

FREEDOM'S *Phoenix*



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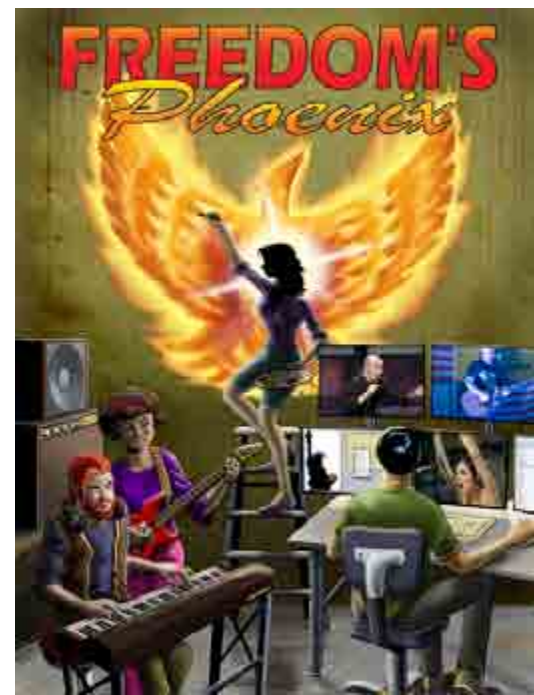
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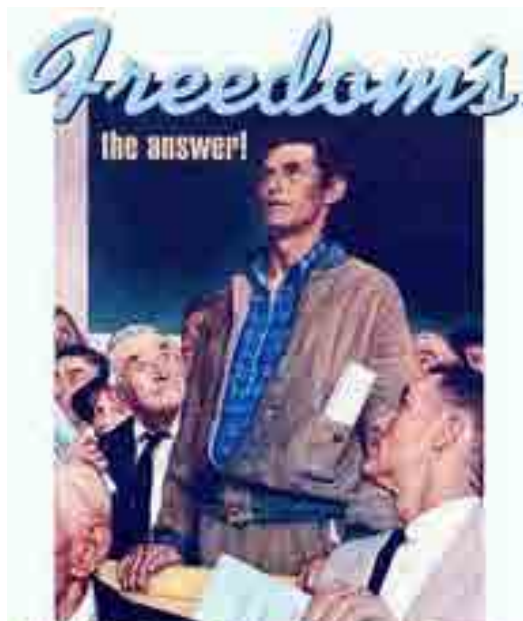
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What's the Question?



FreedomsPhoenix Digital Magazine viewing tips

By Nick Barnett

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Going to 11. Can You Hear Me Now?

By Powell Gammill

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COMMUNICATION.

When it comes to humans we have an almost innate ability to read facial expressions, and almost intuitive ability to understand gestures from an early age and from a distance. This predates modern humans and probably goes back hundreds of thousands of years. At some point spoken language developed to communicate more than just a few interpretable grunts or sounds.

Speech served as direct communications between families and tribes. Small groups. Islands of humanity. And wanderers served to communicate their observations as they traveled between groups. Languages shared. Languages evolved. Story tellers evolved.



Artists who drew and painted images on rocks appeared at least 30,000 years ago. The original graffiti. Carvers creating gods, loved or revered ones and animals out of wood, stone and likely other material that has not survived were equally adept at conveying messages, concepts, abstract thoughts.

Painters and carvers had power. They could create something that others could only marvel at and envy. Much later rulers would pay to have artisans create tributes to their magnificence to assist their rule and remove the heads (or hands or eyes) of the artists whom displeased them. The ruled after all must see their rulers in all of their glory.

Story tellers evolved into theatrical troops. Plays both dramas and comedies developed. Roving troupes of entertainers and larger settlements having permanent theaters. This allowed messages to be conveyed to an audience. If the audience was pleased the performers ate. If the local rulers were not the show could be cut (literally) short. All of this information would be passed down word of mouth. Not a very secure medium over many, many generations.

At some point independently, geniuses wondered at developing written symbols to record language. Two methods using pictures or phonetic constructs independently approached and probably several independent duplications. What was imagined that led to this development of written language? A method of communicating that was more precise over time and distance? A method of storing and preserving records of inventory and history? Apparently while independently arising written language has only been around a few thousand years. But it clearly had value.

Perhaps accounting was responsible for written language. Numbers written down. Talley sheets. You need a written language to put labels next to numbers. Gold. Silver. Frankincense.... Well, it is just a guess. But you suddenly realize crude messages can develop from here. And orders can be conveyed. Transfer 100 silver pieces to King Lybold. Buy 100 bushels of rye from King Lybold. Invade the Kingdom of King Lybold. Yes, very convenient indeed.

Initially, written language was the prerogative of elites. It conferred power because it was a rare and valuable skill. It had better permanence

than passed down word of mouth knowledge. It was a record. It allowed clearer agreements between parties. It allowed edicts and law to be posted...even if its subjects could not read them. It allowed the king to communicate with the masses indirectly. No longer need the king shout his commands from a tower to the rabble below. Now he could send out his scribes to the far corners of his kingdom (under armed guard of course) to shout out his demands for him. But writing and reading were the prerogative of priests and kings. Those who ruled.

It has only been in the past few hundred years that reading and writing written languages was allowed or taught to the common folk or middle classes. Correspondingly as more people could read, there was greater need for more print information. The printing press came along---invented by private enterprise to fulfill a perceived need of greater and less expensive in time and cost of the printed word. Books, pamphlets and leaflets. This led to public and private libraries---the latter with affordable membership fees, making access to books even more affordable.



And newspapers. Newspapers would allow the king to reach his servants through releases of articles written by those paid by and loyal to the king. Of course the king needed a way to examine a newspaper's content prior to print to ensure it presented no threat. An editing censor.

All this print commerce increased opportunities in both pen, ink and paper manufacture.

But all of this made the rulers fearful. The rabble who could now read without being read to by the priests could more readily be exposed to ideas the ruling class did not want them contemplating. The riff raff could foment dissent by posting and spreading their own ideas via print that was passed from one to another instead of being detected using spies to infiltrate and overhear conversations. Its authors anonymous.

A concomitant development was cheaper and more alternatives for canvas and pigmented paints allowing paintings for the middle classes. But with paint, chalk and charcoal graffiti moved beyond etching or carving figures into walls to "The King is A Fink!" In numerous languages. Throughout the cities. The King grew fearful.



Kings had their military runners to courier messages over distance for many millennia between their associated priests and scribes. Carrier pigeons existed 3,000 years ago. 50 mph. Typically with a 500 mile range. Clever humans.

Other methods of rapid signaling were developed with limited messages and limitations: semaphore. Smoke signals, flags or fires in towers, reflected light, etc. between relay stations.

Much more recently someone started private courier services delivering messages and what would be mail between towns. This was likely on foot and then equines increased the distance,

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frequency and speed of couriering messages as well as the number of messages. This also associated itself as a byproduct of passenger or property transport in carriages. Eventually in the United States the Pony Express could travel across the nation with messages going back and forth between way stations. This could take many days. Even this would be supplemented and supplanted by transcontinental railroads. It was a costly and slow moving communication, but faster than by passing stranger on foot.



Cameras were developed and suddenly images could be captured and people could see events, the world and its "leaders" not through paintings, or travel but from images that they would see for themselves if only

they were physically there. Still film images--pictures, photographs--generally were never regulated. Oh, there was censorship, and the beatings of the guy with the camera by the king's men---indeed such deletion of photos and beatings continue to this day. But for some reason most government has never seen fit to regulate photography on the absolute scale that they regulate most communications.

Eventually inventor Samuel Morse figured out a way to send messages over long distances at near the speed of light: The electric telegraph. By the 1860's the world was linked by underwater telegraph cables.

Near the beginning of the last century a wireless telegraph was created that allowed ships at sea to relay messages.

The telephone was commercialized by Alexander Graham Bell in the mid-1870's. Once again the privilege of the wealthy and governments, it would eventually trickle down and win the competition for ease of verbal communications between ordinary people and reach most of the planet though at some expense (charge per minute over distance).



But it is with the spoken voice over distance that we have today. Switchboard operators were replaced with automatic switchers. Telephones would exist one per village. Then a few at major businesses. Then telephones became more and more available to a home. Then multiple phone extensions throughout the house. Until they are taken for granted. And then supplanted by something else.

It is important to note that effectively these forms of communication have been government granted monopolies. Regulated and protected by the high priest of the king. Everywhere. They still are.

Even when new technology comes along and supplants an older form of communication, the king makes sure to keep his hand on the throat

of the communication. Both with carrot (an early investor) and stick (edicts backed by force of arms).

Occasionally a judge comes along and sort of busts up a monopoly. Changes protectionist rules a bit and frees up some consumer choice. When this happens frequently newer and cheaper models of communication devices briefly explode into the marketplace and quickly penetrate the society before government successfully re-establishes its control. But the people suddenly like their pink Princess phone. Or their mobile phone brick. And there is no going back. But more sales means more money for the beast. And the beast once again firmly in control is content to let the rabble have its shiny bauble whose sale it gets a cut from.

But I've digressed and gotten ahead of the story. Motion or moving pictures came into being around the beginning of the 20th Century. Interestingly they became popular with the masses when movie houses (theaters) started to install air conditioning. Motion pictures became the new theatrics. It allowed people to see areas and sights of the world without having to travel there. It allowed comedies and drama to be performed. Silent at first, it quickly had audio linked with the moving images. Its content needed to be regulated by the king at the same time it served to glorify the king.

At the same time another breakthrough in communications for the masses occurred. The mimeograph came into being. For those too young to know, the mimeograph was effectively the photocopier of its day. It allowed businesses and eventually small groups/ clubs/ organizations and schools to mass produce print copies of a document fairly inexpensively. Unlike a photocopier, you could not scan a document and then print it. It had to be typed or manually impressed onto a stencil drum which then transferred ink on a roller drum to paper. But it led to many decades of pamphleteering on the cheap.

Radio probably became the next major communication to come along. "The roaring twenties." Conveying news and entertainment. And allowing the king to communicate to the masses.

Crude at first. But with experimentation, radio broadcasts could occur over great distances in all directions. Receivers started appearing in homes. Their master's voice could suddenly appear in every household throughout the realm. "Masters" with great voices suddenly had a selective advantage. Kings with lesser voices needed to recruit talking heads to deliver their commands and propaganda. They also needed to ensure their censors controlled content over the airwaves. But they were used to doing this.



Radio evolved. Not only did receivers get smaller and more affordable, but transmitters did too. Eventually mobile radios (CB's for example) and personal radios (walkies-talkies) come into

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use. Eventually the middle class could afford their own around the world broadcast stations (short wave).

With radio came the need to record audio. Radio was inconveniently live. Errors happened. Things could get out that were not meant to get out. Audio recordings allowed the ability to program what would go over the air and when it would go over the air. But audio recordings would also allow incontrovertible documentation of what was said. Dangerous for liars or government. But then I repeat myself.

Do you see a trend here? For the past 150 years the types of communications available have been dramatically increasing. And the costs of the communications have been dramatically falling which increases the penetration of the various communications into the hands of everyone. Further communication has been reaching an ever widening audience and more rapidly. For the most part government has controlled the communication though various methods and using various excuses as to why it was necessary to control.



Television or TV was the great idea of taking radio and wouldn't it be great to see what was going on during the broadcast? First it was in black & white.

Then in color. It evolved from pretty much radio with pictures to programming. Serious programming. Suddenly the king needed to be good looking as well as convincingly spoken or else to hire a good looking talking head to speak for the king.

Even better for government, it turned out that TV literally mesmerized the viewer. What was seen was believed. Never before or that I can see since has a medium evolved so perfectly to plant ideas into our heads or waste so much of our time in non-contemplative sedation. Televised fictions are broadcast extolling the virtues of the state nightly. Questionable behavior and virtues are doled out to households across the planet on a massive consumptive scale. Only recently have serious signs that television have dying been seen.

Television can now be seen as an over the air broadcast, a cable or fiber optic broadcast or satellite broadcast (and an Internet broadcast). 600 channels and nothing on. The king has heavily regulated and monopolized TV. Truthfully, television never was much of a medium for citizens to communicate through. Only occasional activist stunts get mentioned on news broadcasts and then only 15 to 20 seconds worth. The communication seems to be one way---into our brains with no feedback.

The photocopier came along and became increasingly affordable in the 1970's. Here any document could be reproduced in mass and fairly inexpensively. Here was the beginnings of a private printing press available to anyone. Unfortunately by this time the government education system had successfully started to dumb down the herd. Reading and writing skills were declining. But that didn't completely stop some people from trying to communicate with their fellow citizens. The King has mandated color copiers and printers place special code (in yellow) into documents



that allows the make/model and serial number of the printer to be determined from a printed page. No anonymity allowed to save us from counterfeiting.

Today photocopiers have evolved into "all-in-ones." High speed and quality color printers that also scan documents or images, fax machine built in and spit out copies of all. They can be connected to a computer, computer network, WiFi (wireless broadcast) network or act as a stand alone device.

Mobile and cell phones came into use in the early 80's. First starting out installed in cars and briefcases as analog models. Later shrinking to the size of a brick. Costs continued to plummet. And eventually into fairly tiny, light weight, long battery life digital pocket phones. Their transmission distance is fairly limited requiring receiving/transmitting towers nearby. And the cost of a call ranges from free (common) to fairly inexpensive---though roaming charges of criminal proportions have been known to be attached occasionally. Today's cell phones may even be cameras, video cameras, audio recorders, video viewers and fairly sophisticated miniature computers in addition to many other non-communicative functions.



But cell phones have delivered voice communications to the majority of the globe. Indeed in places where hanging telephone wires was too cost prohibitive but line of sight towers can be arranged with solar electric power cell phone networks have exploded over rural and third world nations. People are connected to other people like never before.

Indeed in 1998 an audacious company, Iridium, was launched to place 77 satellites up in orbit to give fairly global coverage of the planet for a satellite phone. They went bankrupt almost immediately predominantly because of the far more rapid than expected spread of cell phone towers throughout the planet made the far more expensive satellite phone effectively over priced and out competed. It still exists. But its \$3,000 brick phones are for only those who are in remote areas without cell coverage who absolutely must retain communications.

These cell towers have evolved into transmitting data as well as voice, from text messages to interactive games and video as well as uploading and downloading files. The speed and bandwidth of these data pathways continues to improve. And they may use a variety of connection devices besides cell phones these days.

While personal computers had been around for consumers since the mid-seventies, it wasn't until 1981 that the IBM PC rolled out the door which would go on to become the 'every man's personal computer' (PC). Combined with a printer and a word processor software, it turned the PC into an advanced typewriter.

Combined with a data modem which allowed the PC to communicate with other computers over telephone lines the beginnings of a network of computers called a bulletin board system (BBS) was formed. BBS' were operated by PC users usually out of closets in their home. Park a PC in a closet, kept on 24/7 and plugged into a modem. Some were single line meaning you could only plug in one visitor at a time, others used multi-telephone line BBS systems. Allowing

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people to call into the BBS, login and exchange messages, download/ upload files and read postings (content) of the BBS operator. Even live chat. Some BBS' specialized: Games, hobbies, etc. From this sprang AOL, CompuServe and other commercial BBS' with enhanced capacities. Forums with special activities evolved. Companies with unused optical fiber capacities lying unused in the evenings began selling access to their transcontinental telephone network at night allowing BBS visitors to call over a hundred US and Canadian cities from the US and spend free time (as a local call) on the BBS.



Computer modems also allowed the simulation of a fax machine which could scan and transmit any document over a phone line. People could log into a

set up PC and even press a number on a menu to have specific content on demand "faxed" to their PC or PC's printer. Scanners became available that would transfer any document or image into a computer file.

The personal computer has evolved into a device that can do a great deal of communicating from its original writing and printing days. As was noted printers have developed into having high speed and high quality output. Effectively allowing a user to become a publisher for low cost.



Audio and even video recording [using a webcam (a low cost camera that plugs into the PC)] is possible from a PC. Audio, photo, video editing are routinely done on an almost professional level using PCs. So sophisticated that the term "photoshopped" was coined meaning the media content being altered in a manner only available to professional studios years ago without the viewer being aware of the alteration can have a tremendous ability for a creator to get their idea created and put out to the world. Live or streamed recorded broadcasts of audio and or video are possible from a PC to a myriad of devices. Communication between PCs and other interactive devices are extremely fast, can exchange a great deal of information in a brief amount of time, can arrange for this information to be obscured through encryption, can be obscured as to source using anonymous servers, can circumvent or allow monitoring of the king. The king don't like that at all.

A \$5,000 entry level PC (in 1981 dollars) has fallen in price so that currently for \$300 a relatively powerful extremely portable netbook or desktop model can be purchased.

Indeed, there are charitable organizations supplying the third world with capable PCs for under \$50. PCs that link to one another forming a network and will link into any network they find available. Connectivity. Connectivity with the world. People don't like it much when they find their government bombing people they are communicating with on the other side of the world. And translation applications (apps) and web apps, allow real time communication between people who neither speak nor read one another's languages. A universal translator freely available and it works pretty good and improves in accuracy all the time.

The king has tried to regulate PCs. To mark them. Whether incorporating broadcast serial numbers from CPUs (computer processing unit), to proposing GPS (global positioning satellite) chips be incorporated into PCs to other proposals for having a unique ID on a PC. Taxing, licensing schemes. They have not been too successful so far. A real problem has been the ability of programmers to create simple apps that either block the transmission of such IDs or can change them to something else.

This leads me to discuss the most powerful communication in the world: The Internet. Created by the US government during the Cold War as a fail safe communications system that would continue to function even as portions of it were wiped out from a nuclear war. While fortunately never tested, the robustness and devious switching ability through any communication node The Internet finds connected to its network has made it very hard for governments to block. Worse, because of its rapid adoption by the global population and commerce it is difficult for a government to cut off its populace without cutting off a major amount of income to the government. Darned near the planet is connected.



The nature of the Internet has rallied some serious "who needs government-just leave me alone" types. The government's failure to realize the importance of The Internet as a vast convenient communications network and the Internet's massive success has greatly hamstrung bureaucrats to whom control of the masses is second nature. Things move too fast for their regulations. A massive number of users like their internet the way it is. There are users whom are programmers who can often defeat government control much less any government observation of what is occurring on the Internet at any time. The gang with a flag likes the revenue they steal from Internet interaction too much to screw with it. That doesn't mean they aren't trying to saddle this beast. It just means so far they have been unsuccessful.

Worse for government, The Internet has killed off its best and most reliable medium for control, television.

The Internet brings people from around the globe together. It offers a place where anyone can -- fairly anonymously is desired -- comment, post news or anything they wish. You can usually find anything on the Internet. Video, audio, images, art, documents ... once loaded are hard to remove. Social media has evolved---The veracity of info is subject to challenge by anyone and the success of something present on the Internet is dependent upon its popularity. A very free market of ideas. Users essentially rank content.

The Internet access can be through cables, wires, microwave towers, cell phone towers, WiFi like broadcasts, satellite dishes and undoubtedly ways I never imagined. Video telecommunication can be made to anyone in the world through the app, Skype if they have a PC (video camera optional if you just want an audio connection). For free. Bloggers post their thoughts and observations. Video projects get posted. Audio recordings. Photographs. The equipment to

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make these documents is fairly inexpensive and of high quality. The apps to enhance and edit them free. It is hard to hate someone on the other side of the globe when you talk to them, read their words, hear their stories. And then pay attention to what your government says and does in your name. The speed at which any event can be posted is instantaneous on free services such as YouTube, twitter, or via texting. Complete censorship of the recording can be impossible. Punishment if identified the only option for a displeased king.

