in mind. He pretends otherwise. He says one thing. He does another.

He scorns the rights of ordinary people. He's

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done it since his Chicago days.

He's pro-war, pro-Wall Street, pro-business, pro-privilege, pro-super-wealth, anti-dissent, anti-democracy, anti-civil and human rights, anti-labor, anti-environmental sanity, and anti-government of, by, and for everyone equitably and just.

He's polar opposite what most people want, need, and won't get with him as president. Nor with congressional Democrats in lockstep with Republicans on issues mattering most.

Only a Democrat president would do what Republicans on their own wouldn't dare. Obama is a stealth corporatist hardliner. He's been this way throughout his political career.

It elevated him to America's highest office. It's pay back time for power brokers who chose him. They wouldn't have done it otherwise.

On December 28, Congress and Obama cut off extended unemployment benefits. They harmed

1.3 million Americans. They did so when they most need help. They did it disgracefully.

In 2014, they'll end them for another 3.6 million jobless Americans. They'll lose out through no fault of their own. Emergency benefits were previously extended from 40 to 73 weeks.

They're now 26 weeks. It's when growing millions of Americans can't find work. Highly touted recovery is fake. Main Street Depressions conditions persist.

Bipartisan cruelty makes things worse. Help when most needed is denied. Imagine any country anywhere doing it. Imagine the world's richest one.

Imagine heartlessness writ large. Imagine criminals running today's America. Its wealth goes for warmaking, corporate handouts, and benefits for super-rich elites.

Ordinary people are betrayed in the process. Washington's FY 2014 budget deal benefits privileged interests. It does so at the expense of popular ones.

Winners include bankers, war profiteers, other corporate favorites, multi-millionaires and billionaires.

Losers are millions of unemployed, underem-

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ployed, and impoverished people, government workers, retirees, veterans and active duty military personnel.

Corporate handouts remain policy. So do tax cuts for the rich. In 2014, more are planned. Both parties agreed. So did Obama.

They conspired quietly. Media scoundrels said nothing. Corporate rates will drop from 35% to either 28 or 25%. Most large companies already pay less than half that amount.

Many pay much less. Some pay nothing. Others get rebates in profitable years. Tax breaks under Bush and Obama added around \$10 trillion to their balance sheets.

Much was shifted to offshore subsidiaries. Doing so avoids US taxes altogether. It's unknown how much corporate wealth sits in tax havens.

A previous article discussed a Tax Justice Network (TJN) report. It's titled "The Price of Offshore Revisited." It explains what insiders won't discuss.

It estimates up to \$32 trillion of hidden and stolen wealth stashed largely tax-free secretly. It was published in July 2012.

Huge profits and ill-gotten gains were accumulated since then. Perhaps \$40 - 50 trillion remain hidden tax free today. It represents a black

hole of unfairness.

It comes at the expense of billions worldwide. Ordinary Americans get lump of coal harshness. Expect more of the same in 2014. Bipartisan complicity assures it.

Expect 2014 to be tougher than ever for growing millions. It's planned. It's baked in the cake. It's coming.

Obama demands it. He's the Grinch who stole fairness. He's done it throughout his tenure. He's got lots more hard times in mind. Austerity writ large remains policy.

Obama's waging war on ordinary people. He heads a homeland police state apparatus. Expect meaner and nastier year ahead policies.



He wants vital safety net protections eliminated. They're coming when longterm unemployment, underemployment, hunger, homelessness and

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human misery are growing.

On November 1, \$11 billion in food stamp cuts over three years took effect. It's the first time since Franklin Roosevelt instituted the first Supplemental Nutrition Assistance Program (SNAP). It began in May 1939.

The program ended temporarily when conditions warranting it no longer existed. In 1959, Eisenhower reinstated it.

Jack Kennedy's first Executive Order expanded it. Lyndon Johnson enacted the 1964 Food Stamp Act.

He called doing so "a realistic and responsible step toward the fuller and wiser use of an agricultural abundance."

It's vitally important. It provides food for growing millions unable to afford enough. In the 1980s, cutbacks began. Clinton continued them.

They're prioritized more now than earlier. Re-

ipient benefits drop to under \$1.40 per person per meal. Imagine the impossibility of proper nutrition on that amount.

Imagine the effect on children. Imagine the harm to America's elderly, ill or weak. Imagine too little food leaving millions hungry most days.

Imagine the unimaginable in the world's richest country. Imagine it because it's official policy.

Imagine agribusiness handouts growing at the same time. Imagine bankers and other corporate favorites getting theirs.

Feeding America's poor doesn't matter. Nearly 50 million need food stamps to eat.

Since 2008, recipients increased over 70%. Perhaps 80% by end of 2014. It comes at a time hunger in America is growing.



curity." It said:

Privately run food banks are more than ever hard-pressed. A previous article discussed AP headlining "Exclusive: Signs of Declining Economic Se-

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"Four out of 5 US adults struggle with joblessness, near poverty or reliance on welfare for at least parts of their lives."

It's a disturbing "sign of deteriorating economic security and an elusive American dream."

"Survey data exclusive to The Associated Press points to an increasingly globalized US economy, the widening gap between rich and poor, and loss of good-paying manufacturing jobs as reasons for the trend."



Government data are manipulated to distort. Conditions are much worse than reported. America is the United States of Unfairness, Cruelty, Inequity, and Injustice.

Throughout Obama's tenure, things got worse, not better. Ordinary Americans today suffer more than at any time since the Great Depression.

Year 2014 promises worse. Increased austerity assures it. Imagine force-feeding it when vital aid is needed more than ever since the 1930s.

Imagine anti-populism becoming official US policy.

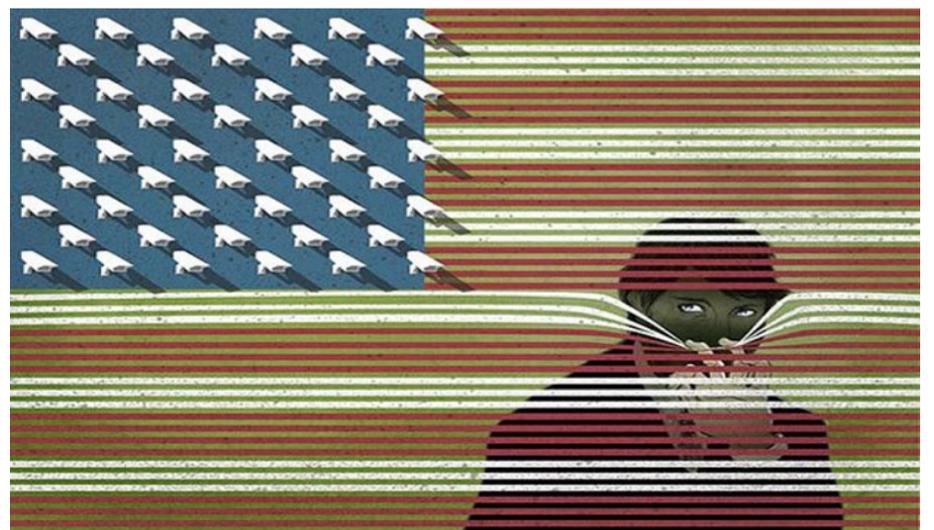
Imagine Obama and Congress mandating it. Imagine them leaving America's most disadvantaged hung out to dry.

Imagine them wanting vital safety net protections destroyed altogether. Imagine them third-worldizing America. Imagine them turning it into a dystopian backwater.

Imagine kleptocrats stealing the nation blind. Imagine corrupt politicians letting them. Imagine paradise for America's privileged class. Imagine Kafkaesque harshness for all others.

Imagine deepening repression. Imagine America's war on Islam continuing. Imagine its war on terror waged more ruthlessly than ever. Imagine state terror institutionalized as official policy.

Imagine harder than ever crackdowns on non-believers. Imagine America's surveillance soci-



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ety operating more lawlessly.

Imagine freedom increasingly disappearing in plain sight. Imagine America more unfit to live in than already. Imagine constitutional and international law protections no longer helping.

Imagine police state harshness replacing them. Imagine full-blown tyranny approaching. Imagine the unimaginable.



Imagine 2014 potentially being America's worst year ever. Imagine conditions becoming too intolerable to bear. Imagine harder than ever hard times reaching new depths.

A Brief Summary

Expect 2014 to include:

- direct and proxy wars continuing without end;
- new ones beginning;

- America's wealth increasingly transferred to corporate and privileged interests;

- ordinary people increasingly on their own sink or swim; a race to the bottom continuing;

- America's disadvantaged harmed most;

- poverty, unemployment, underemployment, hunger and homelessness worse than ever in modern times;

- bipartisan complicity assuring it;

- social safety net protections increasingly eliminated;

- freedom disappearing in plain sight;

- police state harshness increasing;

- local police collaborating with federal authorities;

- NSA watching everyone more closely;

- Washington increasingly waging war on ordinary people;

- full-blown tyranny approaching;

- America more than ever unfit to live in;

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- 2014 exceeding the worst of Orwell's 1984.

It does already. It's not getting better. Washington's criminal class is bipartisan. Obama heads its police state apparatus. He plans the worst of all possible worlds.

Expect 2014 to be grim. Expect growing millions to suffer horrendously. Expect greater global misery. Expect despair to replace hope.

Expect the American dream to disappear altogether. It's more illusion than reality for most people. George Carlin once said you have to be asleep to believe it.

Nightmarish conditions persist. Expect worse ones next year. Happy tidings await better times. Maybe some day. Not now. Not next year. None whatever in sight.

Stephen Lendman lives in Chicago. He can be reached at lendmanstephen@sbcglobal.net.

His new book is titled "Banker Occupation: Waging Financial War on Humanity."

<http://www.claritypress.com/LendmanII.html>

Visit his blog site at sjlendman.blogspot.com.

Listen to cutting-edge discussions with distinguished guests on the Progressive Radio News Hour on the Progressive Radio Network.

It airs Fridays at 10AM US Central time and Saturdays and Sundays at noon. All programs are archived for easy listening.

<http://www.progressiveradionetwork.com/the-progressive-news-hour>

<http://www.dailycensored.com/2014-predictions/>



Stephen Lendman is a retired small businessman now devoting all his time working with progressive organizations and writing about the most important and cutting edge issues of our times. He is committed to working for a better world at peace based on social, political and economic justice for all people everywhere. Visit his webpage at SJLendman.Blogspot.Com. He also posts his [articles on Freedom's Phoenix](#)

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SteveLendmanBlog

2014: Revolutionizing Consciousness

By John Perkins

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end of the article!

PLEASE be sure to see my upcoming [Online Course: Food, Plant and Animal Alchemy and Awakening Your Spirit](#) listed at the

this isn't just necessary; it's fun.

