

# FREEDOM'S *Phoenix*





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# Freedom's Phoenix Digital Magazine Viewing Tips

## By Nick Barnett

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[this link](#) to be taken to the application purchase page or use your iPad's AppStore and search for "GoodReader."

Once GoodReader is installed, you can optimize your digital magazine experience by changing a few default options in the application. Launch GoodReader and click the settings icon (it looks like a little gear in the bottom left of the screen). In the "General Settings" tab, it is recommended that you set the "Asks for link action" option to OFF. In the "PDF files" tab, you should ensure that "Horizontal swipe" is set to ON, and "Fit page to width (portrait)" is set to ON.

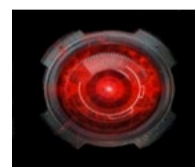


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# Silk Road is Down. Let a Thousand Markets Bloom

## By Davi Barker

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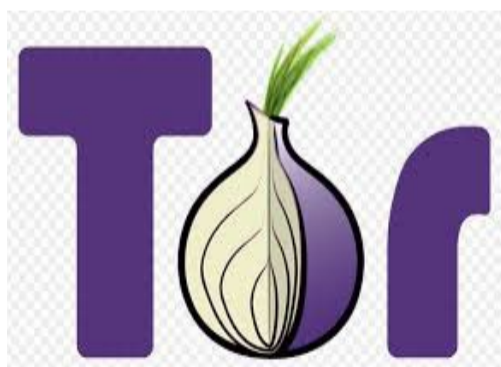
THERE was a time when Napster cornered the market on file sharing. Then the Feds took it down, and a thousand file sharing sites bloomed.

would be like to live in a world without the systemic use of force.”

There was a time when Liberty Dollar cornered the market on transactable silver. Then the Feds took it down. Immediately there was an opportunity for bold problem solvers to fill in the gap. Shire Silver, Don't Tread On Meme, Suns of Liberty Mint, and our own Rebel Silver. Now the Feds have taken down the Silk Road. Get ready. Soon a thousand markets will bloom.

According to the FBI there were around a million registered users. According to Carnegie Mellon University an estimated \$1.22 million worth of trades took place every month. Court documents describe the site's total revenue as approximately 9,519,664 Bitcoins, or roughly \$1.2 billion, at current Bitcoin prices.

The FBI also “seized” approximately \$3.6 million worth of Bitcoin during the raid. They're calling it the largest Bitcoin capture to date. Although it's a little unclear what they mean by that, since there is nothing physical to seize. Are we to assume they took a hard drive? Are we also to assume the Bitcoin wallet wasn't backed up anywhere? I think we can safely assume the FBI wouldn't know one way or the other.



The Silk Road was an online marketplace that could only be accessed through the Tor Network, a pro-

ocol that routes traffic through many separate encrypted layers to safeguard users' anonymity. Payments on Silk Road were made in Bitcoin, which is also potentially anonymous, making Silk Road a thriving market for drugs, guns and other illicit activities. Early in the development of the project its founder said that he wanted to “give people a first-hand experience of what it

Now the FBI has shut it down and arrested the owner, popularly known as The Dread Pirate Roberts, but known to the prosecutors as Ross William Ulbricht. Roberts has been charged with one count each of narcotics trafficking conspiracy, computer hacking conspiracy and money laundering conspiracy, according to court documents.

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So... it's over. No more black market. Everyone go home. Not really. It's important to point out that Roberts was investigated and captured by pretty conventional methods. The security of Bitcoin and the Tor Network were not compromised in the process. Law enforcement agents made over 100 undercover purchases through Silk Road, including ecstasy, cocaine, heroin, LSD and others. But ultimately Roberts was caught when he ordered some fake ID cards that were seized in transit to his house. So, even though the FBI was on Silk Road, and trying to crack its security, they got him on an old fashioned lucky guess.

So, what now? The price of Bitcoin made a dramatic drop in response to the news, and then quickly bounced back with in a few hours. No vulnerability there. It was essentially just an opportunity for bullish Bitcoiners to take advantage of Silk Road users who dumped their assets in the panic.

There's talk of Roberts using Silk Road to hire an assassin. He was allegedly being blackmailed by a Canadian user nicknamed FriendlyChemist threatening to release private data about the site, and he allegedly paid \$150,000 to have FriendlyChemist murdered. However, Canadian law enforcement has said there was no record of a homicide taking place in White Rock, British Columbia at the time.

True or false, this accusation has no bearing on



the future of online black market activities. The name "Dread Pirate Roberts" comes from the cult classic "Princess Bride" in which the name was passed down from master to pupil, thus keeping the legend of the Dread Pirate Roberts alive. So, the real question is not what will become of Ross William Ulbricht, but rather, who the next Dread Pirate Roberts will be, and how many there will be. 