The freedom on the Internet does pose one extreme danger to communication and that is the ready ability to copy someone's ideas and either present them as your own (stealing them) or allowing their non-licensed use. Either way denies the creator a royalty to their creation and will ultimately eliminate the incentive to create. Being a starving artist is no fun.

The last really powerful tools to communicate are some of the oldest: spray paint, signs on freeways that reach hundreds of thousands of stalled rush hour motorists, micro-broadcasting radios, balloons, anything that can be imagined can often be made for you and shipped in days from around the globe to anywhere on the globe. It is just a matter of searching the Internet and the free market provides.




Activists have never had it so good. Governments have never been so close to having their actions exposed in real time and in raw form,

unmassaged by their media puppets. Hitting truth to power has never been less expensive or easier.

So what is the future? I wish I was smart enough to see because I suspect I would become rich. I can say some obvious things for sure based upon the history above. Communication and its devices will continue to exist as the miniaturization of everything, using lower power, higher transmission and reception power and clarity, it will be cheaper, more portable, more concealable, have long battery life or even long term power built in, it will be a disposable commodity, all functions on such a gadget will increase in quality, and devices will increase in multi-tasking ability until it is hard to distinguish cell phone from laptop from camera from audio recorder from projector from data input from

Clearly the government will spy on us. But I think there will be far more people spying on their government with drones with amazing remote sensor ability and recording capability. With hacks into government networks. I think people will protect the Internet over their government's objections. They have too much invested in it. Government will get the message. How it will respond is another matter.

The only future I see that is speculative would be devices for communication and access being implanted in people. I mean what else is left other than direct physical interfacing to devices? Harder to detect. Harder to take away. Potentially powered by the body. Able to be controlled by our thoughts. But an access point to our mind is an access point to our mind. And having a device inside us that is subject to both tracking and instant ID is not necessarily a good thing in a totalitarian world. But I'm sure there's an app for that. 

Powell Gammill is the Senior Editor of [Freedom's Phoenix.Com](http://Freedom'sPhoenix.Com), Micro/Molecular Biologist, and a libertarian activist.

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Your Cat May Make You a Terrorist Suspect

By Mark Nestmann

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IN these halcyon post-9/11 days, we've learned apparently innocent actions can instantly convert us from "law-abiding Americans" into "terrorist suspects."

Just a few examples will suffice:

Your reading habits make you a terrorist suspect. A senior at the University of Massachusetts came under investigation after he made an inter-library loan request for a copy of Mao Tse-Tung's paean to Communism called "The Little Red Book."

Wearing the wrong shirt makes you a terrorist suspect. A man trying to board a plane in New York was detained due to his T-shirt, which bore the slogan "We Will Not Be Silent" in both Arabic and English.

Paying off your credit card bill makes you a terrorist suspect. Walter Soehnge, of Providence, R.I., found himself under suspicion of terrorist activity because he paid off a US\$6,500 credit card bill. Because this was much larger than his normal monthly payment, his bank froze his account and reported the payment to the Department of Homeland Security as a potentially "terrorist-related transaction."

Well, we can now add another notable indicator of terrorist activity to this list: your pet, or in this particular case, your cat.

In this age of heightened awareness of terrorism, we can't afford to let any possible terror activity go undetected. One surveillance initiative is placing sensitive radiation detectors on interstate highways. After all, you never know when Osama might be tooling down the highway with a "dirty bomb" in his turban.


The radiation detectors are so sensitive, in fact, that they recently uncovered an unlikely terrorist suspect: a cat. Here's the story: a few months ago, police on Interstate 5 in the state of Washington were monitoring traffic for radiation emissions. A vehicle whizzed by and the detector "alerted" to the presence of radiation.

The police gave chase and pulled over the offending vehicle a few miles south of Bellingham. A cursory search of the car revealed nothing of interest—with the exception of a "radioactive cat."



The cat, it turned out, had recently undergone radiation therapy for cancer. The tiny amount of residual radiation was high enough that it set off the detector.

We're living in a very different world after the events of 9/11/01. And the scary thing is, it's hard to predict what any of us might do create a terrorist profile for ourselves.

In the case of the terrorist cat, the driver was released after he showed documentation of the radiation treatment. I suspect he may have been grateful, after some reflection, that he had not recently undergone radiation treatment for say, prostate cancer. 

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(Mark Nestmann is President of The Nestmann Group, Ltd., a consultancy focusing on international tax planning and wealth preservation. Link: <http://www.nestmann.com>)

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SPREADING THE WORD

By L. Neil Smith

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It seems to me that all my life I've been asking myself how to persuade others to help me make the world we live in a free world. No doubt different activists have had different experiences; the only experiences I have had, and can reliably report on, are my own.

As early as my pre-teens, it was obvious to me that something was seriously wrong with our culture, and that academia was not going to be the answer. Time has borne my observation out. Schools and colleges in America are operated almost exclusively by barbarians who fervently believe in nonsense like global warming, peak oil, and all the usual tribal orthodoxies -- including sending your kids off to kill or die in some president's latest in an endless series of pointless wars, and paying your "fair share" so his heavily-armed thugs can go partying in Cartagena and San Salvador.

(This is nothing new. It is alleged that John F. Kennedy's Secret Service detail in 1963 had been up all night in Dallas partying, and were exhausted and hung over the morning of his assassination.)

As I grew and learned more, it became apparent that economics and economic history -- subjects that might make all the difference in choices people face throughout their lives between collectivism and individualism -- the teaching of which ought to start as early as Kindergarten, is purposely left unaddressed by government-controlled schools until college. When it is finally introduced, students are indoctrinated in the economic equivalents of phrenology and astrology.

Similarly, and for many of the same reasons, the teaching of ethics in public schools and at the university level is a joke.

In a universe ruled by physics, anything worthwhile that people undertake requires certain amounts of time, money, and effort. Teaching libertarianism takes quite a lot, because it's difficult to boil down into persuasive sound-bites or bumper sticker slogans. It's too complicated (as my wife says, lies can be carefully tailored to suit the customer; truth comes straight off the rack, one size fits all), and you have so much *un-teaching* to do, first.

For example, exactly who or what is ultimately responsible for the atrocities of September 11, 2001? A century of extremely incompetent -- and downright malignant -- foreign policy decisions isn't a very satisfying answer, although it's the truth. "Crazed terrorist Muslims who hate our freedom" works much better, for all that it's a lie.

Movies, in this country, popular music, and TV are owned and operated by the same tribe of barbarians who run the schools. Talk radio, mostly,

is the province of another tribe who call themselves conservatives" and demonstrably have no more genuine interest in individual liberty than their competitors, the "progressives", do.

Newspapers once belonged to conservatives, but liberals took them over during the FDR Administration and have run them into the ground. Popular magazines and books were once enemy territory, although [Ayn Rand](#), [Robert Heinlein](#), and [Reason Magazine](#), among others, helped change that. When the Internet, the first medium of egalitarian, atonal, "peer to peer" communication came along, a venue in which authority and prestige count for nothing, and people can talk back to pundit and ruler alike, it belonged to libertarians from the start.



Fundamentally, there are only three ways to transmit the message of freedom to a world literally starving for it, dying to hear it.

Given its peculiarities and dependence on the unadorned truth, the ne-on-one method has always seemed to work best, turning on humanity, a single individual at a time, to the possibilities of liberty. But the process is enormously expensive in terms of time and effort.

An obvious alternative to the tedious, time-consuming one-on-one method is a mass movement. Libertarianism seems ill-suited to anything like a religious approach -- although, informed by the works of novelists like [Heinlein](#) ([Sixth Column](#)), [Robert Silverberg](#) ([To Open The Sky](#)), and anthropologist [Anthony F.C. Wallace](#) ([Religion: An Anthropological View](#)) I once seriously considered that option -- so what that leaves is a political party or campaign of some kind.

But not just any political party or campaign.

I had considered myself a libertarian since 1962, when I read Rand's [Atlas Shrugged](#) in high school. In 1971, the Libertarian Party was founded in Denver and I've been a member of it, off and on, since 1972. But apparently I don't play well with others -- or they don't play well with me. I can't remember a single decision made at the national level that I ever agreed with.

People struggle over power. One of the strangest facts of human existence is that the less power involved (think of a school board), the more savage the struggle. It was obvious to me, from the earliest moment, that the LP National Committee was a snakepit -- or would soon turn into one -- a mud-wrestling arena for social maladroits with a sick hunger for minuscule amounts of power. Few agreed with me then, but years later, when they moved national headquarters to Washington, and made the ludicrously stupid public relations mistake of renting office space in the infamous Watergate complex, I felt vindicated.

By contrast, I always thought the LP's national headquarters should be in the middle of the country and consist of a post office box and a telephone answering machine in a broom closet in Omaha. Instead of a national committee, I suggested a national congress of state chairs, which would automatically keep the LP focused

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where it needed to be, and not on the Beltway cocktail circuit.

Just now, with the ascendancy of mostly libertarian forces that are not associated with the LP, you can be certain there are unhappy people, once high-placed within the party or still in place, shaking their heads, wringing their hands, tearing their hair, and gnashing their teeth, demanding to know -- from what must seem like a cruel and uncaring universe -- how the "Party of Principle" got so thoroughly eclipsed by the Ron Paul campaign. I could tell them, but they wouldn't listen the first time around, or the second, or the third.

I always said that America needs a libertarian party.

Just not *this* Libertarian Party.

Much the same is true of institutions like the many "think tanks" associated with the libertarian movement. In the fifty or sixty years some of them have existed, the political and economic situation in this country has only grown steadily worse. The socialist juggernaut has not been stopped or slowed by even a single mile per hour.

Yet as far as I can see, the only ones who ever read any think tank's white papers or other works of quasi-academic non-fiction, are other tank-thinkers. Politicians and bureaucrats at their cocktail parties always pretend to agree with the last person they talked to, while pursuing various agendas all their own, usually centered on self-perpetuation in office. The general public, whose minds must be reached and changed, not only don't know about these groups or read their output, but if they did, wouldn't give a rat's ass about them.

Regarding their highly-touted public seminars, the only people I've ever seen them reach are young future tank-thinkers themselves, who, barring an asteroid collision or the return of the glaciers, are doomed to the same lives of non-productivity, the same careers of failure to change the course of history, as their predecessors. Eventually most institutions like this, with a constant desperate need for money, drift in the direction of conservative Republicanism.

As I said earlier, I don't play well with others -- or they don't play well with me. Having been a failure, myself, at convincing anyone of the validity of my theories and opinions, having offered my efforts and been rejected as anything but another envelope-licker, I became increasingly frustrated by what now had become gatekeepers at the LP's national level, and personally embarrassed by the incompetent and dishonest campaigns they ran.

There had to be some third pathway, between one-on-one and a mass movement. I decided to start writing polemic novels. I knew what the fictional works of [H.G. Wells](#) and [Edward Bellamy](#) had done for socialism. I knew what Heinlein and Rand had done for me with regard to the philosophy of individual liberty. Growing up, I had read little except science fiction, so I knew the battlefield.

It also offered me a way to make an end-run around the annoying, self-righteous prissiness of electoral pacifism that had become endemic to the movement as the Libertarian Party began to falter.


More than any of that, writing novels was something I could do that didn't depend on anyone else's approval or willingness to cooperate. (There were, of course, the east coast publishers I had to deal with early on, but that's another story.) It was an arena of sorts in which I could establish my own value, without requiring a "leg up" from anyone.

Even so, once my first book, [The Probability Broach](#) had been published, some within in the party, unbelievably enough, criticized me for having written it without consulting them or obtaining their permission. What that told me was that my decision had been right.

In the final analysis, though, I have no idea how effective I have been, working on my own, compared to others following different paths.

As I said at the beginning, I can only report my own experiences. It's possible I've helped get some folks ready for Ron Paul, the way Heinlein got me ready for Rand, but I don't know. After three decades -- half my life -- and 33

books so far, the world is a worse place, and both freedom and civilization are in greater peril, than before I began writing, and that's a deeply depressing realization.

On the other hand, more Americans today know their rights, human and Constitutional, detest anyone who threatens them, own weapons and knows how to use them, than ever before in history. It's reasonable to view the government's recent police state excesses as the thrashing of a dying dinosaur. If I've had anything at all to do with that -- although I'm far from through -- I will consider myself satisfied. 

[Promethius Award](#) winning science fiction author, [L. Neil Smith](#), is the author of 33 freedom-oriented books, including [The Probability Broach](#), [Ceres](#), [Sweeter Than Wine](#), [DOWN WITH POWER: Libertarian Policy In A Time Of Crisis](#), [Pallas](#), and [Star Wars: The Lando Calrissian Adventures](#).

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Fabricating Reality

By Larken Rose

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PEOPLE naturally tend to think and believe what people around them think and believe. And when people spend so much time in front of the television, the people they are "around" are the fictional characters in the movies and TV shows they watch. This artificial reality has a huge influence on what people assume, even though they know it's all fake. The world that people live in day after day--whether it's a real world or people pretending--is what creates someone's view of reality.

For many years, the characters in just about every Hollywood movie and every television series consisted of the good, intelligent, attractive Democrats, and the greedy, malicious, callous Republicans. If you had never been to the U.S., but watched a lot of American television, you would be convinced that the country is 95% rich suburbs, filled with witty, caring, open-minded, usually promiscuous liberals, and 5% evil right-wing, gun-owning, alcoholic, inbred, Bible-thumping rednecks living in rundown shacks in the woods, with an occasional heartless conservative businessman trying to pollute and rule the world. In TV-land, normal people don't own guns, there are no nice bosses, there are no charitable Christians, and there are almost no long-term marriages. Parents are always stupid, often abusive, and there are rarely two living in the same house. Kids, on the other hand, are clever, virtuous, and can accomplish anything--without any work, practice or skill--if they "believe in themselves." Good people can be any color, but are rarely religious, and bad people are almost always white, heterosexual, Christian men--usually rich.

For couch potato America, that's the "reality" they grew up in, and the fact that everyone knows that it's all make-believe doesn't stop it from having a huge impact on how people see the world. In short, the collectivists in Hollywood successfully demonized over half the population of the country, by making a lot of people

think that "conservative" means greedy, heartless, and malicious. And they did it without having to actually say, "all Republicans are evil"; in fact, they did it without really saying much of anything substantive. They just cranked out a never-ending stream of fictional stories and fictional people, and counted on the viewers to at least subconsciously notice that the good guys are always leftists, and the villains are always something else. (In Hollywood-land, Republican politicians are corrupt and power-happy. True enough. But Democrat politicians are noble and pure, and always save the day. Um, yeah. Sure.)

There is one particular phenomenon that I noticed years ago, something I try to keep an eye out for whenever I watch movies. Responsible gun ownership is almost never depicted in any movie or TV show. Even when the "good guys" have guns--and then they always have badges, too--they are constantly waving guns around, pointing them in people's face, wildly firing in public, and so on. And never have I seen a movie in which an average armed citizen stopped a crime, despite the fact that in the real world, it happens millions of times every year. (Yes, millions, as even the CDC accidentally admitted a while back.)

So what do people "learn"--without even noticing that they're "learning" it--from the hidden messages in such entertainment? The answer is



obvious. With some embarrassment, I'll use myself as an example. I grew up in a gun-free house, and was in my twenties before I ever fired a gun. To me, and to millions of others, for a long time guns were a strange, dangerous, foreign thing, that only cops and criminals ever have, or would ever want

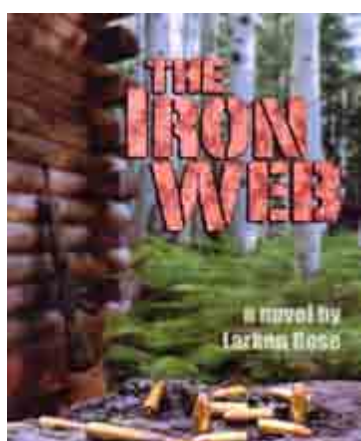
to have. Mind you, I didn't consciously think this--I've philosophically supported the Second Amendment for as long as I can remember. But the indoctrination via "entertainment" still had a subtle, subconscious effect. I remember being rather surprised when, many years ago, I was visiting an older brother down in Atlanta, and he took off his suit jacket, revealing a shoulder

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holster holding a revolver. To him, being armed was normal and commonplace. To me, it was weird and surprising. (I've since gotten over that feeling, in case you wondered.) I didn't grow up around guns, and wasn't accustomed to seeing "normal" people carrying them. (I don't mean to insult my brother by calling him "normal.")

The point is, the "reality" depicted in entertainment has a huge impact on what people believe, what they expect, and what they're comfortable with. Such propaganda is particularly powerful when it's too subtle for people to notice, when it doesn't feel at all like there's any "message" being delivered. When someone sits in front of the TV, or picks up a book (for those who still do such a thing), hoping to be entertained, he knows he doesn't have to think, and his guard is down--the perfect time for a little psychological manipulation and persuasion to do its job.



Now for the good news. That same approach can work with moral, truthful messages, too. The term "propaganda" tends to have a negative connotation, implying deception and mental manipulation,

but the same tactics that are used to spread lies can also be used to spread truths. For example, in my book, "[The Iron Web](#)" (yes, this is a shameless, self-serving plug), the story follows three normal, run-of-the-mill statists, whom the average reader can easily relate to, and leads them through events and situations which make them reconsider the way they see the world. I'm thrilled that so many people have told me that they loved the story in and of itself (yes, the shameless plug continues), because that means the point of the book has a chance to impact the way they see the world. Ain't I devious?

Sometimes, the message in a piece of "entertainment" is pretty dang obvious. With movies like



"The Matrix," and "V for Vendetta," the message is pretty in-your-face. But even that doesn't matter, if the characters are believable and easy to sympathize with. Those movies really have changed lives, by letting people indirectly live through the experiences (without having to get killed in the process), and learning from them.



You could look at it as direct and indirect forms of persuasion. If you walk up to someone, and your words sound to him like, "Listen to me, because I'm going to tell you what to think," the reaction is almost always defensive and negative. But if the person can be a mere spectator--not feeling challenged or threatened--and comfortably think about things for himself, without having to be subjected to argument or evangelizing, then the person will be far more likely to at least hear the message, and maybe even think about it.

So the moral of this story is... go buy copies of my book, "The Iron Web," for everyone you know! Well, okay, the lesson to be learned here is a little more broad than that. In short, we have to show people a reality in which freedom equals prosperity and happiness, and absence of politicians and state mercenaries equals peace and justice. It's a world they will never be shown by Hollywood, but a world they need to be introduced to. After all, since self-ownership and liberty are the rational, moral state of being--in other words, since we're trying to tell people something that is actually right and true--we do have a pretty big advantage over those pitching the message that war is peace, freedom is slavery, and ignorance is strength. But if the twisted, Orwellian world view is all they ever hear, it's all most people will ever be able to comprehend. We need to show them a different possibility, an alternate reality called "freedom." 🌸

Larken Rose is author of several books, including [The Iron Web](#) and [How to be a Successful Tyrant](#). His webpage is [LarkenRose.Com](#)

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Ten Questions for Anthony Gregory

By Bill Buppert

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WHY are the police such a threat?

All states are institutions of organized, legitimized violence, and the police are the enforcement arm of these institutions.