Achieving all of our goals will be possible as we pursue the goal of revolutionizing consciousness – as we think about the world and ourselves in a new and enlightened way. In order to pursue our mission to create a just, peaceful, and sustainable world, we recognize the importance of transforming ourselves from the inside out, starting with our hearts and minds.

“Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.”

-Harriet Tubman, abolitionist and humanitarian, an important member of the “Underground Railroad” (1820 – 1913)

We are entering a new year and continuing along the path of a Consciousness Revolution, an event that has been anticipated for centuries by indigenous cultures. This is an ideal time for us to ask ourselves what it means to be human on this tiny space station, Earth, at this moment in history, to recognize that we must take the individual and collective actions necessary to turn crises into opportunities, to commit to daily actions that will transform that recognition into reality, and finally, to realize that doing all of

Every crisis presents us with an opportunity to make a difference. Taking initiative during times of natural disaster and civil unrest leads to the changes that the world needs to see now. Stepping into the gaps caused by crises with courage and responsibility allows us to create a bright future for our children and grandchildren. We have the power to make sweeping lifestyle changes at home and to empower our leaders to do the same.

The corporatocracy wants us to consume more and more as their profits and power grow; yet, we are called upon to resist with purposeful action. It is time to educate those around us so that the movement to reduce consumption and to empower responsible businesses can become stronger. Not only is rampant consumption feed-

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ing into the corporatocracy, but it is also threatening the future of our children in every way from their food sources to their health. Through our purchasing decisions, we send powerful messages to the corporations. It is time now for those messages to be about creating an economy that cleans up pollution, helps starving people feed themselves, and develops new energy, transportation, communications, banking, education, and marketing systems – instead of about more militarization and pillaging of the earth.

After we commit to daily actions we see our goals become achievements and our dreams become reality. As I suggested in a recent blog, when you identify a cause that inspires you and email at least 10 people every day urging them to act around that cause and also asking them to email 10 of their friends, you manifest magical powers.

Setting clear goals helps us to be intentional about changing poor habits into powerful ones.

Writing those goals down and sharing them with friends and family creates momentum and accountability. We can transform ourselves with each dream that starts in the heart and becomes reality.

It takes just one voice to start a movement. One voice is joined by hundreds and then thousands more voices to create an insurmountable energy for change. All over the world, we can and will continue uniting and demanding for the right of the people to be served. Strong grassroots movements will be unstoppable with enough of us behind them.

Let 2014 be the year that you dedicate yourself like never before to your transformative journey and your practice of living in a new consciousness. No matter what goals you set for yourself in the new year, one of the most important actions you can take is to educate those around you about these issues and how to make an impact regarding them.



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Let's dance together, soar together, and share our passions with others.

Please join me at this upcoming event:

February 6, 2014: EVOLVER LEARNING LAB- Food, Plant and Animal Alchemy and Awakening Your Spirit – ONLINE COURSE, First of Four

Date: Thursday, February 6, 2014

Time: 8:00 pm ET/5:00 pm PT

Topic: Use the energies of food, plants and animals as an aid to developing spiritual insights and expanded consciousness. Hosted by John Perkins and John Kozinski

Details: 90 minute live video seminar with Question & Answer time

Location: ONLINE- 4 Course Seminar

Tickets available online: <http://evolverlearninglab.com/products/food-plant-and-animal-alchemy-and-awakening-your-spirit#register>



As Chief Economist at a major international consulting firm, **John Perkins** advised the World Bank, United Nations, IMF, U.S. Treasury Department, Fortune 500 corporations, and countries in

Africa, Asia, Latin America, and the Middle East. He worked directly with heads of state and CEOs of major companies. His books on economics and geo-politics have sold more than 1 million copies, spent many months on the *New York Times* and other bestseller lists, and are published in over 30 languages.

John's [*Confessions of an Economic Hit Man*](#) (70 weeks on the New York Times bestseller list) is a startling exposé of international corruption. His [*The Secret History of the American Empire*](#), also a *New York Times* bestseller, details the clandestine operations that created the world's first truly global empire. His [*Hoodwinked*](#) is a blueprint for a new form of global economics. The solutions are not "return to normal" ones. Instead, John challenges us to soar to new heights, away from predatory capitalism and into an era more transformative than the Agricultural and Industrial Revolutions. His writings detail specific steps each of us can take to create a sustainable, just, and peaceful world.



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50 Ways to Starve the Beast

By Daisy Luther

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Daisy Luther

A term coined in 1985 by an unnamed staffer of the Reagan administration was “Starve the Beast”. This referred to a fiscally conservative political strategy to cut government spending by paying less in taxes. So, in the original sense, “the Beast” was the government, and people were to starve the beast by spending less and using loopholes, therefore paying less in taxes.

These days the Beast has a lot more tentacles than just the government. The system now consists of the government and all aspects of Big Business. Big Agri, Big Pharma, Big Medicine, Big Food, Big Banking and Big Oil, to name a few. It seems that now it’s the Beast doing the starving, as small businesses close because they can’t compete with Wal-Mart, the family farm is on it’s way out because it can’t compete with the huge, subsidized Monsanto mega-farms, people are going bankrupt because they can’t pay the outrageous medical bills...

Perhaps it’s time for another financial revolution – one where people group together and use the power of the boycott to starve all the arms of

this Beast that would swallow us whole. If we vote with our dollars, eventually there will, of a necessity, be a paradigm shift that returns us to simpler days, when families that were willing to work hard could make a living without selling their souls to the corporate monoliths.



Every penny you spend with small local businesses is a penny that the big box stores won’t have. Everything that you buy secondhand or barter for is an item on which you won’t pay sales tax. Disassociate yourself completely with “the system” that is making Western civilization broke, overweight and unhealthy. Starve the Beast by taking as many of these steps as possible...

1. Grow your own food (this starves Big Agri and Big Pharma both)
2. Shop at local businesses with no corporate ties
3. Use [natural remedies](#) instead of pharmaceuticals whenever possible
4. Homeschool your children
5. Walk or bike instead of driving when possible

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6. Get care from naturopaths and healers instead of doctors
7. Make paper logs from scraps for free heat if you have a wood-burning fireplace or stove
8. Boycott all processed foods
9. Shop at local farmer's markets
10. Boycott corporate stores: Wal-Mart, Costco, Best Buy, Home Depot
11. Give vouchers as gifts for an evening of babysitting, a homemade meal, walking the dog, doing a repair, or cleaning
12. Join a CSA or farm co-op
13. Ditch television (and all the propaganda and commercials)
14. Participate in the [barter system](#) – if no money changes hands, no tax can be added
15. Buy secondhand from yard sales, Craigslist and thrift stores
16. Sell your unwanted goods by having a yard sale or putting an ad on Craigslist
17. Repair things instead of replacing them
18. Avoid fast food restaurants and chain restaurants
19. Dine at locally owned establishments if you eat out
20. Brew your own beer and wine
21. Read a book, purchased second-hand or borrowed
22. Grow or gather [medicinal herbs](#)
23. Give [homemade gifts](#)
24. Attend free local activities: lectures, concerts, play days at the park, library events

25. Dumpster dive
26. Play outside: hike, bike, picnic
27. Mend clothing



28. Invite someone over for dinner instead of meeting at a restaurant
29. Throw creative birthday parties at home for your kids instead of renting a venue
30. Camp instead of staying at a hotel
31. Bring your coffee with you in a travel mug
32. Do all of your [Christmas shopping](#) with small local businesses and artisans
33. [Reduce your electricity usage](#) with candles, solar power and non-tech entertainment



34. Drop the thermostat and put on a sweater
35. Bring your snacks and drinks in a cooler when you go on a road trip
36. [Stay home](#) – it's way easier to avoid temptation that way
37. Pack lunches for work and school
38. Make delicious homemade treats as a hostess gift
39. [Close your bank account](#) or at the very least, strictly limit your balance
40. Visit u-pick berry patches and orchards,



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then preserve your harvest for the winter

41. Use [precious metals](#) stored at home as your savings account

42. Raise backyard chickens for your own eggs

43. If you are a smoker, roll your own cigarettes – if possible go one step further and grow tobacco

44. Live in a smaller, more efficient home

45. Use solar power for lighting or [cooking](#)



46. Collect rainwater for use in the garden

47. Learn to [forage](#)

48. Buy heavy, solid, handmade furniture instead of the flimsy imported stuff

49. [At the holidays](#), focus on activities and traditions instead of gifts. Go for a walk or drive through the neighborhood to look at lights, get into your PJs and watch a special movie together on Christmas Eve and make certain treats that can always be

expected

50. Make your own bath and body products using pure ingredients like [coconut oil](#), essential oils, and herbal extracts



Daisy Luther is a freelance writer and editor who lives on a small organic farm in the Pacific Northwestern area of the United States. On her website, [The Organic Prepper](#), Daisy writes about healthy prepping, homesteading adventures, and the pursuit of liberty and food freedom. Daisy is also a staff writer at [The Daily Sheeple](#), where she helps to “Wake the Flock Up”. You can follow her on [Facebook](#), [Pinterest](#), and [Twitter](#), and you can email her at daisy@theorganicprepper.ca

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The Mother of All False Flag Attacks

By Dave Hodges

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IN the past 30 days, [military coup](#) would someday topple Obama. It is now time to categorize and review the events connected to the Grid EX II drill and the attempt to initiate a false flag event followed by martial law.

The Mother of All False Flag Events

For months, I felt like one of the few voices in the wilderness trying to call attention to what was about to happen. I took a fair amount of criticism for reporting on these events despite the fact that events were documented as well as could be when dealing with clandestine activities.

I had Jim Garrow on my show on December 22, 2013 and many of these claims were validated by the words of a 43 year veteran of being a deep-cover agent for the CIA.

take down all, or part of the power grid and then enact martial law under the auspices of DHS with the help of their Hessian troops, primarily Russian. These four media figures are people whose names would be recognizable. To various degrees, they want to break with their media controllers and get this truth out. It is safe to say that all four are on America's side and are opposed to what Obama is trying to do the country on behalf of his puppet masters. The truth is becoming apparent for all who want to see it. Of course, the sheep will still go to great lengths to deny what is truly happening to our country. It

Is Time for Straight Talk

[I have been writing about various aspects of this scenario for 16 months](#), such as using the Russians being used as martial law enforcement troops. I began focusing on the power grid as a target in August/September of 2013. I first mentioned that Benghazi was the first real hint that a

Assassination Attempt on Jim Garrow

I might not have published this information about the very recent attempt on Dr. Garrow's life, except that it has already been widely reported. While on my show, Dr. Garrow acknowledged that Obama did plan to take down the power grid on November 13, 2013 in the Grid EX II drill and initiate a brutal martial law.

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According to the [Congressman Franks](#) and my military sources, a power grid takedown would result in a 90% fatality rate following two years. Interesting, since the quoted globalists call for a 90% reduction in population.