*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. All my enhanced collage work is at [www.facebook.com/EccentricCircle](http://www.facebook.com/EccentricCircle) and I've also got a lot of graphic art at [www.facebook.com/Vote4Nobody](http://www.facebook.com/Vote4Nobody). You can also see my writing at [www.SilverUnderground.com](http://www.SilverUnderground.com), [www.DailyAnarchist.com](http://www.DailyAnarchist.com) and [MuslimAgorist.Com](http://MuslimAgorist.Com).*

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# BLACK MARKET FRIDAY

BECAUSE USING WAR DOLLARS  
IS A POLITICAL DECISION

THIS HOLIDAY SEASON  
LET'S SHOW EVERYONE  
THE POWER OF ALTERNATIVES.

NOVEMBER 29, 2013

GIVE A GIFT BOUGHT WITH HONEST MONEY





## Interview with Tim Frey on Aquaponics and Raised Bed Gardening By Meghan Kellison

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TIM FREY of [Roberts & Roberts Brokerage](#) is mostly known for his work with activists in the liberty community, but he has recently taken up aquaponics in addition to raised bed gardening and raising chickens for eggs and meat. We get to talk about his foray into aquaponics in the office on a regular basis, and it really is a fascinating development. I got the chance to interview him about the specifics of the operation, and believe this information is very useful to a broader audience, especially those who are looking into becoming more self-sufficient.

***How long have you been growing your own food in general?***

I started out soil gardening about 6 years ago. I cleared the grass out of a corner of our acre plus subdivision lot and started adding compost

and manure to the Florida sand that was there and got started growing. A couple years ago, I shifted to mostly raised bed gardening which cut down a lot on the weeding and some of the other effort. I added chickens two years ago.



***What encouraged you to start growing food and raising chickens?***

I was encouraged by both the feeling that the skills might become a necessity in the future and the potential to control the quality of the food. I'd have to say though that the quality is why I continue doing it. I was really inspired to take on chickens by my good friend Mark of [Green Acres Farm](#). Our family became somewhat of a test subject for Mark when he started out raising chickens and lambs. I wasn't much

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of a chicken eater until I had one of his birds. It was delicious! The appearance, taste, tenderness and structure of the meat were way better than anything I had eaten in a grocery store or restaurant chicken. I bought chickens from Mark for a couple of years and decided to try raising them myself.



### *After growing food with soil, what made you want to switch to aquaponics?*

I'll probably continue growing in soil using raised beds. Some things like carrots, radishes, and other root crops aren't suited for aquaponic or hydroponic growing. So it's not a complete switch. Aquaponics seems like a clean and efficient way to grow many things. The fact that there are no weeds or soil pests also appeals to me. My understanding is the density of food production is greater even than raised bed gardening. So far, I've just completed construction of a basic small system using goldfish on my back porch. The idea is to grow salad greens

and herbs were they can be readily harvested just by walking out the back door. If this works well, I plan to scale up and use some form of edible fish and build a green house or [Aquadome](#) similar to what Ernie has been working on.

### *How is your aquaponic system set up?*

The system I built is pretty simple. I designed it based on a compilation of information I got watching YouTube videos and reading websites and papers online. The original design was two 3x3 foot grow beds, two 25 gallon water tanks, and a "swirl" filter to remove most of the particle solids like fish food or fish waste. The fish live in one tank which is a 25 gallon reservoir tank sold for use in hydroponic systems. Water from that tank flows out to the swirl filter which uses the natural motion of the water to cause most of the fish solids to fall to the bottom of the filter. This filter is a five gallon food grade bucket and some PVC pipe and fittings. That water goes into a second 25 gallon tank called a sump tank. In my original design, this is where the one and only water pump is located. I chose a "Fish First" design, meaning I never wanted a failure in the system to kill the fish. Only "excess" water from the fish tank may be used. If the pump was directly in the fish tank and a leak or blockage developed in the system, the pump could empty the fish tank. So, the water pump moves the water up from the sump tank to the first grow bed. This bed will be used primar-

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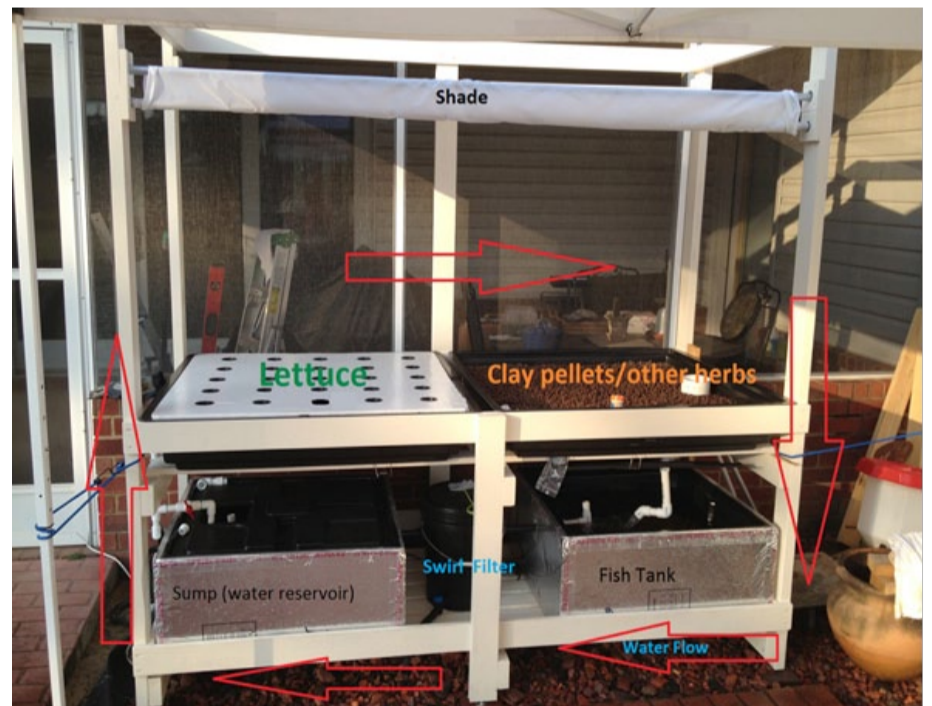
## Continued from Page 8 - Interview with Tim Frey on Aquaponics and Raised Bed Gardening