So police are always and everywhere a threat. In our own time and country, the police have been more than the mundane threat inherent to the nature of government. They have become the occupying army Malcolm X identified, but much worse. The wars on drugs and terrorism have dramatically militarized our police forces. Most laws they enforce are morally bankrupt, most of their techniques are atrocious, and the personnel employed by these forces have tended to become increasingly aggressive and lacking in curiosity. The way they dress—as though about to stage a Third-World coup—should tell you all you need to know. The vast numbers of arrests, the allure of seizing goods through asset forfeiture, the steady erosion of the Bill of Rights, the proliferation of SWAT raids—100 a day in America—and the doctrine that police are virtually immune for their wrongful conduct have all conspired to create a most formidable police state in our land of the free.

How would you suggest the average person take precautions for a police encounter?



I don't know what my advice is worth here. I am fairly cowardly around these agents of the state, as they are armed and dangerous and often unpredictable. I would just suggest being polite, not overly subservient but certainly not confrontation.

Standing up for your rights, while always moral, is not always wise, if survival is a high priority. It also depends on the type of encounter. All are potentially dangerous, especially today, but you can still get a feel for the cops who are probably less likely to ruin your day or life.

Do you suppose that the institution of police in America has simply been ramping up in violence against the citizenry over time? What is causing the increased brutality that is becoming so commonplace?

A large part of it is the drug war. The modern police were born largely in the progressive era and got much worse when they got vehicles, huge departments, fingerprinting databases, jails of significant size, and powerful weapons. But in the last few decades, the drug war has completely obliterated whatever protections of common denizens previously existed. The standards for search and seizure have been greatly compromised, which makes everything else worse, and the huge rise in federal subsidies for municipal police in the forms of military hardware has been particularly pernicious, especially in terms of the police's attitude. They have been taught to look at our cities and towns as war zones, and all of us as potential enemy combatants. Plenty of other laws, like those against "resisting arrest," certainly tip the balance further toward the police state.

After the drug war desensitized the American people to invasive police searches, raids, and brutality, the war on terrorism and all that has transpired in the last decade have simply been a mop-up job. So long as we have a large government—with a strong regulatory apparatus and paternalistic criminal code—police state will be with us. The immigration laws and gun laws make the problem much worse. But at root is a cultural issue: Many American people are used to this, support it, or remember nothing else.



How severe do you suppose is the under-reporting of police brutality in America?

I think it's a big problem. A YouTube is available showing how difficult it is to file a complaint with the police department. I think the vast majority of brutality against the youth, the poor, and minorities, is never officially reported. For years feminists have said sexual abuse is probably under-reported, and I would agree with their reasoning, but it would seem to apply even more so to police brutality, where the imbalance of power between cops and citizens is far greater than between men and women.

How do we break down the dangerous and sycophantic relationship between the media and the police? There is a dangerous hero worship of even the most thuggish behavior.

The media are in bed with the state. At times, the media are worse than the state itself! The Hutaree militia folks, persecuted by the FBI and U.S. Attorney's office, were treated like dangerous terrorists all over the mainstream media. A federal judge just threw out the conspiracy charges. The fact that conservatives assume the media are hard on the police doesn't help, since it encourages more slavish support of the police state in fear of looking too biased in the other direction. How can this be changed? The same way the media's love of the welfare state and warfare state can be changed—new media, the internet, breaking the corporate-state stranglehold on public opinion. There's no easy answer.

I have often observed that cops are the number one threat to liberty in America. Without the police, no law whether just or unjust could be enforced. What do you think?

Of course you are right. Police and other law enforcers are the ones who ensure that we have tyranny, by keeping us in line and caging those who don't obey. There is no totalitarianism without police. There is no socialism, either. Not only is most of what the police do immoral

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in its own right, and almost all of what they do conducted in an immoral manner—they are the principal guardians of the regime. As far as I'm concerned, you can raise my taxes, ban guns, and abolish the right to private property, but if there are no armed agents to enforce these edicts, we will be free.

How do you feel about the distinction between mall/private police and statist cops? Is there a linkage with the blanket immunity granted to statist cops and their brutal performance on the job?

Absolutely. Private police are imperfect specimens doing a tough job that can't be done perfectly all the time. But although they far outnumber government police, how often do we hear about them abusing their power? It happens, but rarely. They are held responsible. They are serving customers and communities rather than the state. George Zimmerman's shooting of Trayvon Martin, seemingly done in the name of private security, has inspired a whirlwind of scandal and attention. I don't think we know what happened there. But had Zimmerman been a cop there would have been far less outrage. He would have said he was attacked and that would have been that. I am not crazy about the extent of the mob mentality involved in the reaction to the shooting. But it does tell us something: People don't like what they perceive to be injustice. Government police have a license to commit injustice every day.

Should we disarm the police?

It's the only kind of gun control I'm comfortable with discussing. So long as we have cops—if we have to concede that much to the state—I would simply say: the police should have no legal rights that the rest of us don't. This includes in what kind of weapons they can carry. If they can have battle rifles sitting in their car, I should be allowed to as well. I don't like the idea of saying anyone can't carry a gun, but perhaps there should be restrictions on what the police can carry, as opposed to the rest of us. If they really need to arrest someone, maybe they can get non-police to help in the endeavor. It's an interesting thought experiment, but it will not fly in the United States, of course.

Do you suppose with NDAA, the increasing domestic use of UAVs and the war on drugs that police abuse will only worsen over time?

Yes. The war on terrorism has been infecting all our localities, and now with drone surveillance underway, we have to wonder what is next? Drone shootings against citizens? It sounds crazy now but 20 years ago, descriptions of today's airports and the powers the president claims would sound have sounded crazy. I think the police state will continue to get much worse before things get better.

What future project(s) is Anthony Gregory contemplating now?

I'm wrapping up my first book on habeas corpus. I'm doing a few other scholarly works, contemplating my future scholarly career, and mostly writing blogs and articles. The Independent Institute is where I do most of my pro-liberty work, but I have other venues as well. I hope soon to begin a new book project soon, and maybe—just maybe—some anti-state music videos over the next year or so. We'll see.

Anthony Gregory is Research Editor at the [Independent Institute](#) and is currently writing a book on individual liberty and the writ of habeas corpus.

He has written hundreds of articles that have appeared in the Christian Science Monitor, Bloomberg BusinessWeek, San Diego Union-Tribune, Washington Times, Dallas Morning News, Salt Lake Tribune, Sacramento Bee, Tallahassee Democrat, Albany (NY) Times Union, Portland Oregonian, Raleigh News and Observer, Florida Today, Bellingham (WA) Herald, Modesto Bee, East Valley Tribune (AZ), Contra Costa Times, and many other newspapers; as well as in Human Events, Counterpunch, The American Conservative, Alternet, Antiwar.com, The Independent Review and the Journal of Libertarian Studies.

He also regularly writes for numerous news and commentary web sites, including [LewRockwell.com](#) and the [Future of Freedom Foundation](#). He earned his bachelor's degree in American history from the University of California at Berkeley, giving the undergraduate history commencement speech in 2003.

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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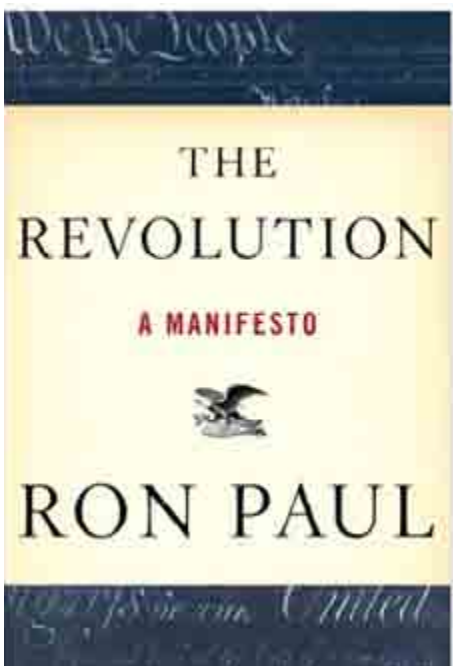
Literature for the Message of Liberty

By Kevin Kelly

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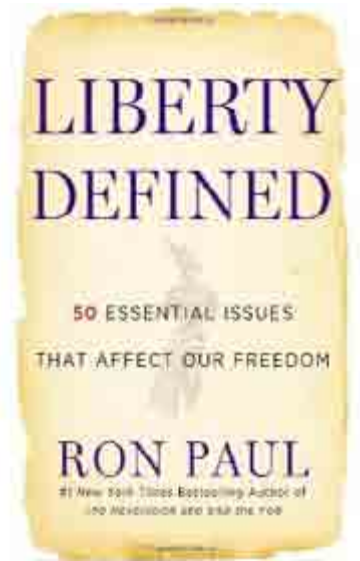
LIKE many, when I was awakening to the message of liberty I did not know where to begin my education. I wanted to know where I could learn about specific subjects, such as: war and empire, the Federal Reserve, property rights, Austrian economics, the war on drugs, violations of civil liberties, libertarianism, etc. I wanted to arm myself with knowledge so I would be able to help spread the message of liberty and would be able to defend these ideals against those who accepted the status quo without question. Unfortunately, even given my intense desire to learn about the subject, a simple web search would yield such a plethora of information that I became confused, overwhelmed, and frustrated almost to the point of surrender. After wading through seemingly endless, and often pointless, web articles on the subject, I came to realize that the very best education on liberty was to be found through the ideologically-complete literature offered by those libertarians who came before me. The following pieces of literature are, in my opinion, some of the very best written and comprehensive works dedicated to freeing the mind and allowing for a true understanding of liberty.



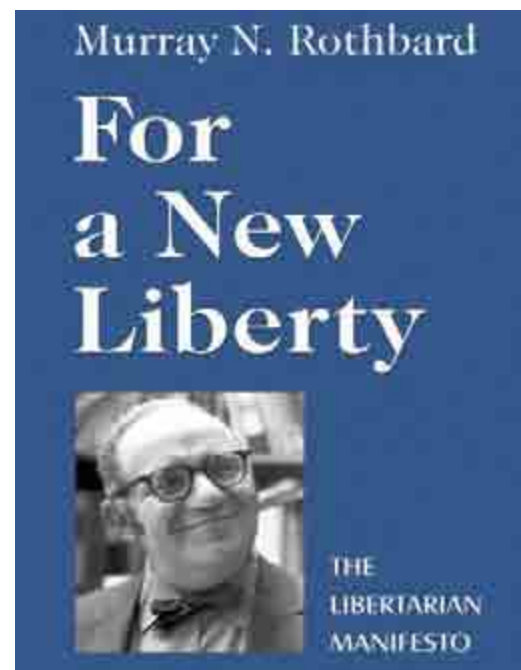
Congressman Ron Paul's "[The Revolution: A Manifesto](#)" is a true awakening and a great way to "whet" both one's libertarian feet and appetite. Written during Ron Paul's 2008 presidential run, it contains seven chapters where Paul tackles issues that

erode many of our freedoms. He explains them in ways that are easy for anyone to comprehend. Paul also takes the time to refute the statist arguments against many of his propositions that move us toward a free society. "The Revolution" also contains a "Revolutionary Reading List" in which Dr. Paul recommends several books to help individuals who, like me at one time, may be confused as to where to start their education.

Paul lists books that introduce people to ideas that were not taught in the public education system and, as such, are novel to most. For further understanding of Congressman Paul's ideals, I would also recommend his outstanding work, "[Liberty Defined](#)."



Another book fundamental to my education was Murray Rothbard's "[For a New Liberty](#)." Rothbard's eloquent writing style and his ability to analyze the failure of the state make it an interesting read. The book itself draws thoughts and ideas from the classical liberal tradition, Austrian economics, and the belief in natural rights. "Mr. Libertarian" makes a powerful argument for maximum freedom of the individual and



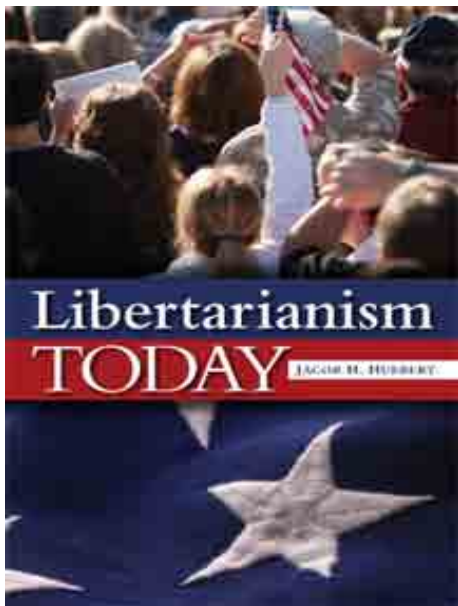
exposes the state as an inadequate system that has been aggressively forced upon all of us. Similar to Paul's book, Rothbard refutes every argument that individuals who love the state make and offers a

strategy for those who advocate for liberty to help wake more people up to this message.

Similarly, I would recommend Jacob Huebert's book "Libertarianism Today." I had the opportunity to read Huebert's book when I was already well-versed in the message of liberty, but can easily see its appealing to a broad spectrum of individuals. From those just beginning to educate themselves to the veteran in the libertarian movement, this book should be in everyone's collection and should be used as a tool to educate others. Huebert chronicles the origins and growth of the libertarian movement, illustrates the workings of freedom through numerous examples, and concisely explains the inevitability of the state's "solutions" resulting in failure. Huebert ends each chapter with a list of

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recommended reading for individuals who wish to further educate themselves on the particular issue that is discussed. Huebert's book is the best introduction to libertarianism since Murray Rothbard's "For a New Liberty."

Prominent veterans, philosophers, and thinkers in the libertarian movement have given lavish praise for Huebert's work. Walter Block went on to say regarding "[Libertarianism Today](#)": "This is a brilliant, magnificent book. It is the work of a libertarian genius, one who, happily, has many years, no, many decades, in which to make that single contribution to libertarianism I have grown to expect from this young man. I am privileged and honored to be a member of the same libertarian movement as he. If the future of liberty is in the hands of young men such as this, I cannot help but be optimistic."

In the tumultuous times in which we live, it is more important than ever for youth to understand the principles of liberty that guided the many thinkers, writers, and philosophers who came before us. Not unlike these individuals, and despite the access to technology that many

enjoy, one of the most effective ways to learn about liberty and personal freedoms remains good literature and "word of mouth". It is my hope that the literature suggestions offered above will serve as an introduction to the philosophy of liberty, inspiring youth to think "outside the box" for themselves and encouraging others to do so as well.

Kevin Kelly is 21 years old, currently sits on the executive board of [West Chester University's chapter of Youth for Ron Paul](#), founder of [Chester County Ron Paul 2012](#), radio producer, has given numerous interviews to radio stations/shows across the country and has been featured on the [LRC Blog](#), [Antiwar.com](#), [The Daily Local](#), and the [Philadelphia Inquirer](#). He seeks to spread the message of liberty wherever and however he can.



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Using Visual Communication to Promote Liberty By 4409

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IF there's one thing I know its how effective visual communication is at promoting liberty and your ideas into the public realm.

I got a real dose of this back in early 2007 while driving down a well-known street in Arizona called Camelback. It was there that I happened to drive by a rather obscure, but beautifully homemade, sign that said "RON PAUL REVOLUTION". I actually got goose bumps thinking to myself, "Wow, there are others who think as I do". Only these folks were willing to expend the energy to show others on a daily basis by what we call "sign voting" via a piece of scrap billboard vinyl.

That sign inspired me to start a Ron Paul search. That led me to one of the nation's first Ron Paul Meetup groups organized by Ed Vallejo. It was there that I found out that a man named Ernest Hancock was the one who created the Ron Paul Revolution design/logo, and was all about showing others how to make it and spread it to others.

After meeting Ernest and many other great people in this Revolution, I finally narrowed down who actually put that sign on Camelback that evening. It was placed there by none other than a man they referred to as 'Morpheus' :)

Over the next few months, I was busy helping make thousands of these Ron Paul signs and was having fun injecting our message into the matrix. But it wasn't until I saw a video featured on the [Youtube Channel Aravoth2](#) called "Ron Paul: Stop Dreaming" that I got inspired enough to start making videos. It's still to me the most inspirational Ron Paul video ever made.

What I'm really trying to convey is that all it took on that evening was one ragged homemade sign to inspire me and to change my life. This is why when I produce these videos, I'm trying to give that inspiration and courage that I received to others. 41 million views later...I have a feeling it may have worked a few times:)

No matter how small you think your contribution is, just bear in mind that it may actually change someone's life.

Remember:

YOU have the power to Unite people!

YOU have the power to change things!

YOU have the power to NEVER give in to tyranny!

YOU have the power to stand your ground and say enough!

~4409

4409 -- Some of our activism over the last 2 years

<http://www.youtube.com/watch?v=4eNPialyrGE>



4409 -- Border Patrol: "K9 can sniff you're not American"

<http://www.youtube.com/watch?v=wEahI1Ej-IQ>



4409 -- FRUIT NAZI SHOWDOWN - PART 1

<http://www.youtube.com/watch?v=aGf9lmtcWvY>



4409 -- One man with courage makes a majority!

<http://www.youtube.com/watch?v=B4tKUyt6uy8>



4409 -- First RON PAUL 2012 billboard...The Revolution Continues Jan/12/2010

<http://www.youtube.com/watch?v=jnUJGekaHE>



Continues on Page 19

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4409 -- Your 9/11 truth billboard :)

<http://www.youtube.com/watch?v=1XvKJu8gp64>



4409 -- 100% Proof Godzilla caused the Japan Tsunami ?

<http://www.youtube.com/watch?v=8uTGpm-ryrM>



4409 -- Merry Christmas Neo-cons

<http://www.youtube.com/watch?v=9d7YgOM-fug>



4409 -- How much CHAOS can one sign Create?

http://www.youtube.com/watch?v=qY2s4mMb_SU



4409 -- Giuliani Exploits Tucson Shootings for Presidential Run

<http://www.youtube.com/watch?v=suWjXrGjZW0>



4409 -- McCain is a Psychopath, liar, flip flopper, scam artist, legislative terrorist

<http://www.youtube.com/watch?v=BqLWvDO1Efo>



4409 -- Arrested over Arizona's Real I.D. Paper's Please SB1070 bill

<http://www.youtube.com/watch?v=knv6nDZX1mc>



Shelton Obadiah aka 4409

Producer of the Youtube Channel 4409

<http://www.Youtube.com/rp4409>

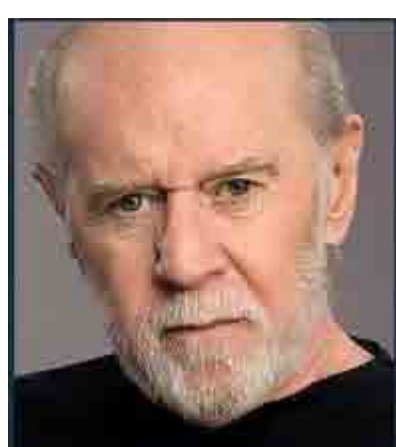
www.Formula4409.com

42,000 subscribers and over 41,000,000 million video views

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Inside the mind of George Carlin... By Donna Hancock

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CARLIN was noted for his black humor as well as his thoughts on politics, the English language, psychology, religion, and various taboo subjects. Carlin and his "Seven Dirty Words" comedy routine were central to the 1978 U.S. Supreme Court case *F.C.C. v. Pacifica Foundation*, in which a narrow 5–4 decision by the justices affirmed the government's power to regulate indecent material on the public airwaves.