The Military Saves America

I first wrote an article on the intention of this administration to use the Grid EX II drill on September 7, 2013. Dr. Garrow was a three hour guest on my show on December 22, 2013 as he validated these claims.

I came to understand that the Grid EX II drill false flag event was stopped as soon as it was announced that the Obama administration had brought the Russians and the Chinese into the drill. This is remarkable, since both nations threatened to nuke us over Syria and Iran. They are clearly our enemies, but are being treated as allies. However, their presence in the drill signaled that the false flag component of Grid EX II was no longer in play.

Then it was quickly announced that the Russians and Chinese would be first time participants in the upcoming RIMPAC war games. The RIMPAC war games are the largest war games in the world and have historically been war games that are designed to practice fighting against Chinese and Russian military tactics. Now our enemies are in the RIMPAC drill, which makes no sense. This is all documented in the bibliog-

raphy listed at the bottom of the article.

I suspected that the RIMPAC forces were being morphed into an international peace keeping force. I just had this confirmed in the past few days by one of my insider sources. Here is where it gets very interesting. The UN Small Arms Treaty Ban calls for countries to use foreign troops to confiscate guns because they are more likely to fire on their own citizens. I was told that this is what RIMPAC is morphing into. We are going to see the use of foreign troops to seize American guns.

Dr. Garrow and I were brought together by a mutual friend because what I was writing was matching what our mutual friend knew that it matched specifically what Jim Garrow believed. The military is actively opposed the planned GRID EX II drill on November 13, 2013.

The Bifurcation Between the Military and the Administration

Obama has fired over 200+ command level officers. The conflict between Obama and the military is becoming a case of the immovable object meeting the irresistible force. Obama wants martial law to usher in his communist, NWO agenda. The military will not support the mass harming of American citizens. The military has already blocked a nuclear detonation in Charleston, SC., late last summer.

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Some of the deposed military officers are planning a coup and a long term guerrilla civil war against the Obama administration, the DHS and their martial law enforcing troops of the Russians and the Chinese. A false flag event will precipitate this. Jim Garrow and my two military sources are explicit in this point!

It is notable to point out that Senator Lindsay Graham, on the same day that Alex Jones reported missing nuclear missiles, said that “if we did not not hurry up and attack Syria, that Charleston Harbor would be nuked”. Graham knew something and it freaked him out. He was almost incoherent at this news conference. By the way, the military intercepted the nuke intended for Charleston and detonated it 500 miles east of Charleston, in the Atlantic and the Russians confirmed the explosion.

Obama has been thwarted. However, he is undeterred. There will be more false flag attack attempts with the purpose of subjugating this country under martial law.

As I said, Jim Garrow confirmed every bit of this on my interview with him. [The first half hour of the interview](#), Jim and I danced around the topics. The last 2 and a half hours were explosive. Click on the above link to hear Dr. Garrow.

I have been writing about the Russians for a long time. They are here in this country and they will be used as martial law troops because Obama

cannot count on the military. Because I was on to the truth that the Russians are going to be used to enforce martial law, I was brought on to the Voice of Russia show and interviewed about the coming martial law only to have the Russians discredit me on the website as being extremist for believing that martial law was coming. This was their intention all along. My message was dangerous to the completion of their mission because they risked widespread exposure. The Russians and their propagandists were covering their backsides because they know that the use of Russian troops to enforce martial law is true and they were trying to discredit me in an attempt to cover the truth. The interview played in Washington DC and New York and then in 38 countries. [Here is the link to the interview I did with the Russians and the subsequent attack upon me following the interview.](#)

I have written extensively on martial law and the use of Russian troops on my website. I have a video of Russian troops training inside of DHS vehicles courtesy of Sherrie Wilcox and her blog

The government plans to use stadiums and shopping malls as FEMA camps and I have written about this extensively. FEMA and DHS even practiced for this at Giants Stadium and in Denver where they took elementary kids, without parent permission to sports stadiums and then hired mock parents to beg for the release of the

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kids. This was clearly a desensitization exercise for the guards to not succumb to parental demands. It is one of three ways to draw parents into FEMA camps.

Conclusion

I have provided you with the means to start doing your own research. Do your own research by first visiting the links in this article, including the bibliography listed below. Perhaps you will form different conclusions from myself, and that is OK. At least then, you cannot be considered to be a sheep. If you concur with these findings, then we need to be shouting from the rooftops in order to call attention to these facts.

The media attention that is now being paid to these events is significant. Mainstream media people are ready to break ranks with the purveyors of the corporate controlled message. The military is approaching rebellion and the public is waking up. This adds up to the biggest civil unrest in American history.

The more attention we call to this, the more we can push this back due to the exposure. Perhaps, you should act like you like depends on this information getting out, because it does.

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30 Wellness Challenge from Our Wellness Revolution

By Stephanie Weeks

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OUR 30 day challenge is FREE! We will focus on implementing healthy lifestyle habits into your daily routine and creating awareness around a variety of topics. Our goal is to solidify simple steps that will boost our energy and make us glow from the inside out. We have two options for you to choose from. Invite your friends to join us.

GOALS of our 30 day wellness challenge:

- Create abundance and a positive attitude through affirmations
- Promote healthy eating habits through simple lifestyle changes that have a huge impact on your wellness
- We will be sending you healthy delicious meal recipes to try at home
- Learn stress management strategies
- How to read food labels and recognize artificial ingredients/preservatives
- Why supplementing with real food technology is important

[CLICK HERE TO JOIN!](#)

GOALS of our Jump Start Program:

In addition to the goals outlined in the 30 day wellness challenge, we will change our diets by implementing healthy lifestyle habits. This program will help participants lose weight and keep it off. We work to attain your personal health goals and use meal plans to accomplish these goals. [Join our JUMP START program](#) 



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

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Building a Solar Panel to Run the World

By Jesse Mathewson

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Electricity runs the world, and those who fuel this essential tool for humanity control it all. For those of us who desire to remove ourselves from the control of others, this poses a very real problem if we choose to remain connected to our global communities. The question that should be asked is not if the Internet will remain and improve as a source of communication and trade, but rather how can we continue to use it effectively when so many restrictions and governments seek to control it?

There are a few decent methods of anonymization and some quite good encryption protocols that will effectively reduce your online signature when doing trade outside of the normal government taxed and approved means. These means are common knowledge now thanks to the recent supposed wins of the government in taking down The Silk Road, Black Market Reloaded, and others. What is not understood is that all of the means that should have been used for these places were almost never utilized and as a result of that and simple stupidity, these sites were taken apart.

But security is not the chief aim of this article and after decades of playing with, and in, the in-

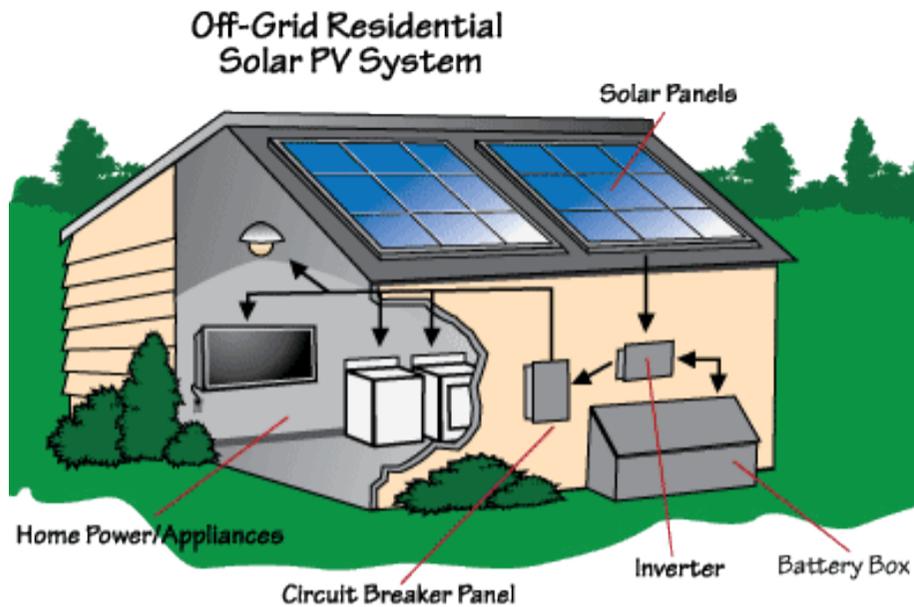
ternet, I have found that most humans are simply not interested in securing themselves when they have a government that can do it for them. So on to the electrical side of the article; please understand I am not licensed, I won't ever be licensed and I would highly recommend you study a bit before simply running off and electrocuting yourself trying to follow my instructions. That being said, any injury that is sustained from the use of the following information simply coincides with Darwinism - you have been warned.

Electricity is what we really want to look at now. How can someone generate a sufficient amount of electricity to maintain servers, computers, and more without causing added draw to the smart meters that look for these things? Banks of long life sealed gel cell deep-cycle batteries can be had for between \$200 and \$500 that will easily run a small to medium server set up. Yagi directional antennas allow you to capitalize on various Wi-Fi networks that are almost always unsecured. Use of burst transmission sending for large amounts of information are easy ways to capitalize on small windows of time when you have the power to operate the Wi-Fi set-ups.



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Small solar panel set-ups can easily be manufactured to charge the battery arrays. Most new solar panels are around 10-15% efficient; this means that they generate electricity based on a simple theory that takes into account the reflective qualities, shape and even location on the earth. There are other percentages and equations to look at. However, while reciting these will make me look intelligent, it won't help you. (And to be completely honest, within reason it doesn't really do much for me.) Here are the key components you will need for a small solar generator fit for computer use and even small refrigerators.

1. Solar cells- these can be had in many shapes and sizes as well as types. Check consumer ratings and get the cells that are rated by fellow consumers as having long life spans, durability, and solid production ability. Cost will range from .25 per watt to over \$12 depending on what exactly you want. I have personally found that buying the leftovers from local solar installers al-

lows them to recoup additional monies for jobs that are already paid and allows me to gain more paneling for a low price. Be careful that you do not mix cells by different manufacturers until you have tested their conductivity/ electrical rating using a simple amperage/ohm tester.

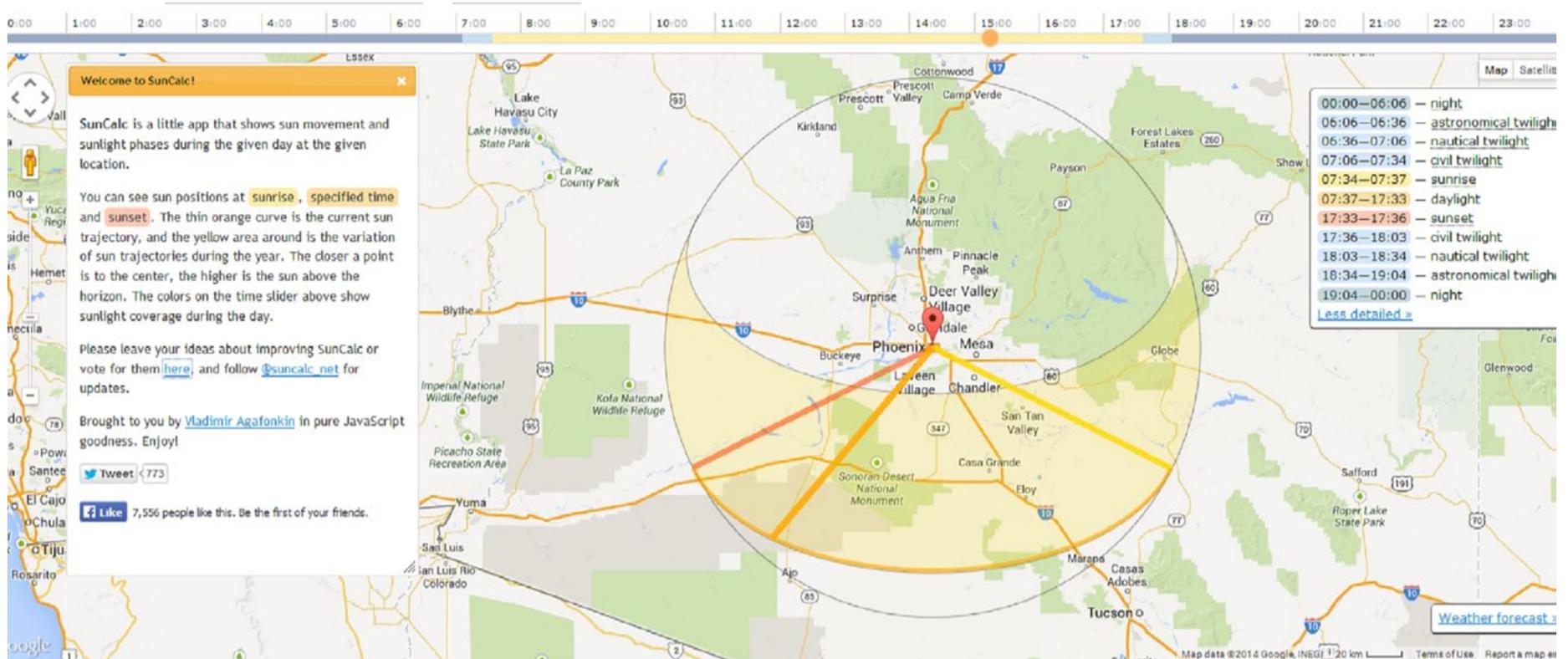
2. Silver tabbing material – This is not the same as silver solder and you want to make sure you get solar power rated stuff. Tabbing is rated differently, so match the correct rating to the cells being used. This is important to increase the efficiencies and life span of the cells.

3. A decent soldering iron - Connecting wire for power transmission. This is based on need and draw; slightly larger is a good thing here because from the panels to the controller and batteries you will have some surging.

4. Over the course of the next year (unless you do not have a year), measure the amount of sunlight you receive in hours to various locations on your property. My suggestion again is to place any off grid solar production in a location that is less likely to receive direct attention from individuals who simply have no need to know you have it. You can easily be purchasing \$20-\$50 worth of solar equipment every

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month until you are ready to complete the project and set it up while measuring the sunlight in hours per location. If you do not have a year or don't like going outside much, use SunCalc.Net, an easy to use on-line guide for what you want to know.

5. Find out how much power you are going to want to generate. What do you want to run right now, are you simply charging batteries for extended off grid use, or are you looking to generate additional power to reduce your current use? Do you want to be able to run a refrigerator or just computers? These are all VERY important questions and need to be answered before the next step. These individuals offer some great calculators for figuring this out, Borst Engineering and Construction.

6. Batteries are obviously a very necessary

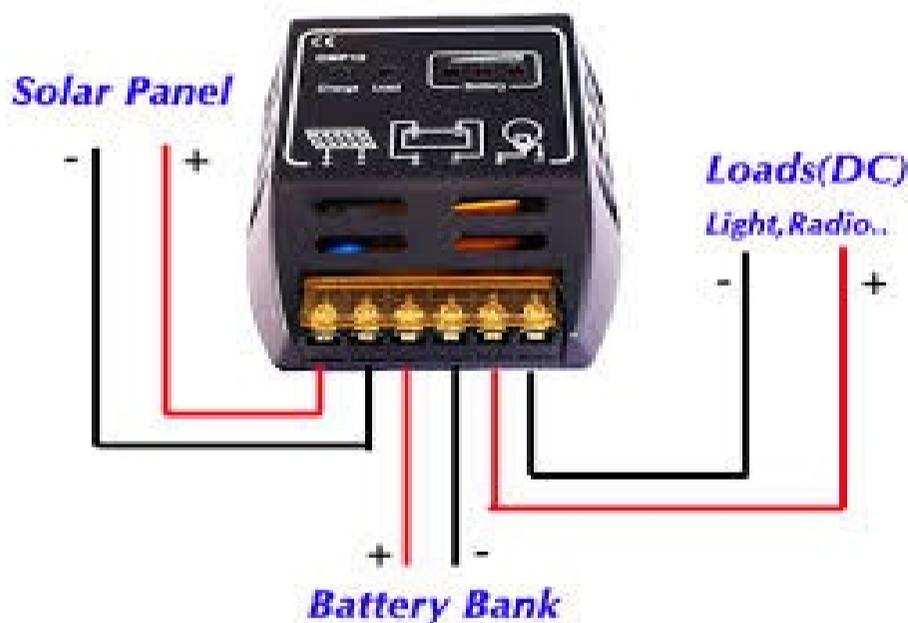
item unless you want to use all your precious daylight growing time for surfing the web and electronics or unless you do not need the refrigerator at night. Make sure you get deep cycle batteries, again check consumer ratings and get 12 volt batteries, unless you want to use 6volt batteries in which case you simply need to ensure you hook them up one to one in series. I like maintenance free batteries as they make them with about the same working life as those which need maintenance now. Make sure you have MORE battery power in output then what you calculated you need.



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7. Charge controller, another necessary item for the effective solar setup. Most charge controllers are rated in amps; this is an easy calculation that is taught in 7th grade. Watts divided by volts equals amperage. Again, make sure your charge controller is rated higher than what you estimated you need. Or find a good price and get one per every panel you put together. This method is different and a bit more in depth, so for now, just buy one and a backup that are rated higher than what you need.



8. AC inverters are a necessity unless you are looking to JUST charge battery power sources alone with the solar setup. However, if you want to charge the batteries for night time use and have direct solar power for daytime use, get an inverter. This is where knowing what you are wanting to power exactly becomes a real issue. There are two types of AC inverters; a modified

sine wave and a pure sine wave. Most refrigerators and some other general appliances will not work with a modified wave inverter. Again, this is where I recommend going with the more expensive units; I have two pure sine wave inverters rated at 1000 watts apiece. This allows me to have a backup as in my strict opinion, one can never be too prepared and it exceeds my calculated need by approximately 500 watts give or take.



Next you will put it altogether. The following instructions are basic and this should not be attempted by someone unfamiliar with the risks associated with working with electricity. Yes you can die, and yes I warned you.

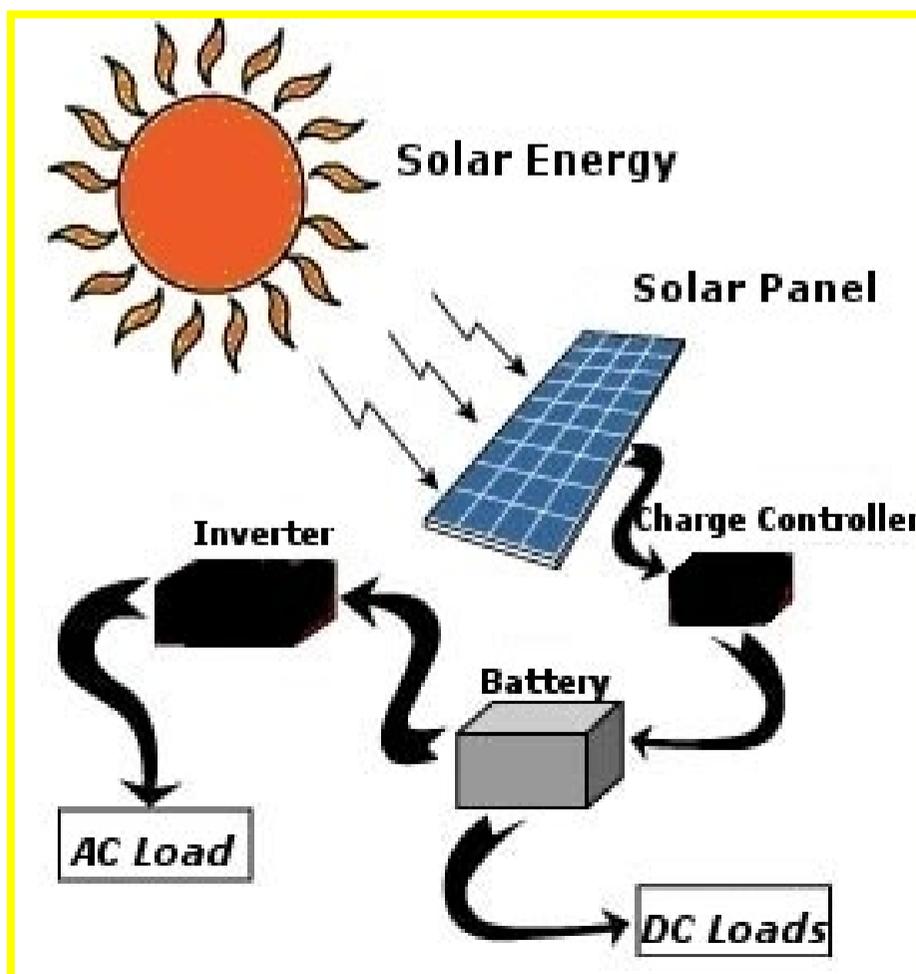
1. After tabbing your solar cells, [Use this Video for more info](#), connect them to the charge controller. Another [informational video I have used personally is this one linked here](#).

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2. Connect the batteries to the charge controller using the proper sized leads and wiring based on size of batteries.
3. Connect the inverter to the charge controller; again, using proper sized leads and wiring based on size of draw and current expected.
4. Inverter can be directly connected to the house electrical by simply plugging it in to a well-grounded outlet, or you can plug the appliances being used directly into the inverter as well.