The first of his fourteen stand-up comedy specials for HBO was filmed in 1977. In the 1990s and 2000s, Carlin's routines focused on socio-cultural criticism of modern American society. He often commented on contemporary political issues in the United States and satirized the excesses of American culture. His final HBO special, *It's Bad for Ya*, was filmed less than four months before his death.

Here are some of George Carlin's best comedy routines:

Lying Politicians And Words:



George Carlin - Airport Security:



George Carlin - On Location (his first of 13 HBO specials recorded at USC in Los Angeles in the summer of 1977):



George Carlin - Saving the Planet:



George Carlin - Rights and Privileges:



Here are some of George Carlin's greatest quotes:

Think of how stupid the average person is, and realize half of them are stupider than that.

If it requires a uniform, it's a worthless endeavor.

Ever notice that anyone going slower than you is an idiot, but anyone going faster is a maniac?

Isn't it a bit unnerving that doctors call what they do "practice"?

I don't like to think of laws as rules you have to follow, but more as suggestions.

I think it's the duty of the comedian to find out where the line is drawn and cross it deliberately.

Eventually, alas, I realized the main purpose of buying cocaine is to run out of it.

Eventually, alas, I realized the main purpose of buying cocaine is to run out of it.

What was the best thing before sliced bread?

It isn't fair: the caterpillar does all the work, and the butterfly gets all the glory.

If the cops didn't see it, I didn't do it!

Most people work just hard enough not to get fired and get paid just enough money not to quit.

I put a dollar in a change machine. Nothing changed. 🍀

George Carlin passed away of heart failure on June 22, 2008 in Santa Monica. He was 71 years old. His legacy, comedy, and perspective live on thru his performances.

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An Experiment in Chaotic Art

By Davi Barker

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ALECIA Zanker is a fictional character created for the student zine E-Prime to interview artists at SJSU - [San Jose State University](#)

Alicia Zanker: You call your medium, “enhanced collage.” Tell me what that means?

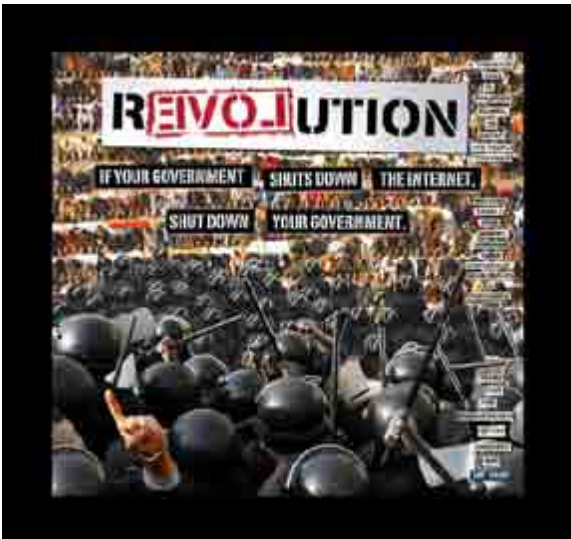
Davi Barker: Every piece begins as a raw collage. I state with current publications and I cut them to pieces. I take photographs, headlines, even blocks of text, I break apart the grammar, and I reassemble them out of context. Each



piece has a distinct theme based on the source material, but they all have a random disjointed quality, like a soup of words and images with no narrative. Then I scan the raw collage into the computer and I polish it in Photoshop. I balance the colors. I square the composition. Sometimes I'll use some more advanced tools to create some cool effects. At that point if a pattern has emerged I'll foster it, but I'm careful not to direct it. The goal is to avoid imposing a conscious message to demonstrate the concept of spontaneous order. The human mind is a pattern recognition machine. So no matter how chaotic I make a piece the viewer will find order in it.

AZ: You incorporate text into your works, but more than that, is there a particular voice you're going for?

DB: Well, it's definitely not my voice, because not a word in the whole show is authentically mine. I sift through thousands of bits and pieces of other people's words waiting for choice phrases emerge spontaneously. For example I did a piece on the Egyptian Revolution and the



phrase emerged “A thousand sons in shackles flared to anoint the people, you and I.” I couldn't come up with something like that. It almost

rhymes. It's like a Haiku. That line came out of an article in Time Magazine after I shredded it, scrambled it and reassembled it. It's total chaos, but I'm showing that all apparent disorder possesses a natural harmonizing order.

AZ: Power seems to be a major issue in your work, but what kind of power - personal, political, advertising?

DB: Power is an issue in my art because power is an issue in the print publications I use as source material. It's everywhere really. Society is constantly engaged in power struggle. Dominance and submission. Authority and resistance. People are acclimated to it. They don't even notice it anymore. But put the same language and the same images in a new context and suddenly they see it. I'll give you an example. I was working on a piece and the text emerged, “ANARCHY Goes to War.” And it was big, bold headline text. It took over the composition, and it ended up being the title of the piece. At first it made me really uncomfortable, because to me it's an impossibility. For me anarchy represents complete liberation from power, and war is the worst possible exercise of power. But I kept it, because the contradiction forces the viewer to grapple with it. If it just said “America Goes to War” which was the original headline, the viewer would just see all their existing biases and prejudices. But because it's such a discordant title, hopefully the viewer begins to think about anarchy, and war, and power in a new way, and maybe they come to different conclusions.



The modern world is constantly bombarded by conflicting messages, and it's been an interesting experiment to try to smash those messages together and see what happens. People like to pretend they're immune to it, but they aren't. It all sits in the subconscious. I'm trying to strike the audience there, by presenting a subconscious snapshot of the modern mind. When confronted by disorder the conscious mind seeks out patterns, fills in gaps and projects preconceptions. So any message the viewer pulls out is as likely to be a reflection of their own mind as of mine.

AZ: Why are words so important in your work? What does language have to do with power?

DB: Because words are powerful. Words are what give legitimacy to corrupt power. Art doesn't confront power physically. It undermines the legitimacy of power. Most of the power struggles in society are not overt. When we see police cracking skulls and drones blowing up wedding parties that's just the tip of the iceberg. In your day to day life power struggle is at the family dinner table, and the work place. It's the words the people in your life use to grant power legitimacy, and to pressure you to acquiesce to it. So why cut off another way of communicating? Why not exploit every tool at my disposal, to sow doubt, to raise questions, and crack the edifice of power in people's minds.

AZ: Why is your work considered art and not graphic design?

DB: Because life is art. We call musicians artists. We call kung fu masters martial artists. I don't see why visual artists try to make this distinction with digital art. Picture making has been art since cavemen smeared mud on walls. Graphic art programs are just high tech paint brushes. I grew up using my Dad's graphic art programs, then I got to college and professors started telling me if I use words it's graphic design and not art. No joke. It was like they never took the art history classes they made me sit through. René Magritte, Barbara Kruger, Andy Warhol. All

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these artists incorporated words in their art. These professors and art snobs are just pedantic. It's just like every other industry that's being transformed by digital media. The old guard is being told to adapt or perish and they don't

like it. When I write articles I incorporate images. When I create images I incorporate words. They're two ends of one spectrum, and it's all art.

AZ: How would you like people to respond to your work?

DB: My hope is always that the audience's reaction is as diverse and unpredictable as the work itself. That's what makes it thrilling for me. That people will look into this blob of stimuli, and even after I've painstakingly gone over every inch of it, they'll still pull out details I've missed. For one person "ANARCHY Goes to War" was about rebellious youth culture being targeted by predatory military recruiters. For another person it meant that power elite are above the law, in their own private anarchy, and so they can wage an illegal war. They see meanings, relationships, interpretations that I never would have seen. That's what I'm trying to show people. What's inside their own head.



AZ: Are your works about Davi Barker or about how Power affects Davi Barker?

DB: That's a chicken or the egg question. I mean, whatever I am

is partially how power has affected me. I was thinking about this just recently in fact. Because were it not for the injustice I see in the world I wouldn't feel particularly called to art, visual or verbal. I have no passion for landscapes and still lifes. I think if I lived in a free society, and didn't feel this need to speak out I might have been a scientist or a mathematician.



AZ: Where can people find your work online.

DB: All my enhanced collage work is at www.facebook.com/EccentricCircle and I've also got a lot of graphic art at www.facebook.com/Vote4Nobody. You can also see my writing at www.SilverUnderground.com and www.Daily-Anarchist.com.



Davi Barker is a Bay Area artist whose work deconstructs media images, creating colorful kaleidoscopic images designed to show that all discord is an opportunity for the emergence of spontaneous order.

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Oil Speculators: A Force for Peace?

By Charles Goyette

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WHITE House polling must show how badly gas prices are hurting Obama's approval numbers. Badly enough that he's even trying to ease up on attacking Iran.

Here's Obama on the campaign trail: "The problem is ... speculators and people make various bets, and they say, you know what, we think that maybe there's a 20 percent chance that something might happen in the Middle East that might disrupt oil supply, so we're going to bet that oil is going to go up real high. And that spikes up prices significantly."

While blaming economic conditions on speculators is the common stock in trade of demagogues and politicians of all stripes, what is the president actually saying?

People who need energy to keep their businesses working, business that make modern life possible, look around at world events and grow concerned that the U.S. government and others may conspire to interrupt the flow of oil. Behaving like good stewards of their enterprises, they and their agents seek to assure needed oil supplies in an uncertain future by contracting for tomorrow's oil needs today.

While Obama deprecates the activity, saying that those trying to prepare for future conditions, are "betting," most oil users would actually prefer stable prices and would just as soon forego the guessing game about future prices. It's a game that costs them if they are wrong and only allows them to stay in business if they are right. Most are happy that someone – those speculators politicians love to vilify – are willing to take on the risk of being wrong about future price movements for the rewards of being right. The real oil users can then count on liquid markets when they need them and keep their attention – and their capital – focused on delivering the blessings of modern life instead of betting on the movement of prices.

And there is something wrong with this? Hold the phone a moment!

It's not as though those seeking to secure oil for their future needs are making something up. They're not concerned about some fantasy development, some exogenous agent like space

aliens appearing out of nowhere to suck up all of earth's oil. This isn't science fiction. They're trying to keep things working in the face of very real and very familiar government threats to our way of life.

Maybe they should be praised, not condemned.

While one administration bureaucrat has claimed there is a "Wall Street premium" on the price of oil, it takes government to make a war. Speculators trying to anticipate future prices in the event of a war don't impose embargos. Nor do they launch air strikes.

In *The Dollar Meltdown*, I estimated that during the constant saber rattling and elective wars of the Bush years, the fear premium on the price of oil may have run from \$20 to \$40 dollars a barrel, depending on developments. It was, in any case, a huge transfer of wealth from the American people to the oil sheikdoms, Putin's Russia, and Chavez's Venezuela.

If Obama is prepared to further decapitalize the American people and deliver another blow to an economically depressed world by supporting an Israeli strike on Iran and risking the closure of the Strait of Hormuz, isn't it a good thing that he has to confront at least some of the cost of such recklessness?

He's a politician. Shouldn't he pay a political price?

George W. Bush never did. But we would be better off economically if he had to reckon with the price for his elective war.

Might Bush have been dissuaded from his unnecessary war if he had known that it would cost not under \$50 billion as his administration claimed, but more like \$5 trillion?

Would Bush have given up plans for his counterproductive war on Iraq - a war that has only consolidated Iran's Shi'ite power bloc in the region - if he had known that he would preside over an explosion of the nation's visible debt from \$5.7 trillion to \$10.6 trillion?

Would Bush have foregone his wasteful war justified by forged documents and phony intelligence if he had known that its cost would help trigger the steepest downturn in America since the Great Depression, even as the cost of the Vietnam war helped create the stagflation decade of the 1970s?

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If he had known the costs and the outcome, would Bush have been capable of better decisions?

Nah. Bush was not capable of forethought or making wise decisions. When he ran for re-election in 2004, the people still hadn't come to terms with the monstrosity of his bogus war. And his opponent, John Kerry ("Reporting for duty!") wasn't willing to risk defeat by opposing the prevailing war fever. Had he done so, he would have still lost in 2004, but could have easily been elected on the "told you so" platform by the time people began seeing through Bush's war in 2008.

Whatever Obama's real view about war with Iran, he at least has enough foresight to know that it will result in even higher gas prices. At his first press conference of 2012, Obama responded to a question about gas prices with a question of his own, asking the reporter, "Do you think the President of the United States going into re-election wants gas prices to go up

higher? Is there anybody here who thinks that makes a lot of sense?"

Obama knows that the price at the pump can cost him the election.

If it is wariness about the political cost of higher oil prices that has Obama preferring "engagement" to bombing Iran, it is a good thing. If it is speculators buying oil against future possibilities that keep Obama from reacting as Romney and the neocon Republicans egg him to start another needless and ruinous war, then we owe speculators a debt of gratitude. 

Charles Goyette is a libertarian-conservative commentator, who is noted for his outspoken anti-war views, his opposition to the war in Iraq, and his economic commentary. His latest book is [Red and Blue and Broke All Over: Restoring America's Free Economy](#). Goyette is also the editor of the [Freedom & Prosperity Letter](#), a monthly political and financial newsletter. The newsletter includes biweekly podcasts.

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Charles Goyette's

FREEDOM & PROSPERITY LETTER

Protect Your Wealth. Reclaim Your Liberty. Restore The American Dream.

What Is This Coin Worth? - New iPhone and Android App By Drew Phillips

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WhatIsThisCoinWorth.Info



WHAT IS THIS COIN WORTH?

New iPhone and Android App Makes Commerce With Silver Easy



Free Download!



The Silver Calculator App updates the values of all silver coins based on the latest spot price of silver.

As the dollar continues to destabilize, silver is on the forefront of the new economy.

The Silver Calculator App allows you to calculate the value of silver in your old US and Canadian silver coins in US dollars using the spot price of silver at that moment. Coins minted before 1965 had various amounts of actual silver in them. These pre-1965 coins are valuable and their popularity for use in commerce has been increasing rapidly within the last couple of years.

There has always been value in these coins, but it hasn't been easy to use them for every day commerce. The Silver Calculator App solves this dilemma, providing an easy to understand value for your silver coins. Now you can easily buy or sell items using silver. The Calculator even allows you to mix and match a variety of silver coins to reach a targeted amount.






Use the App to sell or purchase items by mixing & matching various silver coins.

The Android Silver Calculator app was released in January 2011. The iPhone version was released in February of 2012. The apps are regularly updated and improved and are available for free, just search for "Silver Calculator" in both markets. Feel free to leave your feed back on either market page and be sure to follow our google+, facebook and twitter feeds for updates and news.

Download your Silver Calculator App today at WhatIsThisCoinWorth.info or scan the QR code above.

Users should be aware that spot price and actual purchase price may differ. There should be no expectation that the Silver Calculator App can predict available purchase price. The app uses theoretical melt value when calculating values.

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The Wisdom of Bastiat

By Howard Blitz

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CLAUDE Frederic Bastiat was born June 29, 1801 in Bayonne, France and died in Rome, Italy on December 24, 1850. In that relatively short span of time Mr. Bastiat had the most profound impact not

only in his world, but in all future generations to come.

Frederic Bastiat was a statesman, philosopher, author, leader, economist, and witty satirist. He had the ability to communicate effectively in a simple and penetrating, yet humorous style. When one reads his, "The Candlemakers' Petition", his humor is evident, yet his explanation of why government control of the economy is ludicrous.

Frederic Bastiat's masterpiece, though, is "The Law" where he maps out a classic blueprint for a free society. In doing so, the Frenchman defines law and government and the meaning of just government. The book truly defines the essence of government and why it exists in the first place in very simple terms for all to understand. This is the beauty of Frederic Bastiat.



Mr. Bastiat also delves into the perversion of the law, which he defines as plunder. Here is a sample of Bastiat: "Sometimes the law defends plunder and participates in it. Thus the beneficiaries are spared the shame and danger that their acts would otherwise involve. But how is this legal plunder to be identified? Quite simply, see if the law takes from some persons what belongs to them and gives it to the other persons to whom it doesn't belong. See if the law benefits one citizen at the expense of another by doing what the citizen himself cannot do without committing a crime. Then abolish that law without delay; No legal plunder; this is the principle of justice, peace, order, stability, harmony and logic."

Frederic Bastiat gave the world an understanding of human nature that when truly understood would go very far in accomplishing world peace on this planet of ours. He is one of many that fostered the founding of The Freedom Library, Inc., an educational organization dedicated to helping others learn what Frederic Bastiat understood. Check out the website at www.freedom-library.org or e-mail The Freedom Library, Inc. at info@freedomlibrary.org.

Here is Frederic Bastiat at his best:

"Government is the great fiction through which everybody endeavors to live at the expense of everybody else."

"Law cannot organize labor and industry without organizing injustice."

"When goods do not cross borders, soldiers will."

"By virtue of exchange, one man's prosperity is beneficial to all others."

"Life, faculties, production, in other words, individuality, liberty, property, this is man. And in spite of the cunning of artful political leaders, these three gifts from God precede all human legislation, and are superior to it. Life, liberty, and property do not exist because men have made laws. On the contrary, it was the fact that life, liberty, and property existed beforehand that caused men to make laws in the first place."

"When law and morality contradict each other, the citizen has the cruel alternative of either losing his moral sense or losing his respect for the law."

"Each of us has a natural right, from God, to defend his person, his liberty, and his property."

Long live the ideas of a great human being, Frederic Bastiat. We should all be so learned.

On May 14, 2012 at the First Christian Church, 32nd Street and Avenue 6E in Yuma, Arizona, Thomas Jefferson and Patrick Henry and two 21st Century scholars will debate whether the U.S. Constitution or the Articles of Confederation is the superior document. Tickets are only \$5 for the amount of entertainment and education one will receive. You will even have an opportunity to ask questions of the gentlemen. Get your picture taken with them and give yourself an opportunity to purchase books from The Freedom Library and win valuable prizes. If you help sponsor the event, you will participate in a private lunch with the gentlemen among other benefits for your sponsorship. Doors open at 5:45 pm, the debate begins at 7:00. The Freedom Library will award its scholarships. Come and attend and have a great time learning about these most important documents. All funds raised go to The Freedom Library Education and Scholarship program. 🌸

Howard J. Blitz, President of The Freedom Library, Inc., (Freedom-Library.Org) a center for Libertarian Thought, Sound Economic Principles, and development of future leaders by educating minds in liberty.



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Cats Will Set Us Free!

By Tarrin Lupo

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I can remember being a young, bright-eyed, bushy-tailed liberty activist getting ready for my first outreach. I was so excited and energetic; I really believed that if I could just give

a stranger the information, they would come to the logical conclusion that liberty was the answer. Instead, what I found was that almost nobody would talk to me or take a pamphlet. In fact, they would not even look at me and treated me much the same way they would have treated a beggar. It felt like I was trying to train a group of cats that wanted nothing to do with me. These days it is a very different story. People are approaching me and asking for my time so we can talk about liberty. So what changed? The short answer is I learned how to train a cat.

I have been a liberty activist for the last twenty years and have never seen such a swell of people talking about ideas of liberty as I have within the last three years. An exciting shift is happening and even we seasoned, burned-out activists are being revitalized. Liberty is finally becoming cool and it is reaching the point of the crossing over to the mainstream. I used to protest, hold signs, go to meetings, write politicians, beg law-makers to change their minds, and hand out countless pamphlets of information. That was a frustrating and high-energy activity with very little positive return. Basically, it was a great formula for an activist burn-out.