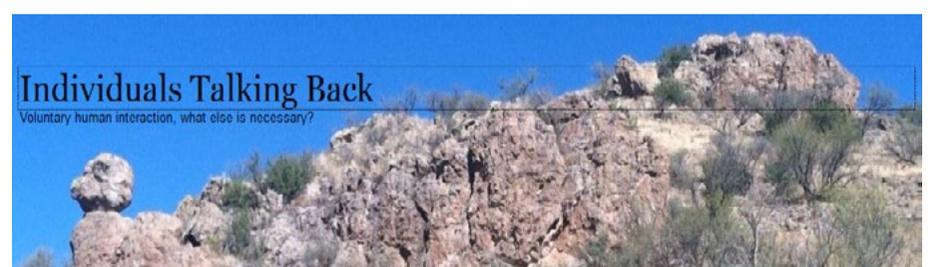
Additional questions will arise; I and others I work with are available to freely answer these questions via email usually within 48-72 hours.



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. Thank you all for reading and hope to hear from you soon.

Free the mind and the body will follow.



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How to Make Herbal Tinctures

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I have several tincture recipes posted (including my two favorites: [Chamomile Tincture](#) and [Digestion Tincture](#)) but I realized that a post with general instructions on how to make a tincture from any herbs would be helpful.

A tincture is a concentrated liquid form of an herb that is easy to make and easy to take. Tinctures preserve and concentrate the properties of the herb, making them more effective and longer lasting.

Alcohol based tinctures have a shelf life of several years and are easy to use when needed! I keep several tinctures on hand for my kids, as they can be used externally even on small children for relief from common problems.

If you've ever bought tinctures from the store, I'd encourage you to try making your own, as they are very inexpensive to make and can be

made in minutes.

Tincture Making Supplies:

I make most tinctures in an alcohol base as this makes them the most long lasting, but tinctures can also be made with glycerine, vinegar or even with honey to make a syrup!

To make a tincture, you will need the following supplies:

- A clean glass jar (at least pint size) with lid
- Consumable alcohol like vodka or rum- at least 80 proof (or apple cider vinegar or food grade vegetable glycerine)
- Herbs of choice ([I get mine here](#) or grow my own)

How to Make a Tincture:

Also called an extract (in fact, the same process is used to make real vanilla extract), alco-

Chamomile Tincture:



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hol tinctures are the most common type and the easiest to make.

First, pick which herbs you plan to use. These are my three favorite tinctures:

[Chamomile Tincture](#) (great for kids, promotes restful sleep and good for skin)

[Digestion Tincture](#) (helps with nausea, heartburn, etc)

[Sweet Dreams Tincture](#) (I use to help little ones who are having trouble sleeping)

Fill the jar 1/3 to 1/2 full with dried herbs. Filling half full will make a stronger tincture. Do not pack down.

Pour boiling water to just dampen all of the herbs. (This step is optional but helps to draw out the beneficial properties of the herbs)

Fill the rest of the jar (or the entire jar if not using hot water too) with alcohol and stir with a clean spoon.



Put the lid on the jar. Store the jar in a cool/dry place, shaking daily, for at least three weeks and up to six months. (I usually leave herbs for six weeks)

Strain through cheesecloth and compost the herbs. Store the tincture in colored dropper bottles or clean glass jars.



NOTE: The alcohol can be evaporated before use (see below) or a tincture can be made in the same way using apple cider vinegar, though it will need to be stored in the fridge and will only last 3-6 months.

Glycerine Tincture:

Fill the jar 1/3 to 1/2 full with dried herbs. Filling half full will make a stronger tincture. Do not pack down.

Pour boiling water to just dampen all of the herbs. (This step is optional but helps to draw

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out the beneficial properties of the herbs)

Fill the rest of the jar (or the entire jar if not using hot water too) with [glycerine](#) and stir with a clean spoon.

Put the lid on the jar.

Place a wash cloth or silicon baking mat (to keep jar from breaking) in the bottom of a crock pot with a “keep warm” or very low setting. Fill the crock pot up with water to cover 3/4 of the jar (don’t cover the lid!) and turn on the lowest setting.

Keep in slow-cooker/crock pot for at least 1 day on this setting, adding water as needed (I’ve done up to two days).

Let cool, strain and use as a regular tincture.

Note: Glycerine tinctures are sweeter!

How to Use Tinctures:

The standard adult dose we take is 1/2 to 1 teaspoon up to three times a day as needed. Kids usually get 1/4 to 1/3 of the adult dose.

For children, pregnant women, or those not wanting to consume alcohol, it can be poured in to a hot liquid like tea to evaporate the alcohol before consuming. 

This article was reprinted from [WellnessMama.Com](#)

About Katie - Wellness Mama



[Katie](#) is a full-time housewife with a background in nutrition, journalism and communications. Her passion is helping others achieve optimal health through a “Wellness Lifestyle.” She has helped hundreds of clients lose weight, increase athletic performance, improve fertility, and overcome numerous health problems and diseases. Connect with her on [Twitter](#), [Facebook](#), [Google+](#), & [Pinterest](#).

Disclaimer: Many of the links on my site, especially those from [Amazon](#), [Mountain Rose Herbs](#), [Tropical Traditions](#) and [OraWellness](#) are affiliate links. Should you click on these links and decide to purchase anything, I will receive a small commission and you will have my sincere thanks for supporting Wellness Mama!

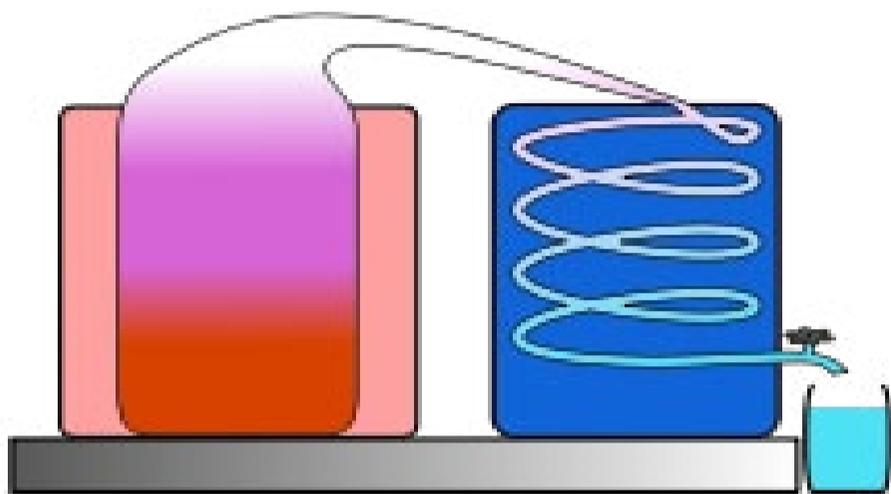
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Distillation

From WikiHow

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THIS is an instruction set detailing how to make rum at home. It takes about 4-8 days to complete. This instruction set includes instructions for making rum, a link for making a reflux still of your own, and a link for dilution of the final product. Rum has been in production since the 17th century in the Caribbean, where the majority of rum production still takes place. It was traditionally made from sugarcane juice, but now is usually made from molasses or brown sugar. This recipe will yield approximately 2-3 L (0.528-0.793 gallons).

Source: WikiHow.Com/Make-Rum

Ingredients

Molasses or Brown sugar (5 kg or approx. 11.023 lbs.)

Water (20 L or approx. 5.28 gallons)

Hydrated Yeast (1.5 ounces)

Additional water to dilute final solution

Steps

1. Begin by placing 20 L of water in boiler:



2. Dissolve 5 kg of brown sugar or molasses in 20 L of water:



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3. Cool solution to 30 °C (86 °F) and add hydrated yeast.



4. Allow solution to ferment at 25 °C until airlock stops bubbling. This should take about 24-48 hours for airlock to stop bubbling. Ferment - the conversion of carbohydrates to alcohols and carbon dioxide or organic acids using yeasts, bacteria, or a combination thereof, under anaerobic conditions. Airlock - one way valve located near top of boiler allowing air out without allowing more air in:



5. Once airlock has finished bubbling, allow solution to sit for 3-7 days.



6. Place container under distillate valve to catch solution:



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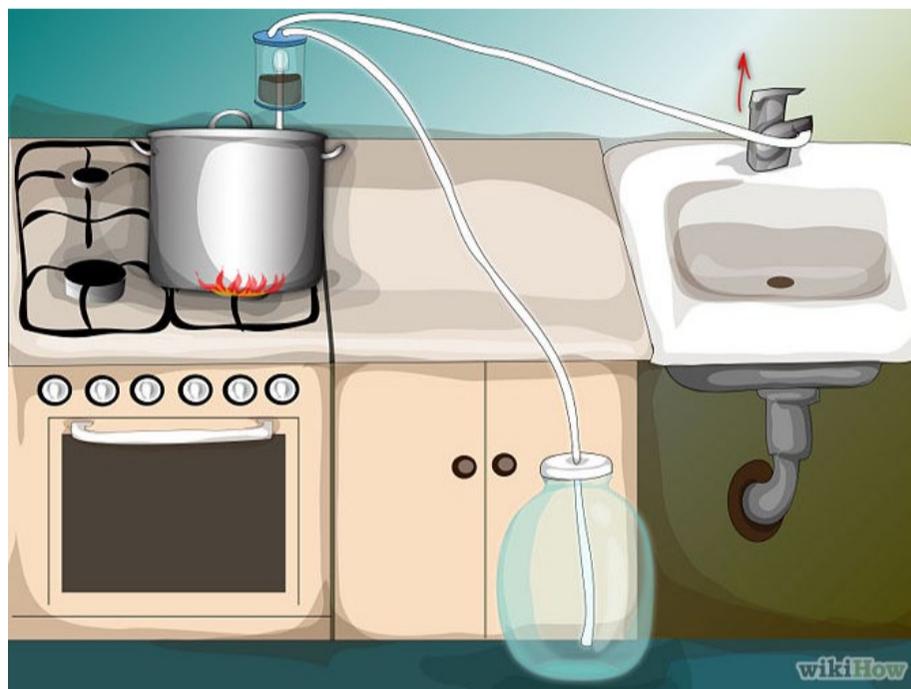
7. Connect water source to coolant input:



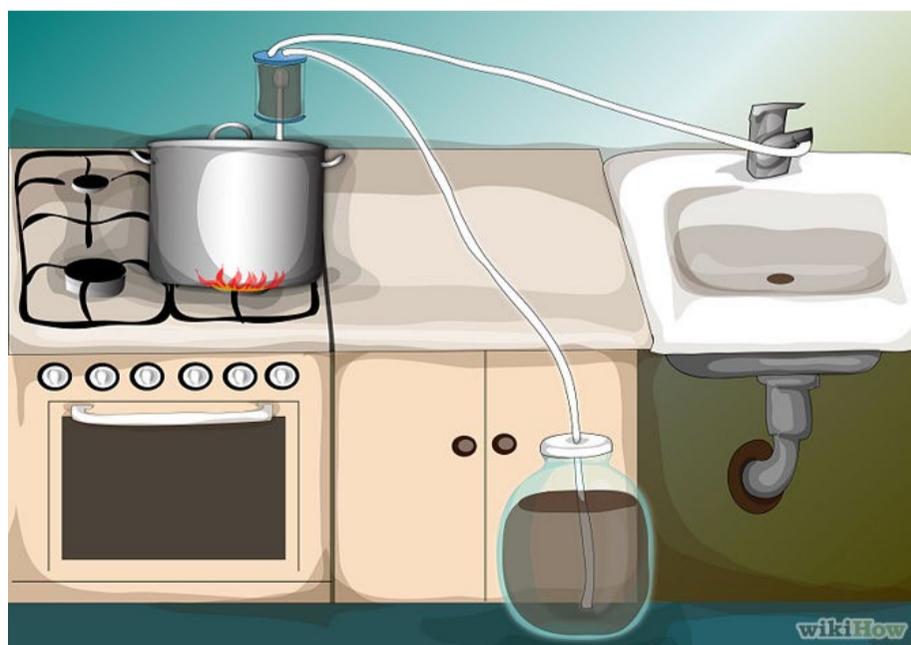
8. Now siphon the solution into the still. Siphon - a tube or conduit bent into legs of unequal length, for use in drawing a liquid from one container into another on a lower level by placing the shorter leg into the container above and the longer leg into the one below, the liquid being forced up the shorter leg and into the longer leg by the pressure of the atmosphere:



9. Begin bringing solution to boil and begin running cold water once the solution reaches between 50-60°C (122-140 °F):



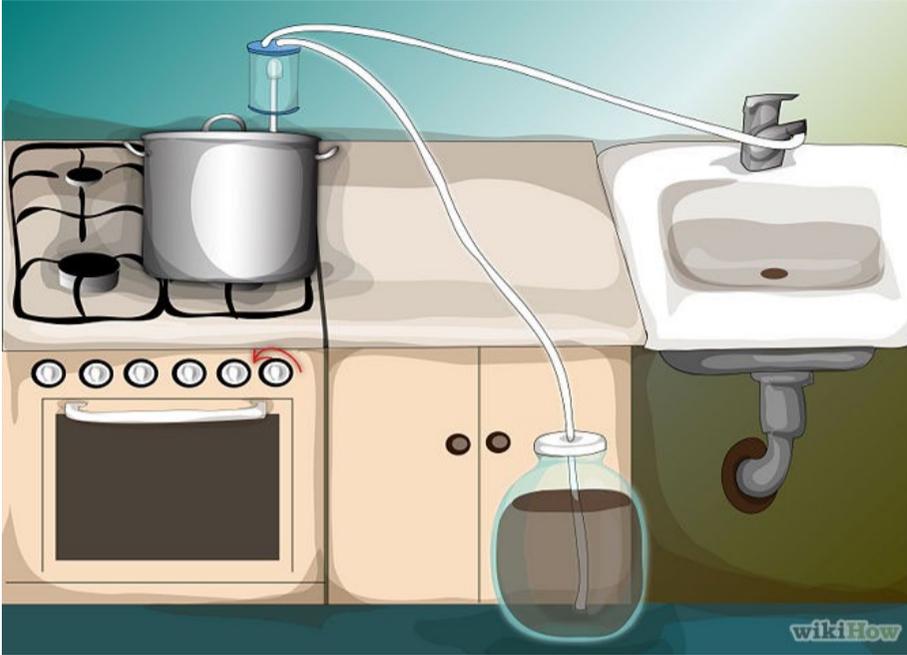
10. Once solution has started distilling (solution starts to exit spout into container): Discard first 100mL (3.38 fl. ounces). This is an overestimate and will contain all methanol (warning: methanol is lethal when ingested). Collect the next 2-3 L of distillate (solution exiting spout) Stop collecting once temperature reached 96 °C (204.8 °F):



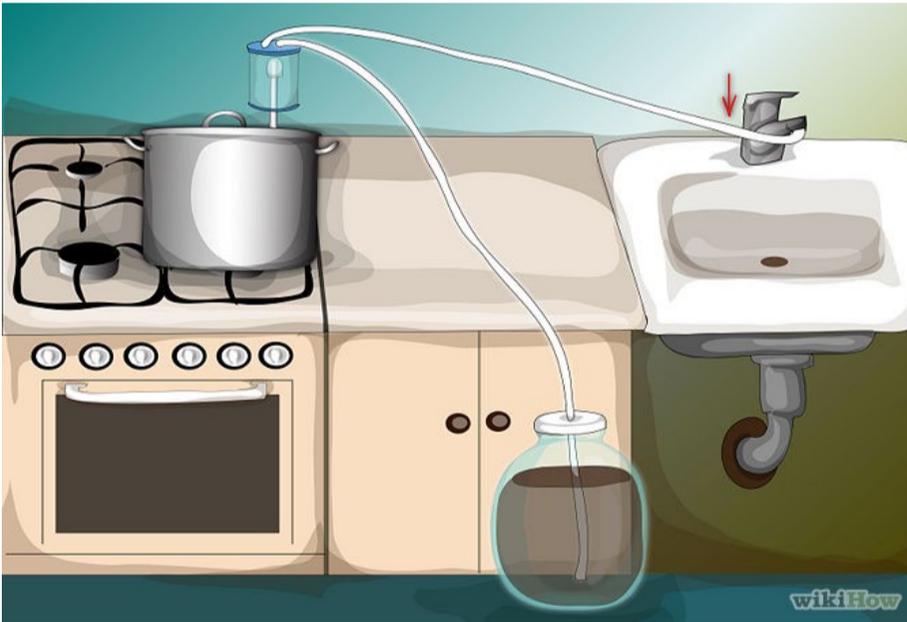
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11. Turn off heat source:



12. Turn off cold water:



13. Open lid to still so as to avoid creating a vacuum inside still:



14. Use water to dilute alcohol to expected proof. Depending on reflux still, solution can be up to 95% alcohol-dangerously strong for consumption. Use a dilution calculator:



15. Flavors of any other additives can be added to improve taste:



Warnings - Distilling alcohol yourself is both illegal (in the USA) and a potential health hazard if performed incorrectly. For this reason it is recommended that this instruction set be used solely for educational purposes.

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Tips

- Yeast for making alcohols will not produce methanol. But other bacteria in the air and environment may contaminate the batch (although they are not common in all regions). A clean working environment, sterile gloves and containers for source materials, and pure source materials are essential to ensuring the safety of the batch. Thorough cleaning of the still (even dry sterilization) between uses is essential. Professional production may go so far as to replace the air in the still and aging vat with nitrogen (inert, and a flame retardant) to further limit risks — but this is not a cheap or easy thing to do at home. Tossing the early part of the batch has more to do with getting rid of unwanted flavors, but in professional settings this is still lost (in fact considerably more is lost) through safe preheating near but not up to the boiling point of ethanol (~80% .. about 60C) while still in the aging tank (and open to air to allow the material to escape).
- Moonshine is not particularly known for its taste, although if you do achieve 95% solution it should be relatively flavorless - see Neutral Spirits. It will mellow considerably when aged in a stainless steel drum (steel drums are the norm for white rum or some spiced rums, oak casks for gold/spiced rums, and a charred oak cask for dark rum, but cask-based aging is a bit of a science in itself). *Almost all liquors are aged for 1-2 years* (a notable exception being corn whiskey, which may be flavored with sweet corn juice), and many for considerably longer. Filtration through charcoal can also help remove distasteful impurities, although this process is typically used for vodka, not rum.
- If you age it at home, it's best to set it in a shed or someplace shaded outside, from after the spring thaw until the first frost of fall. Evaporation rates (the 'angel share') ranges from ~2% in Scotland to ~8-12% from Puerto Rico to the equator. Aging with a tiny amount of glycerin (5mL/L), a common food sweetener and preservative, can help mellow the flavor. You don't need to dilute the alcohol in spring water (some may find distilled water has apparent taste by its lack of minerals, and hard water is healthier) if aging in a stainless steel drum, but if you do dilute it, make sure it is strong enough in the end to have alcohol in excess of the proof you want to achieve so you have room to flavor it at the end (i.e. try to calculate the angel share).
- Fractional distillation (the type of still here, a reflux still, is a form of frac-

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tional distillation) is normally required to achieve percentages as high as 95%, and is more common to rum specifically. Pot still distillation (as used for whiskey, many other alcohols, and some so-called "full-flavored" rums) is nearer to 70% (in double-distiller process) or 80-88% (in a triple distillation).

- Try using a larger pot next time. Otherwise you will have one gooie mess. Also a funnel would help when pouring into containers.
- Common flavorings used in rums are: coconut extract (clear), sugar cane juice. One common (and perhaps overall the most common) to all but white flavored rums is molasses. A flavoring in gold and spiced rum is often caramel.

Spiced rum may have cinnamon extract (certainly tiny amounts), or honey. Another possibility for Haitian-inspired rums might also include tiny amounts of mace extract and/or the flowers of basil.

Things you'll need:

- Source of cold water
- Heat source
- Reflux still (Can either be purchased or home-made)
- Container to store final solution (5 L or 1.32 gallons) 

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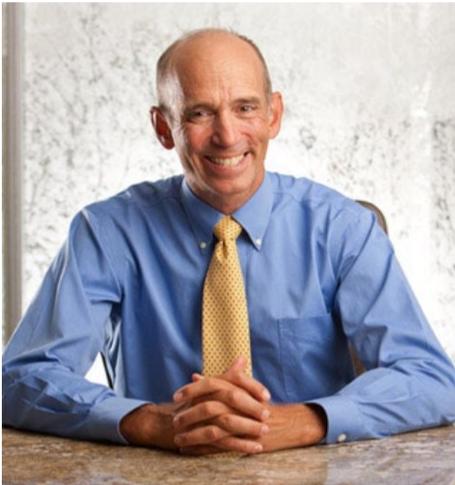
How to make Rum part 1:



Fermenting Foods—One of the Easiest and Most Creative Aspects of Making Food from Scratch

By Dr. Mercola

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NINETY percent of the genetic material in your body is not yours but belongs to the bacteria that outnumber your cells 10 to 1. These bacteria have enormous influence on your digestion, detoxification and immune system.



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Sandor Katz is a self-described “fermentation revivalist,” and has published two books on this topic, along with a third on the underground food movement. He’s a native of New York and a graduate of Brown University. Sandor currently lives in Tennessee, where he pursues his

interest by presenting workshops around the world on fermentation.