It took me a little while to figure it out, but I realized I could use the same techniques of training a cat to talk to people about liberty. Let me give you an example of my daily interactions with my cat, Mookie. Mookie is a typical cat, in a sense. He is moody, passive-aggressive, selfish, loving, bi-polar, and generally thinks he is so much better than you. He is able to shift through that list of emotions in the space of thirty seconds.

Most mornings when I would come into my office to start work, Mookie would be snoozing in my favorite work chair. I have old rugby injuries in my back, so I am very particular about my chair when I have to sit in it for long hours. It is hard to work on my novels sitting in a painful chair; apparently Mookie agreed and laid siege on it every time I wanted it. He used his super feline senses for evil to know when I needed it and would beat me to the comfy throne every morning.

At first I foolishly tried to pick up the cat and move him. This was such a bad idea for I ended with slashes up and down my forearms. Then I tried to turn the chair over, and his response to my attack was to dig his claws into the chair and hold on. When I sat the chair up-right, he would just lay back down. Mookie would smile, proud of the expensive leather seat he just shredded into ribbons. Finally, I gave up and rolled up another, less superior chair next to his. I worked until the cat decided he needed a break from his exhausting eighteen hour-long schedule of sleeping where he did nothing but rotate and position himself in the way of the next activity I needed to do.


Eventually, I watched a show on cat training that gave me some techniques to deal with my furry white-and-gold nemesis. What I finally

understood was paradigm-shifting and iconoclastic; when it comes to cats, they have to think all decisions are their ideas. No amount of yelling, freaking out, waving signs, or handing him pamphlets made Mookie do something he didn't want to do. Instead, I used a laser pointer I know he loves to chase.

The red dot flickered across the floor and a sleepy cat-eye opened; ten seconds later his head was whipping around and tracking the dazzling crimson spot. Seconds after that, Mookie jumped out of my chair to chase the laser; my throne was now vacant. I soon found out I could use this technique to lead Mookie to any room I wanted and move him around the house without shredded forearms. Chasing the red dot was his idea, but I could move the pointer and lead him wherever I pleased.

I applied the same technique to my activism – a person will respond and follow you anywhere if they think it is their idea. I think writing liberty-oriented fiction or art is easily the most effective way to reach folks. I have had more success getting across the ideas of liberty by using my novels over the last three years than the previous seventeen years of high-energy activism. My novel, *Pirates of Savannah*, was one of the very few liberty-themed works that broke into the mainstream and was even in the top thirty highest selling books on Amazon. It was successful because it was not obvious in the delivery of the freedom message. When folks experience fiction, they let their guards down and just want to enjoy themselves.

An author has a real opportunity to work liberty themes into their story without making it sound like someone is reading high-brow, mind-numbing philosophy. The most effective way to do this is to simply have one of your characters be a liberty activist and have another character who is a statist. Let your characters debate a little here and there throughout the book about situations or ideas. Plot lines can also be embedded with ideas of the government encroaching on the characters' freedoms or other freedom themes. The key is to be subtle; don't beat your reader over the head with liberty. Less is more. The reader will accept the ideas from a character, but not the author. The reader will simply just think that is part of the character's personality and not throw up a subconscious defensive wall.

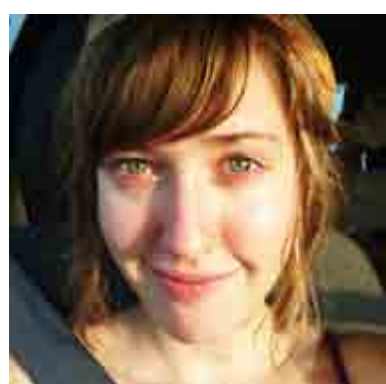
With fiction writing, you allow the reader to make it their idea. Then, just like with Mookie, you simply move the laser pointer and lead them to where you want them to go. Most people live with the herd-mentality mindset; if one can build a big enough herd, the rest will just follow along so they won't stand out. It is the artists who are accelerating the shift because they are making liberty cool. The deeper it infects the mainstream, the easier it is to attract the herd. Artists mix with all social classes and their influences cross all social boundaries. Artists are the most dangerous activists to the legitimacy of the state, and they will lead the way to true freedom. 

Tarrin P. Lupo is best known for being the author the historical fiction novel "[Pirates of Savannah](#)" and his children's book "[Catch that Collie](#)". Tarrin is also also a full time liberty activist

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The Real War on Women: A Libertarian Female Perspective By Meghan Kellison

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AS of late there has been outcry from feminists declaring that the GOP is waging a “War on Women.” The complaints range from somewhat valid to completely absurd, but I would like to address this proclamation from a different perspective unaffiliated with any mainstream stance. Considered to be a hairy “feminist” myself (more so of the individualist libertarian type, if you want to get specific), I am amazed that an increasing number of women are demanding government intervention to provide them with the privilege of contraception. There are many issues with this claim, the least of which has to do with the ability for a woman to be considered “free” in our society.

Now, evaluating what the term feminist actually means, it is revealed that a feminist believes women deserve the same treatment in society as a man. Increasingly, some women are led to believe that women should have more rights than men or somehow get special treatment. I do and always will side with cooperation between the sexes, not superiority of one over another. I also believe that the best way for a woman to liberate herself is by taking responsibility into her own hands and not rely on the State to provide it.

We are awarded certain freedoms in this country that people in other nations can only dream of, but this has led to a sense of entitlement among Americans and often leads to the presumption that they deserve special privileges that can only be granted by the government. One of the more recent demands is that contraception be provided free of charge by one’s employer or place of education---basically this is depending on someone other than you to take responsibility for a personal decision. For the moment, I will address the issue of using birth control pills for the most obvious reason people use them: to not have an unwanted pregnancy. A woman absolutely has the right to have sex with whomever however often she desires. Alternately, no one has the right to forcibly prevent her from using her body the way she wants. But does a woman have the right to violate another person’s right by using the State to force others to provide her with a service she herself is responsible for? No, of course not because she is violating someone else’s right to the fruits of their labor if she demands a portion of their taxes (or expenses if it is an employer) go towards a personal decision. Also, if the goal is to avoid unwanted pregnancy, it is very simple to acquire other means to prevent a pregnancy like condoms or I don’t know, just paying for the Pill with your own money. We have the freedom to choose how we deal with the private issue of sexuality, and several options are available to us. The pill or other methods like condoms are not cost prohibitive for most women in this country (the rhythm method is free, just saying), so there is no excuse that a modern woman cannot afford

contraception. Government is a coercive force worthy of no support from anyone regardless of whether or not it enforces your religious, philosophical, or personal beliefs.

Part of being a mature woman is taking responsibility for your actions and decisions, and this idea of personal responsibility can of course be extended beyond women to all Americans who feel that it is up to the State to provide them a job, an education, or anything else beyond basic human rights for free. I want to be clear; this is not a defense of the GOP, anyone initiating force against one person to provide a service to another is simply unethical. You either believe that initiating force is okay, or you don’t. It is not a philosophical grey zone that is subjective; as a libertarian I must conclude that taxation is wrong because theft is wrong---it doesn’t matter the context. Stealing is wrong much like murder is wrong, and I include childhood favorite Robin Hood in this assessment. Understanding the Non-Aggression Principle is one of the first steps in becoming a more thoughtful, less violent society.

The typical reaction to my critique of government backed birth control will probably be something like, “Well what if someone needs birth control pills to regulate other health issues?!” Well, let’s take a look at some of the other reasons women choose to take the pill. Irregular periods, ovarian cysts, acne, and painful PMS symptoms are all included on the list of reasons other than avoiding pregnancy to take the pill. As someone who used to suffer irregular, excruciating periods I have had experience with the pill because that was what my doctor recommended to me when I was seventeen. That was the only thing my doctor recommended to me, mind you, because they are not required to take courses in useful subjects like...*nutrition*. So, as a naïve seventeen year old, I took my doctor’s advice. At the time, my periods were irregular and I had some skin issues, but those were my only problems. Science shows those two specific problems are ones that go away *naturally* as a woman ages, and to treat a child with brain and life altering hormones is not only unnecessary, but bordering on criminal.

I was prescribed the very lowest dose of birth control there was at the time because I was even then suspicious of the side effects, and because I had to pay most of my own bills even at that age, I pragmatically opted for the lower price. The first couple months seemed normal, and I could not see much difference. It was around the third month I began to experience some of the side effects like weight gain, but more disturbing was my mood changes. I went from a relatively stable girl to someone who was paranoid, constantly depressed, suffering nightmares, and even contemplating the darkest notion of suicide though there was nothing in my life that would explain those feelings I had! I became

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withdrawn, and even more upsetting was the feeling that I had no control over my own mind--I literally felt like I was losing it. These side effects wreaked havoc on my mental state and physical body, and after about six months I decided enough was enough and threw away the remaining pills. I thought it was all over, but the worst was yet to come.

For the months and years after I quit the pill, my periods became so unbearable that I was bed-ridden for at least half the duration of a period. Each month seemed worse than the last, and it was because my natural hormones had been altered by chemical hormones. No doctor told me this though I knew it was the reason because I listened to my body. It would be one thing if doctors knew the effect the pill has on every woman, but the truth is every woman is slightly different and need different approaches to stay healthy. There was no reason for me to be put on the pill at such a young age, and until I figured out how to effectively control my hormones I suffered endlessly for years.

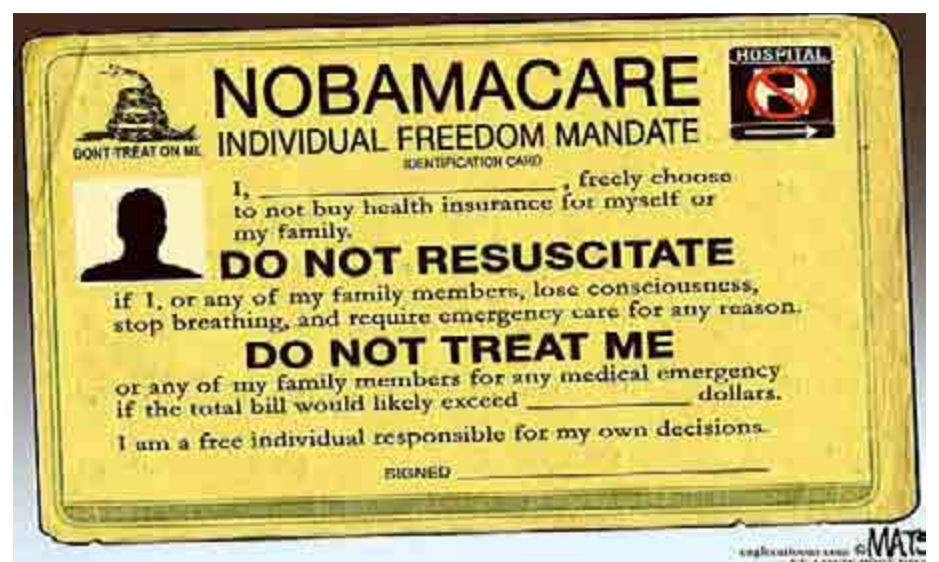
I started doing my own research on health, and came across the fact that the food we are putting into our bodies makes us sick and keeps us sick because it is so denatured one can barely call it food. I changed my eating habits by eating chemical free foods, home cooking my meals, buying locally, and finding the correct balance of proteins and carbohydrates for my body. Also, exercise played a huge factor. I had been vegetarian and vegan for years and by adding grass fed beef and organic meats was able to have more energy and feel overall better. I went to a natural doctor and he gave me a plant based supplement to help balance my hormones, and though my periods are still uncomfortable, they are nowhere near as bad as when I was damaged from the pill. The same natural approach can remedy more serious issues like ovarian cysts (which run in my family) or painful PMS symptoms. The best part is the fact that natural remedies are not only safer, more effective, but hundreds of dollars cheaper than any oral contraception used to treat those health problems! It's a win-win for women, and should be a no-brainer. Why, as women and as a society in general, are we so quick to resort to unnatural band aids for our problems when our diet and lifestyle are the cause of our health woes 99% of the time, and the solutions are changing what we put into our bodies?

My question to these women who so adamantly defend the magical powers of the pill is this: Did you try anything to help remedy your health issues the way nature intended first before you trusted someone who gets bonuses from pharmaceutical corporations to push dangerous drugs? I would wager to say close to 95% of women who take the pill for "health reasons" are eating a poor diet, not getting enough exercise, and are deficient in vitamin D. Is this the image of



a liberated woman? If you are truly liberated, then you should not take the word of a man with a fancy piece of paper and conflicting interests to tell you what your body needs. Do your own research, and you'll discover not only the horrific consequences of oral contraceptives, but how to take your health into your own hands.

My case was very mild compared to the other women I've known. You know that shot you can take to limit the number of periods you have (Depo-Provera)? It sounds convenient, but one of the more frequent side effects is a collapsed uterus and resulting sterility. I understand not wanting a child too young, but to have the ability to create life stolen from you by a doctor is a



greater violation of a woman's rights than anything a politician can do. Also, the new health-care bill only seeks to limit the amount of options you have for healthcare as natural doctors who use effective therapy based on real science are not covered in the mandate. So, not only will you not get the right to choose who provides health services to you, but you will be forced to pay for substandard, ineffective treatment by the very party you though stood for "women's rights."

On another note, the real "war on women" stretches much farther than the doctor's office and some contrived idea of a political party. Right now, the US military with the approval of the US government under Barack Obama is raping and murdering women of *all* ages all around the world. It is one thing to vote for someone who gives false promises to defend your choice to ruin your own body with chemicals, but quite another to support a man who has increased the war effort in Afghanistan, supported the war in Iraq that is still going on despite its alleged end a few months ago, escalated the conflict in Syria by punishing them with sanctions, and was partially responsible for the murder of fellow humans in Libya. He is also egging on an invasion of Iraq through the use of sanctions. As a woman, to support Barack Obama or Mitt Romney or anyone for that matter who is pro-war is a crime against the millions of women in US occupied countries. Obama, along with Bush, has the blood of millions of women from Afghanistan, Iraq, Libya, and Egypt on their hands, and you do to if you continue to support warmongers. As a feminist, you must ask yourself, do I support only my selfish privileges, or will I stand on the side of women from all nations who are suffering abuse, rape, torture, and murder at the hands of the US military?

As a woman, I refuse to condone the criminal actions of the Obama administration, and no amount of sycophantic pandering to a stereotyped collective will dissuade me from telling the truth of the atrocities of war. Seeing beyond the left-right paradigm is crucial if one believes they are truly liberated. Liberate yourself from lies, false hope, and manufactured promises of "change" that will never come lest you change your mind and facilitate growth on an individual level. That change comes from how you take control of your own health, not relying on a corrupt medical system and a fraudulent government to provide it for you, and the philosophy by which you live your life---whether you believe initiation of force is right, or if you believe the truth that no matter how or who is initiating it that it is an unethical action regardless of the circumstances. The Democrats do not deserve your vote, nor do the Republicans---think for yourself, realize neither party is working for the people, and break free from the lies and division perpetuated by the lapdog media. 🌸

Meghan has been writing poetry, prose, short stories, and essays for several years, has been published in small independent publications (mostly poetry), and currently runs the blog at Roberts & Roberts Brokerage (<http://rrbi.co/category/blog/>). Her focus is on social issues, politics, fitness, and natural health topics. The best way to contact Meghan is on Facebook: <https://www.facebook.com/profile.php?id=100001243544080>

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Uncle Jay Explains the News



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UNCLE Jay thinks it's really important for today's news to be understood by today's innocent, ignorant and immature minds.

Also children.

Uncle Jay is Jay Gilbert, a long-time Cincinnati radio personality, and winner of the 2000 "Personality of the Year" Marconi Award. That's kind of like the radio industry's Oscars, but without the stupid dance segments.

He created "Uncle Jay Explains the News" in the mid-90's for an early-morning TV news show, and even won an Emmy. Today, he carries on Uncle Jay's mission via the internet. Somebody like Jon Stewart or Katie Couric will certainly call eventually; Uncle Jay can't wait to become a famous obnoxious diva.

Tell your friends about Uncle Jay so you can all figure out what's going on, because grownups ... maybe you noticed ... haven't.

**Uncle Jay Explains: Feb. 21, 2011-
The Mideast explodes, Wisconsin implodes,
and Mother Nature reloads. And we wonder
which will shut down first: the NFL or the
USA? Uncle Jay explains!:**



**Uncle Jay Explains: Mar. 7, 2011 -
Only in the news could the loss of your job
and your kids be called "winning." Or that
the people overthrowing your country all
"love" you. Or that shutting down the gov-
ernment is "an adult conversation."**

Uncle Jay explains!:



**Uncle Jay Explains: Apr. 11, 2011 -
Libya is the government shutdown everybody
wants but can't pull off. America's shutdown
has been saved until April 15th, everybody's
favorite government date!**

Uncle Jay explains everything:



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Uncle Jay Explains: Apr. 18, 2011-
Happy Tax Day, and Happy Passover! May the total pages of your tax return be thinner than matzah. May your sleep be as serene as an air traffic controller. May the color of your toenails fit your gender. Uncle Jay explains!:



Uncle Jay Explains: Nov. 27, 2011 -
As Uncle Jay prepares his 2011 Singing Year in Review for inclusion on the 2011 DVD collection, here's a taste of what else is on this year's compilation. Yes, there are fewer episodes this year; just think of it as Uncle Jay's NBA tribute:



Uncle Jay Explains: July 4, 2011 -
In honor of Congress skipping their July 4th recess for the good of America, Uncle Jay will press on with his own recess. So here's that famous "Congress Recess" episode from July 4th of 2007 even though parts of it aren't true anymore, just like Congress!:



Uncle Jay Explains: Dec. 4, 2011 -
Here's even more stuff from the episodes of 2011, stuff that'll be on this year's DVD. Uncle Jay has been so busy preparing the SINGING YEAR IN REVIEW that he's missed all the news! Is Herman Cain still running strong? How's Penn State's football season going? Uncle Jay will catch up soon!:



Uncle Jay's website is UncleJayExplains.Com



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Becoming Libertarian

By Anton Howes

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WHY do people become libertarian? In order to build a movement of people dedicated to liberty, it's a question that needs serious answers.

Some say they've always held particularly individualist values and have always just thought it was all common sense. But many others have radically changed their viewpoint, sometimes even from radical socialism or conservatism. Usually, they will claim to have read a particular article, had a conversation, or read a book. But it's actually more interesting than that.


First of all, nobody radically changes their views overnight. It is almost always a slow process of discovery, and requires two key preconditions. The first is exposure to those ideas altogether, and the second is a willingness to listen and expose themselves to new ideas. As part of this, people trying to convince others need to recognize that listeners actually convince themselves long after exposure to new ideas, and not after an hour-long, heated debate in which there's a seemingly clear winner and loser.

Libertarians also need to recognize that the vast majority of people are in fact willing to listen, and probably aren't vehemently biased against freedom. For a start, pretty much everybody likes to think of themselves as being open-minded. If they're not, then it's sometimes simply worth reminding them that they usually are.

Secondly, libertarians need to recognize that most people can be put off ideas. Not because of the ideas themselves, and not even because of the way they're presented or the arguments used, but because they begin to dislike the messenger. Quite simply, we'd much rather listen

to and engage with those who are intellectually humble and friendly, than with those who get angry and call us names.

It all sounds like common sense, but we actually make a lot of mistakes when trying to convince others. Libertarians are all too often called extremists or crazy, and I don't think it's because of opposition to the ideas themselves. And nor is it a media bias against libertarians. More often than not, it's the fault of activists who forget themselves. We've all been guilty of it - raised voices, absolute conviction of our own ideas, despair at someone's seemingly irrational opposition, and sometimes even insults. But it doesn't win the argument, and it doesn't convince anybody of the ideas.

So why do people become libertarians? They get exposed to the ideas, they mull them over, and they convince themselves. The best way other libertarians can help this process along is to get those ideas out there as much as possible: be friendly, but above all be friendly, open, and intellectually humble. A willingness to engage with others' ideas will make them more willing to engage with yours. 

Anton Howes is the Director of Liberty League in the United Kingdom. Their website is <http://uklibertyleague.org>.

"The Liberty League exists for students and professionals committed to the defence of freedom. The Liberty League acts as an organisation and a network for societies across the intellectual and political spectrum, helping to inform, recruit and develop supporters of Liberty"

 **Liberty League**

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Are You Truly Free In America?

By Frank Doosey

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WHAT Makes You Free? The Constitution? Or YOU?

Give this idea some pause. A lot of my friends in the Liberty movement often cite that they are free men because the Constitution guarantees them their rights. Sure, it's easy enough to cite this; looking at the document itself, there are plenty of statements in there about how certain rights "shall not be infringed", about how Congress is chained down to certain duties and no more.

It sounds great, I know. It envisions a simpler time when people went about their lives without being regulated and taxed to death. Where we minded our own business and everything was just fine and/or dandy.

But, and please look at the totality of the situation. If the federal government was so restrained, we wouldn't even be having this conversation now. We wouldn't be concerned with nightmares like the NDAA or CISPA, we wouldn't have our pockets picked by the IRS, sometimes even at gunpoint. We wouldn't be told we can't eat or drink certain things, or as some factions will lament, ingest "herbal remedies" freely.

If we were really free thanks to the Constitution, would we be worried about getting permission to carry a firearm, or a knife, or anything else to protect ourselves and our property? The short answer to this is no.



I refer to my previous post (and no, I'm not citing it as though it were gospel) - the Constitution, for all it's grand talk of freedom and limited government, is either just window dressing, or it was never really intended to protect us. It appears from history to merely be that initial power grab by those elites who hated the fact that the central government under the Articles of Confederation relied on the cooperation of the states for help. They wanted to be able to coerce the states into supporting the central government, not merely waiting for them to help when they felt it necessary.

A lot of the expansion of power under the current Constitution came to us via decisions handed down from the Supreme Court, which almost invariably favors the federal government. Notice that while Congress can impeach federal judges, they never do. The judges are the ones who are giving the government the power to expand infinitely, so why would they strike at their bread and butter?

Congress is elected (at least in theory), as is the President. But the judiciary? All appointed. The real power lies there, and the ones in power have a vested interest to stay in power. And they stay

in power by making sure you and I have less power to fight back with.

Under the Articles, if a state did not approve of the central government's actions, they would use their militias to push back. Now - no such thing. That notion was crushed in the Civil War. The government exerts its power on the individuals, not the states. If you don't comply with the laws, they will come busting down your door to force compliance. They don't go after the states. You can't arrest a state. But you sure as hell can arrest people who get out of line.

The Constitution is allegedly only effective through the "consent of the governed". But are you free to not consent? Can you say, "No, I don't consent to having my money taken without my asking"? Can you say, "These laws are unjust and illegal, I will not obey them"?

Absolutely not. You'll get locked up.

You are not free to do that. And if you can't voluntarily choose to not comply, you are not free at all. You are a slave to the government. And you have the Constitution to thank for that. Either through malicious abuse by crafty lawyers

and legalese, or through intentional design in the wording of the Constitution, you don't have those freedoms.

A sad thought for certain. But look at the facts. You can't decide to not comply without expecting severe repercussions. Happily, some people see this and are working on competing

systems like Agorism and other truly free-market systems where the government is not involved at all. It will only be through competing systems, competing currencies, and true competition that we can break free from the yoke of tyranny that all governments eventually become.

Do I expect a stateless America in my life? No. If and when the current government implodes, and that will likely be in my lifetime, there will be a void. And odds are that void will be filled with a horrible system. True freedom will take decades if not longer to come about. It is that goal of one day not relying on being ruled that keeps me and people who truly love freedom going. It's not about us. It's about our kids, and their kids.

It won't be an easy ride by any means. But it's a ride worth taking. 

Frank is a Voluntarist, an advocate of true personal liberty and takes issue with State coercion in any form. His webpage is FrankAboutLiberty.Blogspot.Com

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Policy, Law, and the Free Man

By Jesse Matthewson

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IT has been a personal stance of mine that liberty, not be tied to a piece of paper, government or philosophy that includes the state for over two years now. This is a personal philosophy that will likely see change, evolution of the mind

in the future. This journey has not been easy, it has resulted in lost relationships with both family and friends. However, it has been necessary to my personal goals regarding liberty for myself and others. I long ago embraced a stance of non-Aggression in my dealings with others, this was done as a result of long years spent training in various martial arts. By combining my position on aggressive action and liberty it is a simple conclusion that I can no longer support the state voluntarily. So where does this leave me, with degrees in the Modern Criminal Justice system, thousands of dollars spent and owed for this education, a vast legal library both printed and digital and hundreds of hours spent researching, gathering data and implementing various programs?

With an expensive, interesting inside look at the very system I can no longer support.

Two issues recently caught my attention. The first is out of my current state of residence, Arizona, and address's the internet. the justification being cyber-bullying. The bill being discussed was passed through state legislator and awaits the governors signature now. According to the Media Coalition, "*H.B. 2549 is not limited to a one to one conversation between two specific people. The communication does not need to be repetitive or even unwanted. There is no requirement that the recipient or subject of the speech*

actually feel offended, annoyed or scared. Nor does the legislation make clear that the communication must be intended to offend or annoy the reader, the subject or even any specific person."

The second issue can be found in an article dated November 2011 on the [Gun Owners of America website](#). This issue address's several counties residents confrontations with federal regulators masquerading as protectors of the people. The following brief quotes have been taken from this article, "*Word was sent to the Forest Service that any effort to impede visitors to the Forest would be resisted...She pointed out that her land had been in her family for over 200 years, and she was not about to let some official from an unconstitutional bureaucracy tell her what she could or could not do with her land...The residents responded that they had to for safety's sake and were going to construct the fire break in spite of the Forest Service...*" needless to say there is much more happening.

These may seem disparate issues, however, they are directly related. In both cases the state is attempting to or is instituting what it believes to be necessary for the continued profit of its self. It is doing so while masquerading as protectors of the people. Fortunately for the citizens in the various counties of New Mexico they have sheriffs who not only support them in their pursuit of liberty but are in fact willing to place themselves in front of the proverbial bullet. Here in Arizona we have no such thing at this time. In Arizona we have politically motivated, camera hungry assholes who would rather follow procedure and policy than for a second actually do what they were hired to do. Protect the citizens of the various counties from any threat whether it be federal, state or local criminals.

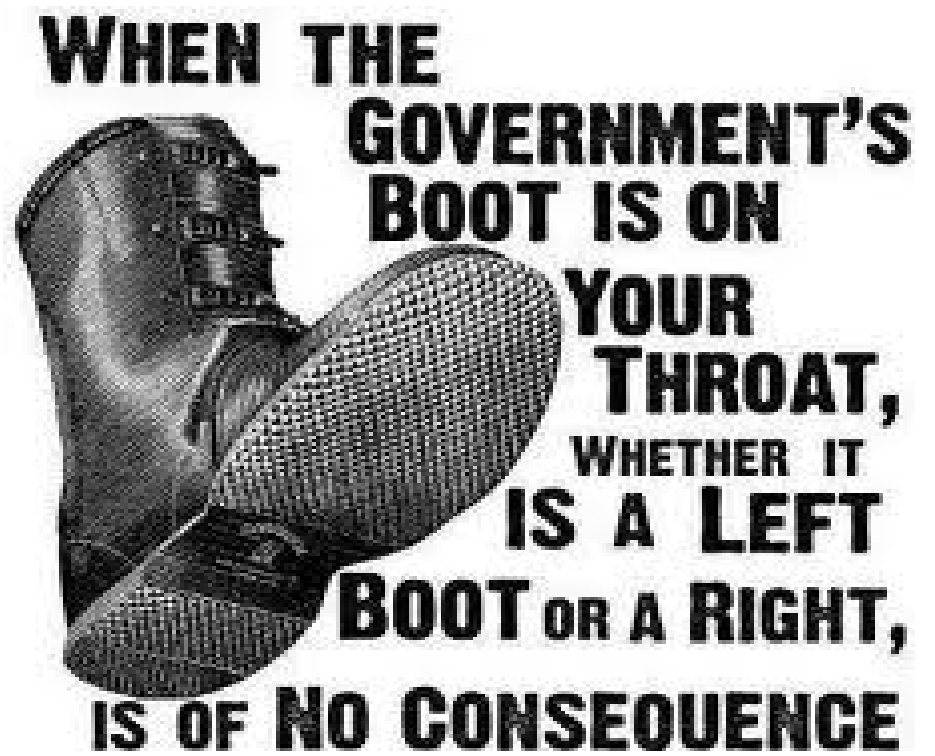
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In discussions with deputies, local police officers and state authorities I have been told almost every time that they will support their office policy, and state law as these laws are meant to protect their lives. In almost every instance when I bring up their oaths to protect and serve the citizens first, they chuckle, and say something that tends to come out sounding like this, "We want to go home to our families, everything else is second". Obviously. I am a family man, and I firmly agree with the sentiment, however, because I am a family man I refuse to have my liberty, life or my families lives taken away because of any criminal. And if these supposed protectors of my rights are going to support criminals regardless what name they call themselves, we may find ourselves on opposing sides philosophically.

Policy is the unwritten law that your local government enforcers follow that they are trained to support primarily. Second to that is the current state or federal "statutes" or laws, and your local justices, prosecutors and county employees will support these enforcers before they will do the right thing in almost every instance. Much mention is made of the constitution in the article posted on the GOA site; with this I tend to disagree simply because the constitution is a piece of paper. It has no authority unto itself, and can do nothing unto itself to promote anything. It can be interpreted, changed and more importantly ignored. I would much rather the local constabulary want to help their neighbors as I do. I would rather the local sheriffs deputies and police officers think about who they are pulling over for speeding, who they are harassing because they choose to carry firearms, who they are arresting for smoking a simple joint.

Liberty calls for sacrifices to be made individually, each of us is guaranteed to work hard if we desire to maintain personal liberty. However, as can be seen in various locations in New Mexico, at least the people are being supported by the local law enforcement as they should be. Unlike we here in Arizona where the county sheriffs and



local city police would rather send SWAT teams to murder you over tenuous search warrants, and promote [policies](#) that invade my personal liberties rather than protect the very people they are meant to protect. Maybe it is time that Arizonans and everyone across the United States holds their local sheriffs accountable and calls them to task. One of my acquaintances is Sheriff Richard Mack, and he is one of the few law enforcement individuals I am proud to know. For those who question my stance and approach I suggest watching [Sheriff Mack linked here](#). Now again, they are supporters of a dead document, however, the goals are similar to those of us who desire true liberty.

To be truly free, to truly have liberty it seems we may have to stand tall and tell our county sheriffs to grab their balls and stop bending over to the federal and state legislature. More importantly, liberty must start with the mind, before the body can experience it. We must change our approach mentally, we will eventually need to take a firm stand. Are you ready? 🌻

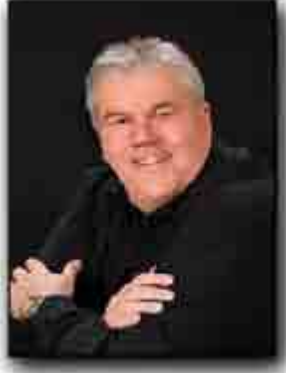
As a voluntaryist it is Jesse's firm belief that we should all be better students in life. His education is both accredited and auto-didactic and spans American History through Modern Criminal Justice; allowing his philosophy to be fluid, so question, criticize and above all exercise your intellect. You can email Jesse at jesse.mathewson@hotmail.com

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Gold, Money, and the Parable of the Three Little Pigs

By Charles Goyette

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THE end of America's current monetary system is certain, and it is approaching fast. The only question is what will replace it?

The restoration of the American dream demands sound money, so to avoid being victimized by yet another monetary flim-flam when the dollar reserve standard collapses, it is very important that the people understand our monetary history.

In my new book, [Red and Blue and Broke All Over: Restoring America's Free Economy](#), I told the story of our monetary system in a way that even those who would otherwise never think about the nature of money can remember, and can use it to tell others. Our monetary history – and perhaps its future – can be told in the tale of the three little pigs. Except that this version of the story is in reverse and it comes with a warning...

Once upon a time – and for a very long time – Americans lived in a solid gold monetary system. They owned gold and used it for money. The dollar was literally as good as gold. It was a monetary system so solid that it was like a house of bricks. And then, in 1933, the state decided it wanted all that gold for itself, and it demanded all the gold bricks from the monetary house. It even threatened the people with 10 years in jail if they didn't turn over all the gold, brick by brick.

So the people were forced from their brick house and moved into something called the gold exchange system. This was a monetary system that pretended to be built of gold. It represented that the dollar was still exchangeable for gold. But it really wasn't, at least for the people who lived in it. In fact, most gold ownership remained a crime. It was a monetary system so flimsy that you could say it was built like a house of sticks. Of course, it couldn't hold up long. It collapsed in 1971.

When the house of sticks collapsed, the people were told that they must now move into a monetary house made of straw – the dollar reserve standard. This, they were told by the state, was even better than a house of bricks or sticks. But, of course, it wasn't. And now the winds of economic reckoning have begun to blow. And as the straws of today's dollar reserve system begin to be scattered to the four winds, the people must look for a new monetary home.

Will they be guided by those responsible for their rude and flimsy dwellings, the statisticians and

Keynesians and politicians and bureaucrats who have driven them from home to home, each one more decrepit than the one that preceded it?

Some of the people have begun hoping for a return to a sound monetary system and a move into something built like a brick house, such as the solid gold one they had before.

But this tale must be accompanied by a warning. The monetary and fiscal authorities, sensing the people's unhappiness with their diminishing circumstances and their nostalgia for the permanence of the monetary brick house of gold, are likely to offer them something that purports to be tied to gold. Instead, it will be just another contrivance, but one that is represented as somehow pegged to gold.

Robert Zoellick, the president of the World Bank, referred recently to introducing gold into the monetary system as "an international reference point of market expectations."

But if the currency is not redeemable in real gold that you can take anywhere you go and keep anytime you wish, it is not really a gold house at all, but only another monetary flim-flam by the state. It may be constructed to appear like the brick house made of gold, but it will only be a house of paper, painted to look exactly like bricks of gold.

And remember that a house of paper is even more flimsy than a house of sticks or a house of straw.

This article is adapted from New York Times bestselling author Charles Goyette's new book [Red and Blue and Broke All Over: Restoring America's Free Economy](#).



Charles Goyette is the author of the New York Times bestseller [The Dollar Meltdown](#). His new book is [Red and Blue and Broke All Over: Restoring America's Free Economy](#). He is also editor of *Freedom & Prosperity Letter*, a monthly political and financial newsletter dedicated to revealing the truth about the U.S.'s political scene and economic climate. [To learn more, go here.](#)

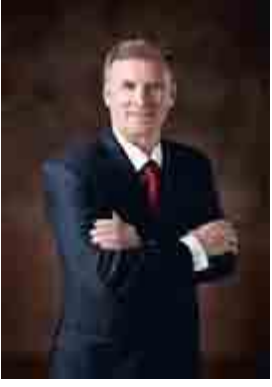
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Strictly Personal

By Chuck Baldwin

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IT is time for my annual “Strictly Personal” column. I think it only fair that readers should have an opportunity to learn a little something about the person who writes the words they read. Today’s column is designed with that goal in mind. And since Charley Reese (one of my favorite columnists) stopped writing, I am the only syndicated columnist that does this, as far as I know. So, here goes.

I was born in a small town in northern Indiana. My father and mother were dedicated Christians. Dad was a welder by trade and a lay jailhouse preacher. The Lord delivered him from a terrible life of alcoholism, and the story of his deliverance is nothing short of miraculous.

Readers should know that I will send a CD of my father’s life story, free of charge, to anyone who requests it. If you, or someone you know, struggles with alcohol or drug addiction, I urge you to obtain a copy of this remarkable story. Go to:

<http://chuckbaldwinlive.com/home/?p=573>

I campaigned for Congressman Ron Paul in the 2008 Republican primaries. After it was obvious that he would not be the Republican Presidential nominee, Constitution Party (CP) leaders strongly encouraged me to seek that party’s nomination. They rightly believed that someone was needed to represent constitutional government in the 2008 general election, because it was clear that neither Barack Obama nor John McCain would do so. After defeating former UN Ambassador Alan Keyes in the CP nominating convention, I became the Constitution Party’s nominee for President. I was also very honored to have received Dr. Paul’s endorsement during that campaign.

I am the husband of one (for almost 39 years), the father of three, and the grandfather of eight. In 2010 (after 35 years in Florida), my family and I made the life-changing decision to move to the great State of Montana, where we now reside and work.

Last year, my wife and I planted Liberty Fellowship here in the Flathead Valley of Montana. Liberty Fellowship is a nondenominational Christian fellowship that preaches and teaches the Biblical Natural Law principles of liberty;

and we are NOT a 501c3 tax-exempt government corporation! Already hundreds of Montanans regularly worship with us, and scores of people have also moved (or are moving) to the Flathead Valley to be part of this Fellowship.

Readers should know that we livestream my video messages each Sunday afternoon at 2:30pm Mountain Time. I encourage you to tune in each Sunday to watch these relevant, hard-hitting messages. To watch my messages live, go to:

http://chuckbaldwinlive.com/home/?page_id=17

Plus, these video messages are also archived on my web site. These archived video messages may be viewed or downloaded in either video or audio format. To watch my archived video messages, go to:

<http://chuckbaldwinlive.com/home/?cat=16>

It is my studied opinion that as long as pastors and churches allow themselves to be held captive by the IRS and its godless 501c3 corporation status, a spiritual revival will never take place in this country! Many people understand this and, therefore, they are moving to the Flathead Valley from all over America to be part of Liberty Fellowship. They are tired of their pastors and churches being muzzled and intimidated into compromise and lethargy. And they are equally weary of being considered an outcast or renegade by these preachers and churches who don’t have a clue as to what is going on in this country—or if they do, are too spineless to do anything about it! They are looking for a patriot Christian brotherhood, and they are finding it at Liberty Fellowship! It is obvious that God is bringing a Remnant to the Flathead Valley of Montana!

While in Florida, I hosted a radio talk show called, Chuck Baldwin Live. This show ran locally for six years and then was syndicated nationally on the Genesis Communications Network for two years. In fact, this column is the outgrowth of Chuck Baldwin Live. Here is the web address:

<http://chuckbaldwinlive.com/>

My personal philosophy regarding socio/political issues is quite simple: I believe abortion is

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America's national holocaust. It is the deliberate killing of innocent pre-born babies. I believe marriage is, by definition, only between a man and a woman. I believe the Declaration of Independence and Bill of Rights to be the greatest documents of freedom ever produced by man. I believe the federal government is bound to submit to the limited duties prescribed to it by the US Constitution. I believe America's Founding Fathers to be the greatest generation of Christian philosophers and patriots to ever live. I believe in the right of the people to keep and bear arms.