Fermented food is something I too have become quite passionate about, and I firmly believe it’s an absolutely essential factor if you want to optimize your health and prevent disease. The culturing process produces beneficial microbes that are extremely important for human health as they help balance your intestinal flora, thereby boosting overall immunity.

Moreover, your gut literally serves as your second brain, and even produces more of the neurotransmitter serotonin—known to have a beneficial influence on your mood—than your brain does, so maintaining a healthy gut will benefit your mind as well as your body.

Fermented foods are also some of the best chelators and detox agents available, meaning they can help rid your body of a wide variety of toxins, including heavy metals.

“It wasn’t until I was in my 20s... that I first began to learn about and observe some of the digestive benefits of eating live culture fermented foods,” Sandor says.

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“It was another decade after that when I left New York City, moved to rural Tennessee, and got involved in keeping a garden that I first had a reason to investigate the practice of fermentation. All of the cabbages were ready at the same time, and I thought I should learn how to make sauerkraut. I did a little bit of research in cookbooks and started making sauerkraut. Thus began my investigations into fermentation about 18 years ago.”

Starter Cultures versus Wild Ferment

When fermenting vegetables, you can either use a starter culture, or simply allow the natural enzymes in the vegetables do all the work. This is called “wild fermentation.” Personally, I prefer a starter culture as it provides a larger number of different species and the culture can be optimized with species that produce high levels of vitamin K2, which research is finding is likely every bit as important as [vitamin D](#).

For this past year, we’ve been making two to three gallons of fermented vegetables every week in our Chicago office for the staff, which they can enjoy with the lunch we provide as an employee benefit.

We use a starter culture of the same probiotic strains that we sell as a supplement, which has been researched by our team to produce about 10 times the amount of vitamin K2 as any other

starter culture... When we had the vegetables tested, we found that in a four- to six-ounce serving there were literally 10 trillion beneficial bacteria, or about 100 times the amount of bacteria in a bottle of high potency probiotics.

There are about 100 trillion bacteria in your gut, so a single serving can literally “reseed” 10 percent of the bacterial population of the average person’s gut! To me that’s extraordinary, and a profoundly powerful reason to consider adding fermented vegetables as a staple to your diet.

You don’t have to use a starter culture however. Wild fermentation is fermentation based on microorganisms that are naturally present in the food you’re fermenting. It’s just as simple as using a starter culture, but it will take a little longer for it to ferment.

*“It’s very predictable when you salt and submerge vegetables [in their natural juices or brine]. The bacteria that will initiate at fermentation are always *Leuconostoc mesenteroides*. Then it’s a successive process whereby, as the pH changes and as the environment changes, different strains of bacteria come into dominance...”* Sandor explains.

*“Typically, in a mature sauerkraut, the late-stage bacterium that’s dominant is *Lactobacillus plantarum*. It’s a very pre-*

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dictable succession, what happens with raw vegetables, [but] the specific strains will always be somewhat different depending on the vegetables you're using and the environment that you're doing it in."

To Salt or Not to Salt?

Whether or not to use salt also largely comes down to personal preference. While it's not a necessity, Sandor does provide some compelling reasons for adding a small amount of natural, unprocessed salt—such as Himalayan salt—to your vegetables. For example, salt:

- Strengthens the ferment's ability to eliminate any potential pathogenic bacteria present
- Adds to the flavor
- Acts as a natural preservative, which may be necessary if you're making large batches that need to last for a larger portion of the year
- Slows the enzymatic digestion of the vegetables, leaving them crunchier
- inhibits surface molds

Again, natural unrefined salts are ideal as they contain a broad spectrum of minerals, and the fermentation process makes the minerals more bioavailable—a win-win situation!

"Just now, I'm getting near the bottom of a 55-gallon barrel of sauerkraut that I made last November mostly out of radishes. That would not be possible without

the addition of salt," Sandor says. *"You can make sauerkraut, and then you can ferment for several weeks in a cool environment. Maybe you could get to several months. But what would happen eventually to a salt-free kraut is that enzymes in the vegetable would basically digest the fiber of the vegetables. It would just turn into a mush, which is not at all appealing to me."*

What Type of Container Should You Use?

There's no need to over-think or spend large amounts of money on containers. The material they're made of is important however. You do NOT want to use plastic or metal. Plastics are loaded with chemicals you don't want leaching into your food, such as bisphenol-A (BPA) and phthalates. Metal is also inadvisable as salts can corrode the metal. Even if you don't add salt, most vegetables have some natural salts in them. Good options include:

- Glass jars (wide-mouthed Mason jars are ideal, so that you can get your whole hand in there to press down the vegetables)
- Ceramic crocks
- Wooden barrels

I completely agree with Sandor's sound general advice here:

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“My main message that I would encourage your viewers and listeners to remember is you don’t need to buy anything special. You need a head of cabbage or a couple of pounds of vegetables, and beyond that everything you need is already in your kitchen. Whatever tools or devices you typically use to chop or shred vegetables, you can use that. Add some salt, mix it around, squeeze it with your hands for a couple of minutes, and stuff it into a jar.

Beyond that, you could use any kind of shredding device you like: a mandoline, a food processor, a continuous feed food processor, or a specialized cabbage-chopping device. You could buy beautiful elegantly designed crocks. But you have everything that you need to get started in your kitchen. Don’t let the beautiful crock that you don’t have yet be the reason why you don’t start doing this.

I think it’s really important to recognize that you don’t need anything special to start a fermentation practice. You might decide you want to play with starter cultures, but you don’t need starter cultures to get started. You might decide that you want to invest in a crock, but you don’t need a crock to get started.

If you take two pounds of vegetables, you can stuff a quart-sized jar with those. Just

chop them up. Shred them. They can be extremely fine, or they can be coarse and chunky. It doesn’t matter. Lightly salt them to taste or else weigh them and measure out 1.5 percent salt. I prefer to salt them lightly to taste.”

Two Helpful Tips...

As Sandor explains, an important step in the process is to squeeze the vegetables before packing them into the jar. You don’t need any fancy tools for this; just use your hands. “Bruising” the vegetables in this way allows the cell walls to break down and release their juices. Capture the juice in the jar you’re going to ferment your vegetables in. Then stuff as many veggies into the jar that will fit. You want to stuff them in as tightly as possible, forcing out any air pockets that might ruin the batch. The brine should cover the vegetables.

Sandor then simply covers the jar with the lid and leaves it on the kitchen counter. A helpful tip I learned from Caroline Barringer is to top off the jar with a cabbage leaf, tucking it down the sides. Again, make sure the veggies are completely covered with the natural brine you squeezed out of the vegetables (or add a small amount of celery juice), and that the juice is all the way to the top of the jar to eliminate trapped air.

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To speed up the fermentation, store the jars in a warm, slightly moist place for 24 to 96 hours, depending on the food being cultured. Ideal temperature range is 68-75 degrees Fahrenheit; 85 degrees max. You don't want it too hot, as heat will kill the beneficial microbes. Don't tuck them away in a dark closet and forget about them, though! As Sandor explains:

“The reason why you don't want to just put it in the closet and forget about it is that it's going to produce pressures, especially in the first couple of days. You want to relieve that pressure by opening the jar for a second. In that way, you don't get a huge accumulation of pressure and risk the possibility of the jar exploding – or what's more likely to happen, if you're using a canning jar, where the glass is thick and the lid is thin, it will just contort the top. But it's best to consciously release the pressure.”

The second tip is to smell and taste your ferment regularly. There's really no objective moment when the fermentation is ready, so go ahead and taste it at frequent intervals, starting after about 48 hours. Then keep on tasting it every few days or a couple of times a week as it matures. It typically takes about a week for the optimal amount of fermentation to occur. Resist the temptation to eat out of the jar, however, as this can introduce undesirable organisms from your mouth into the jar. Instead, always use a clean spoon to

take out what you're going to eat, then, making sure the remaining veggies are covered with the brine solution, recap the jar.

When the flavor is to your personal liking, transfer the jars into the refrigerator to dramatically slow the progression of the fermentation. Keep in mind, the vegetables will tend to get increasingly sour as time goes on, but according to Sandor, you could let the vegetables ferment for weeks and even months without worrying about them spoiling—after all, that's what the fermentation process does: It preserves food without refrigeration.

Some additional info on how to ferment vegetables can be found [here](#).

On Allowing Your Creative Juices to Flow

There is no food that cannot be fermented. As Katz states in a recent NPR article [[1](#)], bread, coffee, pickles, beer, cheese, yogurt and [soy](#) sauce are all examples of foods that have been fermented at some point during their production process. That said, not every vegetable will produce equally delicious results, and not every food is as easily fermented as vegetables, but your imagination is really the only limit when it comes to what you can concoct.

“If you ferment summer squash, which are

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very watery, they will tend to get soft and mushy much faster than any other kind of vegetable would,” Sandor says. .. You can certainly ferment kale and other dark green vegetables, but the high levels of chlorophyll in these vegetables produce a really strong flavor in fermentation. I prefer to use dark green vegetables as a minor ingredient rather than as the primary ingredient. Then I feel like that strong flavor can become a nice accent.

But if it’s pure dark green vegetables, that flavor’s a little bit too strong for me, although I have heard from other people who really, really love it. In a way you can only learn what you like by experimenting.

My biggest batch every year has been from radishes. I have a farmer friend who uses daikon radishes as a cover crop over acres and acres of his land. He invites me to pick a truckload full of daikon radishes. And I augment that with some cabbages, some chili peppers and garlic, and make a 55-gallon barrel full every year... Then you can also ferment whole vegetables. The difference with whole vegetables is that you can’t pull the water out of them, so you need to mix up a brine – salty water – and ferment them in the salty water.

... I met a woman whose grandmother was from a town in Poland, where they used

mashed potatoes in their sauerkraut. And I love making mashed potatoes sauerkrauts. What I do is I steam potatoes, I mash them up, cool them to body temperature, and then I layer the mash potatoes in with my salted cabbage. That makes a beautiful sauerkraut. You can really be experimental and go wild. You can add things other than vegetables.

... In German tradition, juniper berries are often used. I’ve been tasting wildly experimental krauts with curry seasonings and things like that. Really, the only limitation is our imagination, once we understand the underlying principles of getting the vegetables submerged.”

A Word of Caution Regarding Meat Fermentation

As just mentioned, while virtually any food can be fermented, and the fermentation process automatically renders the food exceptionally safe since the probiotics produced kill any pathogens present, a disclaimer regarding fermenting meats is worth taking note of.

“Fermenting vegetables is an intrinsically safe practice. In the United States, according to the USDA, there’s never been a single case of food poisoning reported from fermented vegetables. There is no danger.