I believe there is a conspiracy by powerful elitists to surrender America's independence and national sovereignty to a globalist New World Order. I believe the Council on Foreign Relations, Trilateral Commission, and Bilderbergers are especially culpable in this regard.

I further believe that the current effort to merge the United States into a North American Community (by whatever name it is called) and the push to provide amnesty (not to mention billions in federal tax dollars) to millions of illegal aliens comprise a grave threat to America. I am also convinced that there is a bold and blatant attempt underfoot to turn the United States into a police-state-style surveillance society, to which personal freedoms and liberties are being quickly and egregiously sacrificed. Passage of the USA Patriot Act and the National Defense Authorization Act (NDAA) are examples of this flagrant betrayal of liberty.

I opposed the preemptive invasion of Iraq and the bombings of Libya. It should be obvious to everyone that the Obama administration has done nothing—and will do nothing—to change the perpetual war/preemptive war doctrine introduced by George W. Bush. And neither would Mitt Romney should he be elected President. Ron Paul is the only Presidential candidate of either major party who opposes foreign meddling and interventionism.

As to Afghanistan, I strongly supported Ron Paul's Marque and Reprisal Act of 2001, which was (and still is) the constitutional way to resist the efforts of violent terrorist groups such as Al Qaeda.


I opposed the bailouts for Wall Street. I regard the Federal Reserve as a corrupt cabal of international banksters, whose actions are nothing short of criminal. I wholeheartedly support the abolition of the Federal Reserve and a return to sound money.

I believe the United Nations is a sinister organization from which the United States should withdraw. I believe the federal government taxes too much, spends too much, lies too much, and snoops too much into the personal lives of the American people.

I believe the federal "war on terror" and "war on drugs" is mostly a cover for power-hungry, big-government zealots to trample constitutional government and squash freedoms and liberties, which are supposed to be protected by the Bill of Rights and Declaration of Independence.



I fully support the current State sovereignty movements that are sweeping the country. I am personally convinced that the best (and perhaps the only) mechanism freedomists have to counter the incessant encroachment upon liberty by the criminal class in DC is to focus our attention on electing and supporting State governors, legislators, senators, etc., and county sheriffs who have the personal courage and constitutional understanding to resist these would-be tyrants in the central government.

If I have any hobbies, they would be hunting and fishing, although I don't get to do either as much as I would like. I am probably what people would call a workaholic. In addition, I am also a firm believer in healthy eating (although I do "cheat" once-in-awhile) and exercise. I like to run, and since moving to Montana, I love to hike these beautiful mountains. 

Well, there it is. That is me in a nutshell. At least now you know more about who I am. You can rest assured that everything I write will be faithful to the beliefs mentioned above.

And, one more thing: the recession has hurt all of us; and it has affected the income necessary to maintain these columns as well. If you appreciate this work and want to help me continue to advance the cause of liberty and constitutional government, I could really use your help right now. You may use your Visa, Discover, or MasterCard online. Here is the link to donate:

http://chuckbaldwinlive.com/home/?page_id=19

Or, if you prefer, checks or money orders may be sent to:

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Kila, MT 59920

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Chipping Away at a Fractured System Compilation of Videos to Help Free Minds

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EVEN in the midst of chaos and turmoil, truth will leak out one way or another.

Enjoy this compilation of videos that poke fun at the system in an effort to free minds.
If you're not having fun, you're doing it wrong...

Jon Stewart on Crossfire

This is the reason CNN's Crossfire is no longer on the air. Jon Stewart shows up these two ignorant political show hosts... 2 against 1, on their own show, and brings to light how these shows "Hurt America." Thank you Jon for always pointing out political hypocrisy. I hope continuing to broadcast this video of you helps your voice continue to be heard:



Colbert Roasts Bush - 2006 White House Correspondents' Dinner

In one of the ballsiest comic stunts ever pulled in Washington, comedian Stephen Colbert delivered a blistering "tribute" to President Bush at the annual White House Correspondents' Dinner. It was so edgy and uncomfortable that it was almost too hard to watch, as a cold-faced and stunned Bush sat just a few feet away with the look of someone who had just been ambushed.

Acting the part of the faux conservative talk show host that he plays on Comedy Central's The Colbert Report, Colbert spoke truthiness to power as he leveled an all-out assault on Bush under the guise of mock praise. He lampooned Bush over everything from his low approval ratings to his handling of Iraq to his vaunted stubbornness -- and got in a few shots at the Washington press corps as well:



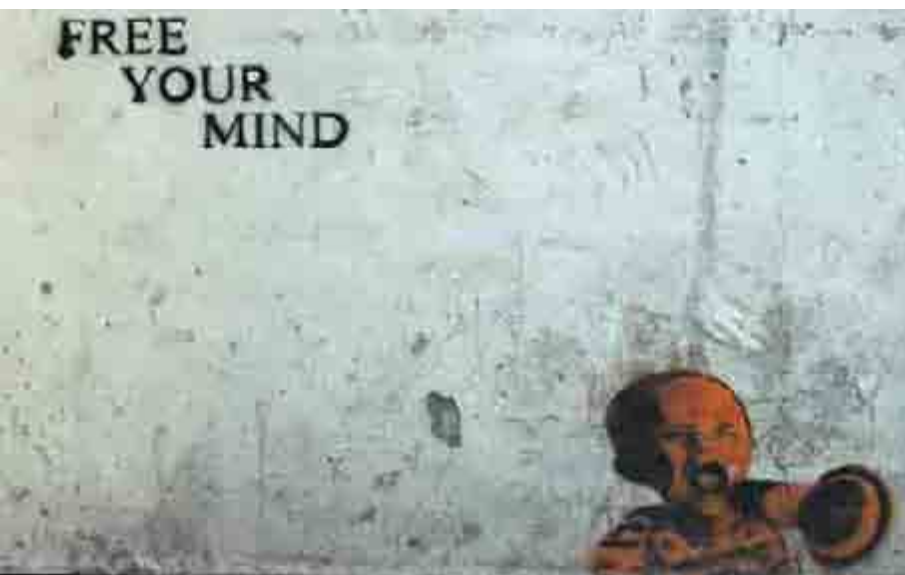
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Continued from Page 39 - Chipping Away at a Fractured System***The Daily Show with Jon Stewart -
Moral Combat***

The Supreme Court has good news for the makers of graphically violent video games and bad news for the makers of Super Mario Boners:

***Constitutional Peasants***

From Monty Python and the Holy Grail:

***The Philosophy of Liberty***

When you hear Ron Paul say that he stands for the Philosophy of Liberty, this is what he means. The philosophy of liberty is based on self-ownership. This simple but elegant and hard-hitting animation will explain exactly what that means. It's a great tool anyone can use to educate children and adults about our right to life, liberty, and the property we create - and our responsibility to think, speak and act:

***Eddie Izzard on World War 2***

Eddie Izzard talks about WWII in "dress to Kill" (...do you have a flag?...):



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Documenting the r3VOLution one video at a time... Videos by RP4409

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ENJOY this sampling of videos from one of the prominent videographers of the r3VOLution, RP4409. With almost 300 videos posted to his YouTube Channel and over 41,000 subscribers, 4409's videos have been viewed over 40 million times! Think that just might have an effect?

Here are some of the videos from RP4409's collection:

4409 -- NAZI Checkpoint Confronted - 1:



4409 -- When Census Workers Attack:



4409 -- "It's NOT my Debt":



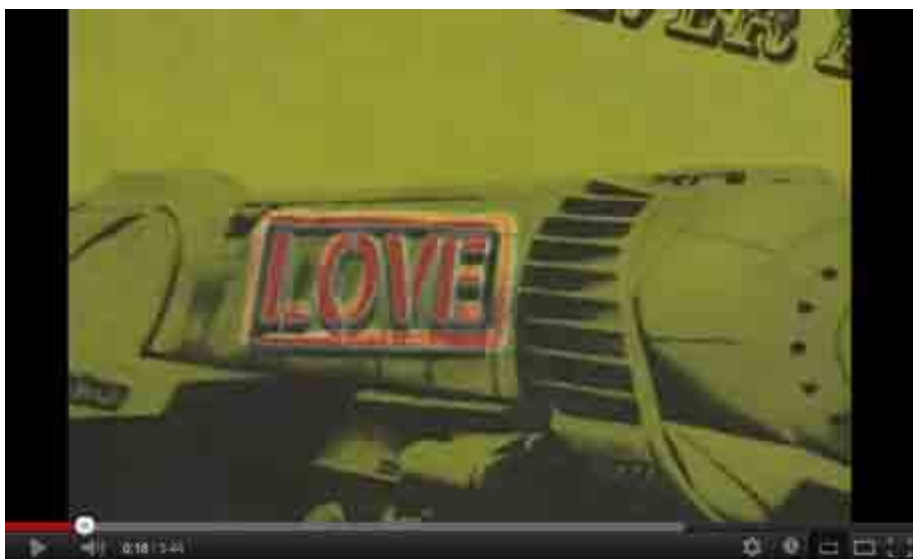
4409 -- DHS says Buying Diapers is Suspicious Activity:



4409 -- VACCINE COURT....WTF:



4409 -- How to Vote with a Silver Bullet:



4409 -- Brother carries AR-15 Rifle at Obama Rally:



4409 -- VOTE FOR THE DEAD GUY 2010:



4409 -- Porn addict applies at TSA:



These videos are a great way to educate folks on the absurdity of some of our laws, and have some fun doing it. 🦅

You can view all of RP4409's videos on his YouTube Channel at [YouTube.com/user/RP4409](https://www.youtube.com/user/RP4409)

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Burn Away Fat Cells With This Simple Eating Trick

By Dr. Mercola (Mercola.Com)

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Scheduled Eating, or intermittent fasting.

In essence this fitness-enhancing strategy looks at the timing of meals, as well as when NOT to eat. This isn't one of those fad plans, where you eat just one or two things for several days in a row.

In fact, the longest time you'll ever abstain from food is 36 hours, although 14-18 hours is more common. You can also opt to simply *delay* eating. For example, skipping breakfast may be just the thing to kick-start you off a plateau in your fitness routine.

But hypoglycemics and diabetics beware—there is a proper way to implement fasting, and hypoglycemic and/or diabetics need to be particularly careful in order to not worsen their health. Ditto for pregnant or breastfeeding women.

The plan is supported by a growing body of evidence showing that certain forms of fasting are good for you, and Mark Sisson's excellent series on this topic on his blog on marksdailyapple.com, delve into this topic at some depth.

For me, the issue of fasting is a major shift from my typical recommendations.

I've not been a major advocate for it in the past, but as many of you who have been reading this site for years know, I am always learning. Life is a journey, and no one has all the answers.

I seek to explore the best concepts out there to maximize learning.

To that end, I've been playing around with various forms of fasting for about a year and a half, and I now feel I'm ready to make some suggestions based on my experience.

First of all, I believe that fasting is not something you should undertake willy-nilly. You need to pay careful attention to your body, your energy levels, and how it makes you feel in general—especially if you're diabetic, hypoglycemic, or pregnant. I'll share some precautionary notes in a moment.

Furthermore, remember that the type of diet and/or form of fasting that might be best for you will vary depending on your weight, health, and fitness goals. Is your goal to live a longer, healthier life? Or are you a competitive or elite athlete? It may surprise many to learn that you cannot achieve maximum fitness and maximum longevity and fertility at the same time.

Each goal requires a different strategy, and will not provide you with equal end results. For example, elite female athletes typically have a difficult time getting pregnant—their fitness has been maximized at the expense of their fertility, as female hormones depend on sufficient amounts of body fat.

While most people need to address the foods they DO eat, before considering skipping meals, fasting can provide you with many benefits, and is another tool you can experiment with to help you reach your goals. However, please keep in mind that proper nutrition becomes even MORE important when fasting, so addressing your diet really should be your first step. Common sense will tell you that fasting combined with a denatured, highly processed, toxin-rich diet is likely to do more harm than good, as you're not giving your body proper fuel to thrive when you DO eat.

Intermittent Fasting for Weight Loss

In part 1, Mark Sisson discusses the merits of using fasting—in whatever form—to achieve weight loss. Overall, the research is very favorable for this goal. He lists three studies from recent years into fasting for weight loss, all of which showed positive results:

1. Non-obese patients lost an average of four percent of their total fat with alternate-day fasting for 22 days. Their fasting insulin also decreased.¹
2. Alternate-day fasting was also effective for obese patients in a 2009 study. On fasting days, participants consumed 25 percent of their daily calorie needs. On average, they lost just over 5.5 pounds in eight weeks, and about three percent of their total body fat. Total cholesterol and LDL ("bad") cholesterol decreased, while HDL ("good") cholesterol remained unchanged. Systolic blood pressure also decreased.²
3. In young, overweight women, alternate-day fasting was just as effective as calorie restriction for promoting weight loss and improving metabolic markers.³

One of the mechanisms that makes fasting so effective for weight loss is the fact that it provokes the secretion of human growth hormone (HGH), which is a fat-burning hormone. It also plays an important role in muscle building. Fasting also increases catecholamines, which increases resting energy expenditure, while decreasing insulin levels, which allows stored fat to be burned for fuel. Together, these and other factors will turn you into an effective fat-burning machine.

Hence, if like many tens of millions of people, your goal is to shed excess fat, fasting can be both effective and beneficial for improving many disease markers. The type of fast you choose appears to be less important, so pick whichever one fits your lifestyle, schedule, and temperament the best.

I'll summarize the four different types of intermittent fasting programs that are covered very well in Mark Sisson's excellent series on this subject (see Sources below for links to his blog).

¹ [American Journal of Clinical Nutrition January 2005: 81\(1\): 69-73](#)

² [American Journal of Clinical Nutrition November 2009: 90\(5\): 1138-1143](#)

³ [International Journal of Obesity May 2011: 35, 714-727](#)

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Mark is particularly well qualified to report on this topic as he's a leading blogger in the Paleo community, and a former elite Olympic Trials athlete.

Intermittent Fasting for Athletes

One 2008 study that evaluated the effect of fasting during the Muslim observance of Ramadan found it had a positive effect on body mass and other health markers in trained athletes.⁴

While athletes are certainly concerned with shedding excess fat, another overriding concern is the optimization of muscle growth. For this, you need protein. As a general guideline, you'll want to consume a high quality protein 30-60 minutes after finishing your workout—whey being one of the most ideal for this purpose, as it helps your body build muscle and lose fat simultaneously. Research has also shown that *high quality protein from meat and whey has a positive effect on blood sugar, muscle building, changing body composition, and sparing muscle while losing fat.*

Many find it works out well to break their fast after working out, which would allow you to get the best of both worlds: the benefits of working out in a fasted state, and protein-loading about half-an-hour to an hour afterward. This is my new strategy. I will typically delay my breakfast until 11 or 12 and workout around 9 AM. Since my last meal is typically around 7 PM, I will fast for about 14-17 hours before I eat my first meal. The fact that you are sleeping during most of this time makes it relatively painless and easy to do.

Avoid grain carbs, however. Although popular with many, "carb loading" is a mistake, particularly for people engaged in intense strength training, as you will burn carb fuel very quickly and then "hit the wall." The same goes for most people who start their day with muffins, bagels, or pancakes for example. This type of breakfast typically ignites a vicious cycle of hunger and snacking on even more carbs. And the more you continue eating these carb snacks, the more insulin resistant you become.

Part of what makes working out in a fasted state so effective is that your body actually has a preservation mechanism that protects your active muscle from wasting itself. So if you don't have sufficient fuel in your system when you exercise, you're going to break down other tissues *but not the active muscle*, i.e. the muscle being exercised. According to Ori Hofmekler, author of *The Warrior Diet*, you can quite literally re-design your physique using a combination of under-eating and exercise. However this really only works well once your metabolism has become proficient at burning fat. Mark discusses this in his series.

What about competitive sports athletes who may be exerting themselves in competitions several times a week—should they fast, and if so, when? Mark Sisson offers the following advice:⁵

"Personally, I would eat on game days. It might be fun to try out a few fasted games, just to see how you perform, but the likely optimal way to integrate fasting into competition is to save the fasting days for your training days. By doing this, you'll be "training low, playing high," which should result in some beneficial adaptations after training and improved performance in the game (when you're "high" or fully replete with nutrients and calories)."

⁴ [International Journal of Sport nutrition and exercise metabolism December 2008;18\(6\):617-27](#)

⁵ [Mark's Daily Apple, Fasting Part 7](#)

If you're an athlete, keep in mind that fasting can be contraindicated with overtraining, so be cautious if you're more or less in constant training.

Intermittent Fasting for General Health and Longevity

Fasting is historically common-place as it has been a part of spiritual practice for millennia. But modern science has confirmed there are many good reasons for fasting, including:

- Normalizing your insulin sensitivity, which is key for optimal health as insulin resistance (which is what you get when your insulin sensitivity plummets) is a primary contributing factor to nearly all chronic disease, from diabetes to heart disease and even cancer
- Normalizing ghrelin levels, also known as "the hunger hormone"
- Promoting human growth hormone (HGH) production, which plays an important part in health, fitness and slowing the aging process
- Lowering triglyceride levels
- Reducing inflammation and lessening free radical damage

There's also plenty of research showing that fasting has a beneficial impact on longevity in animals. There are a number of mechanisms contributing to this effect. Normalizing insulin sensitivity is a major one, but fasting also inhibits the mTOR pathway, which plays an important part in driving the aging process. The fact that it improves a number of potent disease markers also contributes to fasting's overall beneficial effects on general health.

Interestingly, one recent study that included more than 200 individuals, found that fasting increased the participants' low-density lipoprotein cholesterol (LDL or "bad" cholesterol) and high-density lipoprotein cholesterol (HDL, the "good" cholesterol) by 14 percent and 6 percent, respectively.⁶ Why would fasting *raise* total cholesterol? Dr. Benjamin D. Horne, PhD, MPH, director of cardiovascular and genetic epidemiology at the Intermountain Medical Center Heart Institute, and the study's lead author, offers the following explanation:

"Fasting causes hunger or stress. In response, the body releases more cholesterol, allowing it to utilize fat as a source of fuel, instead of glucose. This decreases the number of fat cells in the body... This is important because the fewer fat cells a body has, the less likely it will experience insulin resistance, or diabetes."

Even more remarkable, the study also found that fasting triggered a *dramatic* rise in HGH—1,300 percent in women, and an astounding 2,000 percent in men!

HGH, commonly referred to as "the fitness hormone" plays an important role in maintaining health, fitness and longevity, including promotion of muscle growth, and boosting fat loss by revving up your metabolism. The fact that it helps build muscle while simultaneously promoting fat loss explains why HGH helps you lose weight without sacrificing muscle mass, and why even athletes can benefit from the practice (as long as they don't overtrain and are careful about their nutrition).

The only other thing that can compete in terms of dramatically [boosting HGH](#) levels is high-intensity interval training. If you're over the age

⁶ [Eurekalert, Study finds routine periodic fasting is good for your health, and your heart, April 3, 2011.](#)

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of 30, especially if you lead an increasingly sedentary lifestyle, you've likely entered a phase known as somatopause (age-related growth hormone deficiency). As your HGH levels decrease, your levels of insulin-like growth factor-1 (IGF-1) also decrease, and this is yet another important part of what drives your body's aging process.

Variations of Fasting

In his blog on marksdailyapple.com, Mark Sisson delves into four different variations of fasting, and how to implement them. The variations he includes are:

1. LeanGains (a fasting protocol by Martin Berkhan⁷)—A daily 14-16 hour fast, during which time you consume nothing, with the exception of non-caloric fluids. Sleeping time *is included* in this time-frame, leaving an 8-10 hour window during the day when you're allowed to eat.

This protocol is designed with regular exercise in mind, with specific nutrient ratios for workout days and rest days, and is geared for those who want to shed excess fat and gain muscle mass. Hence, it's best suited for those who are actually exercising and lifting weights each week and can tolerate working out in a fasted state.

2. Eat Stop Eat (created by Brad Pilon⁸)—In this protocol, you fast for a full 24 hours once or twice a week. Your fast should be broken with a regular-sized meal (i.e. avoid gorging when coming off your fast), and you can maintain a regular exercise program without any special diet recommendations for workout days.

Fasting for 24 hours can be tough for some people, but I would agree with Mark's advice that eating a high-fat, low-carb diet can make 24-hour fasting easier, as a higher fat diet will tend to normalize your hunger hormones and provide improved satiety for longer periods of time.

3. The Warrior Diet (by [Ori Hofmekler](#))—This is another protocol designed to improve your fitness by exercising in a fasted state. I've interviewed Ori and posted detailed articles on this in the past. His plan calls for 20 hours of fasting, and four hours of "feasting." You exercise during the day in a fasted state. Raw vegetables *are* allowed during your fast, but no protein, which is reserved for "feasting" or post-exercise recovery meals.

To learn more about the *Warrior Diet*, please see this previous [interview with Ori](#).

4. Alternate Day Fasting—This fasting protocol is exactly as it sounds: one day off, one day on. When you include sleeping time, the fast can end up being as long as 32-36 hours.

As Mark notes, this may be the most difficult of all types of fasting, as it will require you to go to bed with an empty stomach a few times a week. It's definitely not for everyone.

Mark rounds off his list with one last suggestion: to simply let your hunger guide you and skip meals if you're not hungry. While this should work really well for those who are otherwise healthy and are not struggling with food cravings, it may not work if you're constantly craving food. Food cravings is a sign that you're not providing your body with proper nutrients in the appropriate ratios, so following your hunger in this case could be staggeringly counterproductive.

Who Should Use Extra Caution when Fasting, or Avoid it Altogether?

As I mentioned earlier, if you're hypoglycemic, diabetic, or pregnant (and/or breastfeeding), you need to be extra cautious with fasting, and may be best served to avoid it entirely, until you've normalized your blood glucose and insulin levels, or weaned the baby.

Hypoglycemia is a condition characterized by an abnormally low level of blood sugar. It's commonly associated with diabetes, but you can be hypoglycemic even if you're not diabetic. Common symptoms of a hypoglycemic crash include:

- Headache
- Weakness
- Tremors
- Irritability
- Hunger

As your blood glucose levels continue to plummet, more severe symptoms can set in, such as:

- Confusion and/or abnormal behavior
- Visual disturbances, such as double vision and blurred vision
- Seizures
- Loss of consciousness

One of the keys to eliminating hypoglycemia is to eliminate sugars, especially fructose from your diet. It will also be helpful to eliminate grains, and replace them with higher amounts of quality proteins and healthful fats. However it will take some time for your blood sugar to normalize. You'll want to pay careful attention to hypoglycemic signs and symptoms, and if you suspect that you're crashing, make sure to eat something. Ideally, you should avoid fasting if

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⁷ [The LeanGains Guide, Martin Berkhan](#)

⁸ [BradPilon.com](#)

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you're hypoglycemic, and work on your overall diet to normalize your blood sugar levels first. Then try out one of the less rigid versions of fasting and work your way up to a full 24-hour fast.

As for pregnant and/or lactating women, I don't think fasting would be a wise choice. Your baby needs plenty of nutrients, during and after birth, and there's no research supporting fasting during this important time. Sisson lists three studies on fasting during pregnancy, and all three suggested it might be contraindicated, as it can alter fetal breathing patterns, heartbeat, and increase gestational diabetes. It may even induce premature labor.

My recommendation would be to really focus on improving your nutrition during this crucial time. A diet with plenty of raw organic, biodynamic foods, and foods high in healthful fats, coupled with high quality proteins will give your baby a head start on good health. You'll also want to be sure to include plenty of cultured and fermented foods to optimize your—and consequently your baby's—gut flora. For more information, please see this previous article that includes specific dietary recommendations for a [healthy pregnancy](#), as well as my interview with [Dr. Natasha Campbell-McBride](#).

Others categories of people that would be best served to avoid fasting include those living with chronic stress, and those with cortisol dysregulation.

Fasting—Is it Right for You?

I understand it can get confusing at times, trying to determine when and what to eat in order to optimize your health. Unfortunately, besides a few basic principles that will apply to virtually everyone, such as strictly limiting consumption of sugars (particularly fructose) and grains, the rest is really a matter of figuring out what works for your individual biochemistry. This requires some trial and error.

For example, there is good evidence supporting the recommendation to eat a protein-heavy breakfast if you want to lose weight, and even more so if you exercise first thing in the morning to optimize muscle growth and recovery. But there may be times when you feel like you've hit a plateau, and while your diet and exercise routine may be good, the simple act of skipping breakfast and exercising on an empty stomach could be just the thing that will kick start you onto that next level.

Personally, I skip breakfast and exercise in a fasting state whenever I've gained a few pounds and want to get them off. I find this works well for me. While I'm not eating breakfast, I don't really eliminate that meal entirely; rather I'm simply *delaying* it until noon or later, in order to reap the metabolic rewards of exercise combined with calorie restriction.

While I have not widely promoted calorie restriction in the past (as I believe most people need to address the foods they DO eat, before considering skipping meals), it *is* an important piece of the puzzle, and intermittent fasting may be helpful for many, especially if you've

already mastered a nutritious diet, which really should be your first step. Fasting combined with a highly processed, toxin-rich diet is not going to do your health any favors. In fact, you may be making things worse, since you're not giving your body proper fuel when you DO eat.

Also remember that fasting does not mean abstaining from ALL food for extended periods of time, but rather a dramatic reduction of calorie intake at regular intervals—whether you opt for a 16, 20, or 24 hour fast once or twice a week, or fasting every other day, or simply delaying certain meals, such as skipping breakfast and exercising on an empty stomach. As always, listen to your body, and go slow; work your way up to full day fasts if your normal schedule has included multiple meals a day. Also be sure to address any hypoglycemic tendencies, as it can get increasingly dangerous the longer you go without eating to level out your blood sugar.

Bottom Line

I will finish off with Mark Sisson's "bottom line," practical, and sound recommendations, as he sums it up nicely:⁹

"... [T]here is no concrete, objective law regarding the suitability of intermittent fasting for a particular person.

If you're truly hungry, eat. Failing to do so will add stress.

If you're stressed, don't IF (intermittent fast). You don't need another stressor.

If you're training six days a week, don't IF. Unless you're genetically blessed, you'll need lots of fuel to prevent overtraining.

If you're not hungry, don't eat. If coffee's enough, skip breakfast.

If life is good, try fasting.

In the end, the prudent path is to simply listen to your body. Don't let CW grazing propaganda drive you to eat when you aren't hungry; don't let the IF dogma make you feel guilty about grabbing a handful of macadamia nuts and jerky in between meals when you are fasting. Try it out, skip a meal, go fourteen hours or so (you already do eight every night) without eating, get a workout in, go for a walk, go about your day and see how you feel. A quick trial is not going to kill you...

Are you lightheaded?

Are you weak?

Did your workout suffer?

Then maybe it's not for you. Maybe you need to fix a few things (Primal eating, sleep, chronic stress) and then try again..."

⁹ [Mark's Daily Apple, Who Should and Shouldn't Try Fasting?](#)



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**The Bill of Rights Comedy Concert Sunday
May 13th, 2012 at Phoenix Symphony Hall
By Chris Bliss**

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MyBillofRights.org

(Arizona State is THE FIRST to erect a monument to the Bill of Rights... all with private funds)

[\(RonPaulMeetup LINK\)](#)

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PHOENIX COMEDY FESTIVAL

May 13, 2012 - One Night Only
Phoenix Symphony Hall 7pm



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BLACK**



**BILL
ENGVALL**



**BOBCAT
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DICK GREGORY



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Continued from Page 47 - The Bill of Rights Comedy Concert Sunday
May 13th, 2012, at Phoenix Symphony Hall

All proceeds go to benefit the Bill of Rights Monument at the Arizona Capitol.

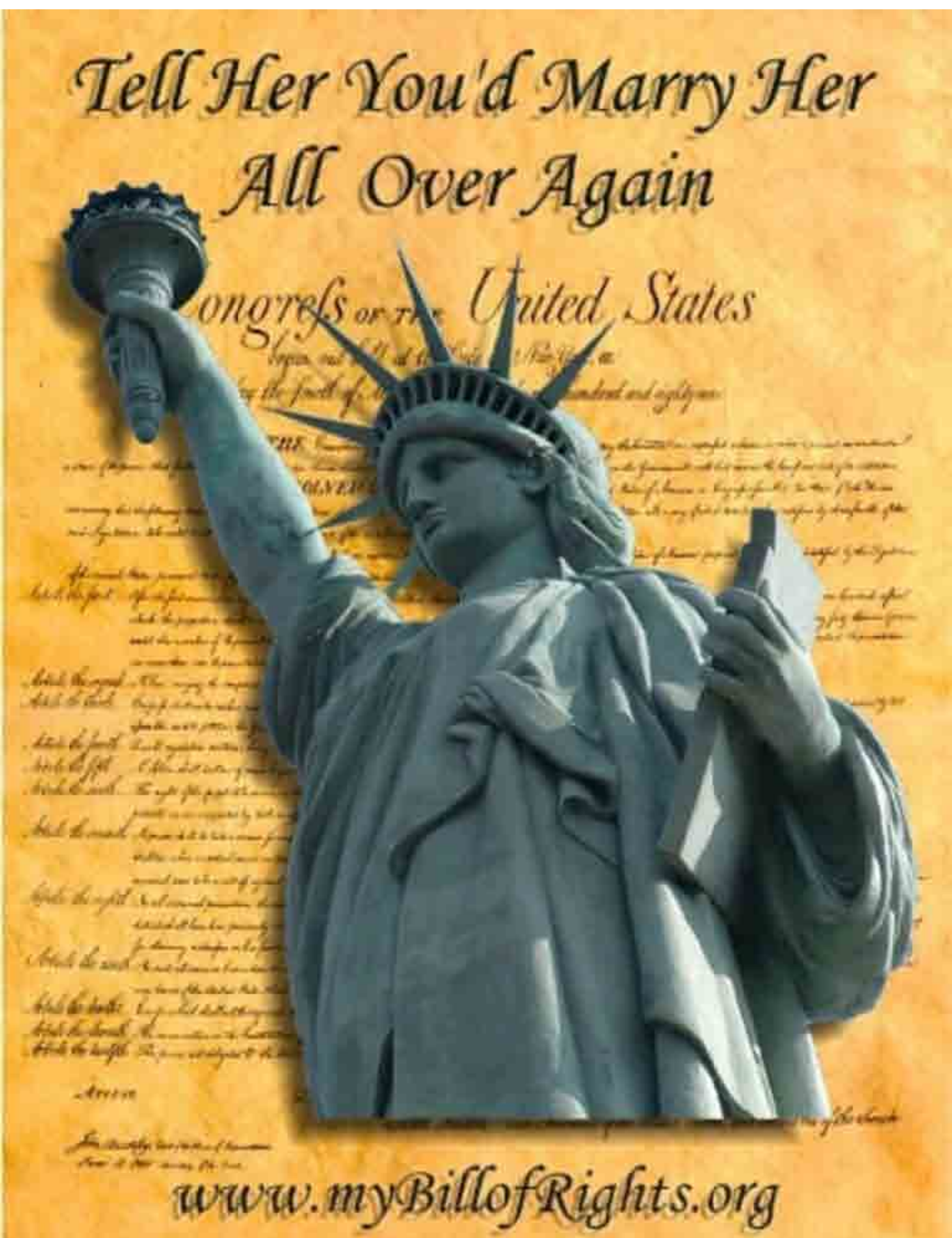
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Editor's Page By Donna Hancock

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BEING an editor of Freedom's Phoenix webpage and e-Zine, I have come across a LOT of things. One of the things I enjoy most is finding just the right graphic to portray an emotion that will go along with an article. Many times I come across photos that are just plain silly or weird but I don't necessarily need them right away, so I have created a file with many of those off-beat photos. I would like to share a few of those with you - if nothing else, maybe to give you a laugh :)



Continues on Page 50

Continued from Page 49 - Editor's Page

Here is a recipe I would like to share with you - it's for pasta salad. I got this recipe from a neighbor of mine where I grew up in Pennsylvania and have been making this for over 30 years. It's a big hit every time!

PASTA SALAD

1 lb. box medium pasta shells, cooked and cooled

1/4 lb. each (cubed):

Provalone Cheese

Salami

Pepperoni

Chop:

1 green pepper

3 stems celery

3 tomatoes

1 small onion (optional)

Slice:

1 can ripe (black) olives

1 small jar green olives

Dressing:

2 Tablespoons Oregano

1 Tablespoon Salt

1 teaspoon Pepper

2/3 cup Olive Oil

1 cup Vinegar

Mix all pasta, vegetables, cheese and olives in a large bowl or pan. Mix dressing separately in a jar or measuring cup - I usually put it in a mason jar and shake it up really good - then add to ingredients in pan/bowl. Mix well.



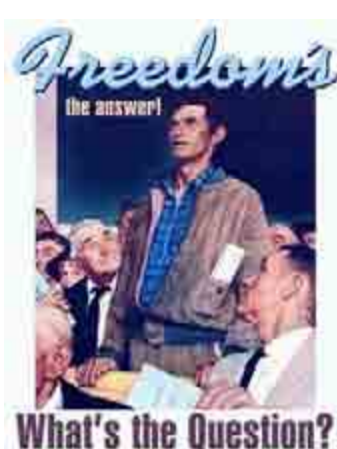
Tip: I always reserve a little extra green olive juice and pour it over the salad when adding the dressing - I think this is what really gives it a special flavor. ENJOY

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Publisher's Back Page

By Ernest Hancock

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What's the Question?

WITNESSING and Chronicling the evolution of self expression has made me very optimistic about the future. But there is a great deal of self-realization that this planet's population must endure before those that require freedom to pursue their happiness are able to convince their neighbors that everyone benefits from their being left alone.

Those that can not be peacefully persuaded to be good neighbors are likely to be simply shunned and economically isolated by those that will no longer be willing or even able to sustain their parasitic behavior.


We thought it appropriate to wrap up the first year of the Freedom'sPhoenixEzine with an edition that featured some of the methods used to educate and peacefully persuade the other occupants of this beautiful planet that voluntary interactions between individuals are to be encouraged and defended.

The initiation of force and the perpetuation of violence and fear has increasingly resulted in 'Blowback' from a liberty starved generation. I am very pleased that Freedom'sPhoenix.com has been able to document the actions of individuals for history to judge.

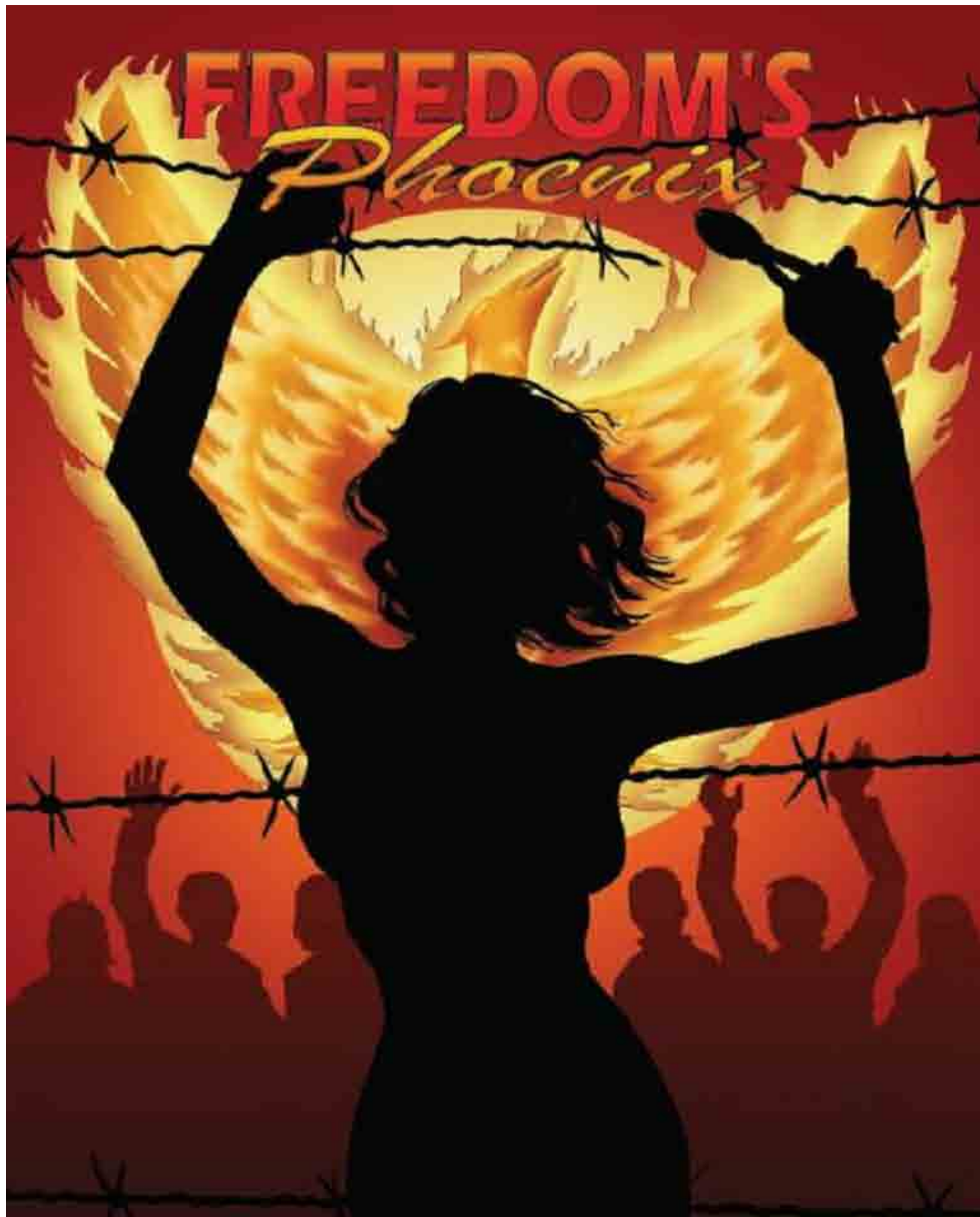
I plan on sharing many of my favorite graphics in future issues so that they are made available for your use in location. I'll start with the next issue (our 1st of the 2nd year :) but this issue features the work of many others and the impact their activism continues to have around the world.

It took many hard years to convince most that there even was a problem with the governments in the United States. Now that 'Voluntarist' have the respect and attention of Generation Next we are able to detail the problems and to inspire solutions.

"In the End, Freedom Always Wins... It just gets really messy first".

Peace & LOV3 should always be our default position. 

Ernest Hancock
 Publisher



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