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The food itself is a strategy for protection. Fermented vegetables are safer than raw vegetables,” Sandor says. “With meat, I can’t say this. The word “botulism,” which is the most feared food poisoning form of all, comes from the Latin word “botulist” or sausage. Until the advent of canning, which was in the 19th century, it was from fermented sausages that people knew about the rare food poisoning disease of botulism.

There’s a little bit more of a learning curve. Another limitation with fermentation of meat for preservation process is the acids, which are what enable certain fermented foods to preserve so well. Acids are produced from carbohydrates, and meat fundamentally lacks carbohydrates. There’s a tiny bit of glycogen, but not enough to support a significant fermentation and formation of lactic acid. Typically, when salami is produced, the meat and the fat are minced or ground. And then they’re mixed with a tiny bit of sugar. The sugar is really what is fermented by the lactic acid bacteria and creates the acidic environment that is able to preserve the meat.

It’s not through acidification alone that the meat is preserved. It’s a combination of acidification, drying (the meat is partially dried), and salting (the meat is always salted). Any one of these mediums could preserve the meat, either making it very, very dry as in something like jerky, making it very, very salty as in a food like prosciutto, or very highly acidic.”

More Information

To learn more, pick up one of Sandor’s books, [*The Art of Fermentation: An In-Depth Exploration of Essential Concepts and Processes from Around the World, or Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods.*](#)

You can also find more information on his website at [WildFermentation.com](#). 

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What 2014 Holds in Store for Us

By Karen Kwiatkowski

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2013 is over, and I'm in the large group of people who are sort of glad to see it go. But in terms of liberty and technology, [it was a great year!](#) 2013 was also

the year that a vast new majority of Americans turned their back on the overseas military agenda. We can all agree that we couldn't care less about building short-lived roads and bridges in Afghanistan when we've got roads and bridges to build here for children, our grandchildren and ourselves.

Privately funded and openly discussed technologies – for alternative non-state controlled currency, for communications, for delivery of goods and services, for building anything and everything – debuted in a disordered rambunctious cacophony. Bitcoin, space rockets, drones, encryption and 3D printing – we had been taught that these categories belong only to state, and never to the people.

Not only are the secrets of space and communications and currency no longer owned by the state, thanks to Ed Snowden and others, even the secrets the bureaucrats thought they owned are no longer secret.

New technologies that integrate information, knowledge, production and manufacture, and transportation abound, and are igniting the engine of capitalism. Innovation is not only easier and faster than ever, it rules our modern life and economy – even as that same environment of discovery is allowing everyone to reach back into the past, and rediscover the genius of our pioneer forefathers.

This nexus of information and empowerment allows more people than ever before to pursue life, liberty and happiness. Don't have a job? There have never been more ways to serve others, to meet their needs, locally and globally. Need to learn a new skill or find your talents? We live in a time where we are all kings of our destinies, and just about any knowledge we seek is available to us with minimal effort.

We are told that there are fewer American adults in the workforce than ever before, and that most are dependent on some kind of government handout. Certainly, Americans are coping with new realities, and as they cope, they are discovering new-old truths about government and the state. They are discovering that the words of Aesop "We hang the petty thieves and appoint the great ones to public office" are undeniably true.

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Something seemed to turn in 2013, and it signifies what is coming in 2014 and beyond. The government has ended the year hated by more average Americans than ever. If we the people separate ourselves emotionally and psychically from the government leadership and bureaucracy that purports to represent us, then we have declared our independence. This trend of distrusting the government comes and goes, but the current situation in the United States is that the government cannot subsist on just the faithful – those who voluntarily pay their taxes, who consume because the president asks us to, who trust the Homeland Stasi, and call the police confident that they and their children will not be assaulted or shot by them in the process of being “helped.”

We know this is happening, in part because the polls tell us. [We don't think the government should be in the healthcare business](#). We are [sick and tired of politicians](#) in general. We are tired of the horrendous and stupid tax burden the working poor and middle class are paying, and we increasingly understand that Washington, D.C. doesn't really get the rest of the country. There is a new kind of anti-urbanism in play, a new perception of large cities not as centers of culture and opportunity, but as sources of conflict, targets of violence, and founts of future refugees when faucets run dry and supermarket shelves go unfilled.

Across the world and time, history is made when

subtle conflict between urban and rural grows political, and heats up. Revolutions and secessions blossom and bloom, and empires rapidly corrode along these lines. How can we know how close we are to this kind of breakdown of the state? One way is to examine the fearful and panicked reaction of bureaucrats and politicians to what is evolving. Private market-driven electronic currency, privately owned drones and privately “printed” handguns, popular and available encryption of our petty communications, all of these emerging and liberating technologies are being at once seized upon by the state, and quickly restricted to the common citizen.

The FAA has said that [drones cannot be used for media and news gathering](#). At least not yet. Meanwhile, the information-gathering the state does on each of us is growing by leaps and bounds and nothing, least of which the Constitution, seems to be able to stop it. John Whitehead sums up the ten ways we live each and every day in a [US Government-run electronic concentration camp](#). And we seem to be tolerating not only the concentration camp but we stand by as the government attempts to restrict our own access to many of the same technologies they use to enslave and monitor us.

There is a line of reasoning that says statism is always reversible, if only because statism over time becomes economically unsupportable.

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Unfortunately, the cheapness of technologies for information gathering and control can prolong the inevitable collapse of statism under its own dead weight. In a sense, the very success of innovation and capitalism can sustain the life of the government beast and secure it, for a lot longer than we the people can actually tolerate it.

I think 2014 will be the year we can go beyond the theory about what state interference in our lives we will or won't tolerate, and start practically opposing it. Many young people and others are refusing to participate not just in Obamacare, but in any and every manner of government assaults on their life, liberty and pursuit of happiness. Each and every one of us who moves towards greater self and community sufficiency is practically resisting. Each of us who knows more, and cares more, about our neighbors than we do the pantomimes in the distant capitols is practically resisting. I think this makes us "the tireless minority" of John Adams that is "keen on setting brushfires of freedom in the minds of men." We are all -- young and old, rich and poor -- capable of this each time we resist the

state with moral confidence and firmness of intention. 2014 is our year, and it's been a long time coming! 



Karen Kwiatkowski is an American activist and commentator. She is a retired U.S. Air Force Lieutenant Colonel whose assignments included duties as a Pentagon desk officer and a variety of roles for the National Security Agency. Since retiring, she has become a noted critic of the U.S. government's involvement in Iraq. Kwiatkowski is primarily known for her insider essays which denounce a corrupting political influence on the course of military intelligence leading up to the invasion of Iraq in 2003. Kwiatkowski has become a respected columnist for various international media outlets. She is a regular contributor to Lewrockwell.com and has had articles about her work with the Department of Defense published in the American Conservative. She has hosted the popular call-in radio show American Forum, and blogs occasionally on Liberty and Power. Since her retirement, she has taught American government related classes at Lord Fairfax Community College and James Madison University, and teaches information systems related classes for the University of Maryland.

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Publisher's Backpage

By Ernest Hancock

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I'M traveling back to Phoenix from Las Vegas as I type this immediately after attending the last two days of the [Consumer Electronics Show](#). I'm riding in the passenger seat being driven by Mike Crosswhite. Mike is a friend from Phoenix

that is in the IT industry and is also an inventor that hoped to benefit from information at the show. Donna is in Phoenix finishing the Magazine and waiting on the final article to be finished.... this one. I must be quick since the power inverter isn't operating and I have limited time on my laptop. I've reduced the screen brightness to give me more time and I'll provide a link to [Monday's radio show](#) (2 days from now) that Donna has already created so that you won't miss any of the details.

For at least the next two weeks I will have many people on the show to share with us their ideas and products that I found inspiring and have the potential to change the world for the better. These stories will provide an inside look at how the world of Invention, Finance, Intellectual Property, Venture Capital, Crowd Sourced Funding, International Trade and Determination shape our lives and influence the future of generations to come.

But let me make this short and to the point while I still have the "power" to do so.

I recognized my initial emotion after the first day of visiting hundreds of displays as the same one I felt in the late 80's when I attended a car show in Phoenix. I've been up close and personal with thousands of cars and when I saw the first Lexus a tear came to my eye as I realized how far American car manufacturing had fallen behind the rest of the world... in every aspect of manufacturing and materials. But it was more than that... we knew it. At about the same time I was becoming acutely aware of the real problems that plagued us and had just begun my efforts to understand what had happened.

My father manufactured a high quality product that was desired internationally ([The Alcan Traveler](#)). and my desire to help my father and export "Made in America" began my understanding of what had really happened and why.

At the CES there were many categories of '[Consumer Electronics](#)' represented. All of them were hoping to find space on retail shelves and online so that they would find their way into your lives as finished products. But there was another part of the event in other buildings and venues that focused

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on new products in various stages of development that were hoping to inspire others with resources to help them enter the world's markets as a completed product being mass produced for the masses.

I quickly grew weary of the largest displays that took years old tech and made it prettier and smaller or larger or even cheaper. Where were the New products and ideas that would inspire me? It was great to see [Mandrik and Alyson](#) from New Hampshire there representing [Blockchain](#) (a Bitcoin Smartphone/Computer Wallet App) but while they were very popular, they seemed out of place in an ocean of flashy recycled mediocrity. I did meet several inspiring individuals with great stories that I look forward to sharing with our readers and listeners/watchers but I fear what awaits them as some of the most novice are exposed to the realities of American licensing and regulations that many of the more experienced have long avoided by moving out of the US market (we'll get to hear their individual stories as well on the show).

The more mature individuals with successful products were very eager to share their experiences with me once they realized that I understood their frustrations with American constraints. I look forward to having them tell their stories to us on our radio program.

Day two (Instagram Link to Graphics [HERE](#)) was a totally different experience. [The Venetian Hotel in Las Vegas](#) is a very nice place to visit and experience and was where most of the new tech and orig-

inal ideas were presented. It was also where China manufacturing made their capabilities known. Hundreds of fully stocked eighty square foot shops displayed every conceivable component needed to fully construct an interplanetary probe that could then transform upon landing to terraform Titan... another tear for America.

I'm looking forward to introducing you all to the young and inspiring minds that have created some of the newest, useful, fun & potentially world changing products of the entire show. I hope as a community we can keep these individuals engaged and encouraged to keep doing exactly what they are doing in spite of all of the known & unknown obstacles I fear waits for them.

But I will share this... 3D printing has changed everything. From concept to a working model in weeks,... or even days for some of the best ideas I've witnessed in a long time. I'm very excited about sharing the behind the scenes stories of two standouts that don't know each other exists but will combine to change entire industries across the world, watch. And with the slightest of effort we are all going to make sure, not only because we'll fall in love with both of the inventors and their Americana classic tales, but because it will be our pleasure and because... We Can :) 

Peace,
Ernie

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