ily to grow lettuces and other greens in a Styrofoam raft with 25 cutouts with net pots that allow the plant to have both access to the nutrient rich water and air to prevent drowning the root system. As this tank fills, it overflows to a second grow bed that is full of expanded clay pellets and provides nutrient rich water to the plants. The pellets serve as a medium to support the root system of other plants. I'm going to try some herbs (no, not that herb!), beans, spinach, cucumbers, and pepper to start with. This bed



is using an “ebb and flow” or “fill and drain” method. Water flows through the lettuce raft bed and into the pellet bed. When the water level reaches a set height, it starts to drain out of the grow bed and down into the fish tank through a bell siphon. A natural siphon or suction is created which almost completely drains the grow bed and gives the plant time to get air to the roots before the cycle starts again. The increased level in the fish tank flows out to the filter, into the sump tank, and the process continues. One water pump, a tiny amount of electrical power and no other mechanical or electrical equipment is needed. It would be very easy to convert the system to run off of one small solar panel and small battery system for night time or cloudy days.



***What are the benefits of using aquaponics vs. a soil based method, and are there any disadvantages?***

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## Continued from Page 9 - Interview with Tim Frey on Aquaponics and Raised Bed Gardening

As I mentioned earlier, I'm hoping for greater food density and easier maintenance and upkeep. It's not easy to fight soil insects and since the ground never really freezes here in Florida, they continue year after year. I've run out of places to grow some things like zucchini because I know the root bore larvae is in that soil somewhere. I'll still need to watch for caterpillars and other leaf insects, but those are much easier to deal with because you can more readily see them and the damage they are doing. And, of course, there are no weeds! I also want to scale up to edible fish – I haven't found any good recipes for goldfish.

### *What problems have you run into as you were trying to get the project started?*

One thing I learned was the amount of time and the steps needed to condition the water and make it ready for the fish. There is a definite process to this and it takes some time to do. Even after the system is ready for fish, there is about two weeks before the system is ready for plants. With soil gardening, you prep your soils and sow seeds or plant plants and off you go. Aquaponics takes time to really get established. I've also had to make one modification to the system due to the high temperatures here in Florida. Goldfish are not very heat tolerant and I found the water getting dangerously high some days. We had to resort to freezing blocks of ice in plastic bottles and containers and putting them in the sump to bring down the water temperature in the sys-

tem. I've added a 55 gallon food grade drum and buried it in the ground next to the system to add water mass to the system as well as taken advantage of the cooler underground temperatures. I'm hoping that will hold the temperatures down enough. It could also be a useful way to keep temperatures up in the winter since we do see freezing temperatures here in the panhandle fairly frequently a couple months of the year.



The other problem I've run into is government regulation. I didn't originally plan to use goldfish. Probably the best fish for this system is tilapia, but those are prohibited in my district by Florida Fish and Wildlife. I may eventually use catfish or some other permitted fish. It would be nice to have something more temperature tolerant and edible.

***For people wanting to start aquaponics in this area, what should they know about the solutions to the issues you faced?***

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## Continued from Page 10 - Interview with Tim Frey on Aquaponics and Raised Bed Gardening

There is a ton of information on the internet about both aquaponics and hydroponics. There are also kits being offered for people that don't want to design and build or tinker with making it all work.

*Have you found other people in the area that are creating aquaponic systems or are there resources people can go to for more information?*

I haven't found a lot of people in my area doing aquaponics. I did get some good advice from my local hydroponics supply store. We aren't a particularly large city, but there are two really good suppliers here; [Healthy Gardens and Supply](#) and [Atlantis Hydroponics](#). It also recently occurred to me that some of the garden stores or places that deal with ponds might be a good resource of information about fish and water issues. I would also say that the amount of shared information on the internet is amazing. Everything from universities to county agents and tons of backyard enthusiasts have posted all kinds of information online.



[2013-09-19 Hour 2 Tim Frey and his friend, Mark Casson \(who is a farmer\) joins the Declare Your Independence with Ernest Hancock Radio Show](#)



***Meaghan Kellison** 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>*

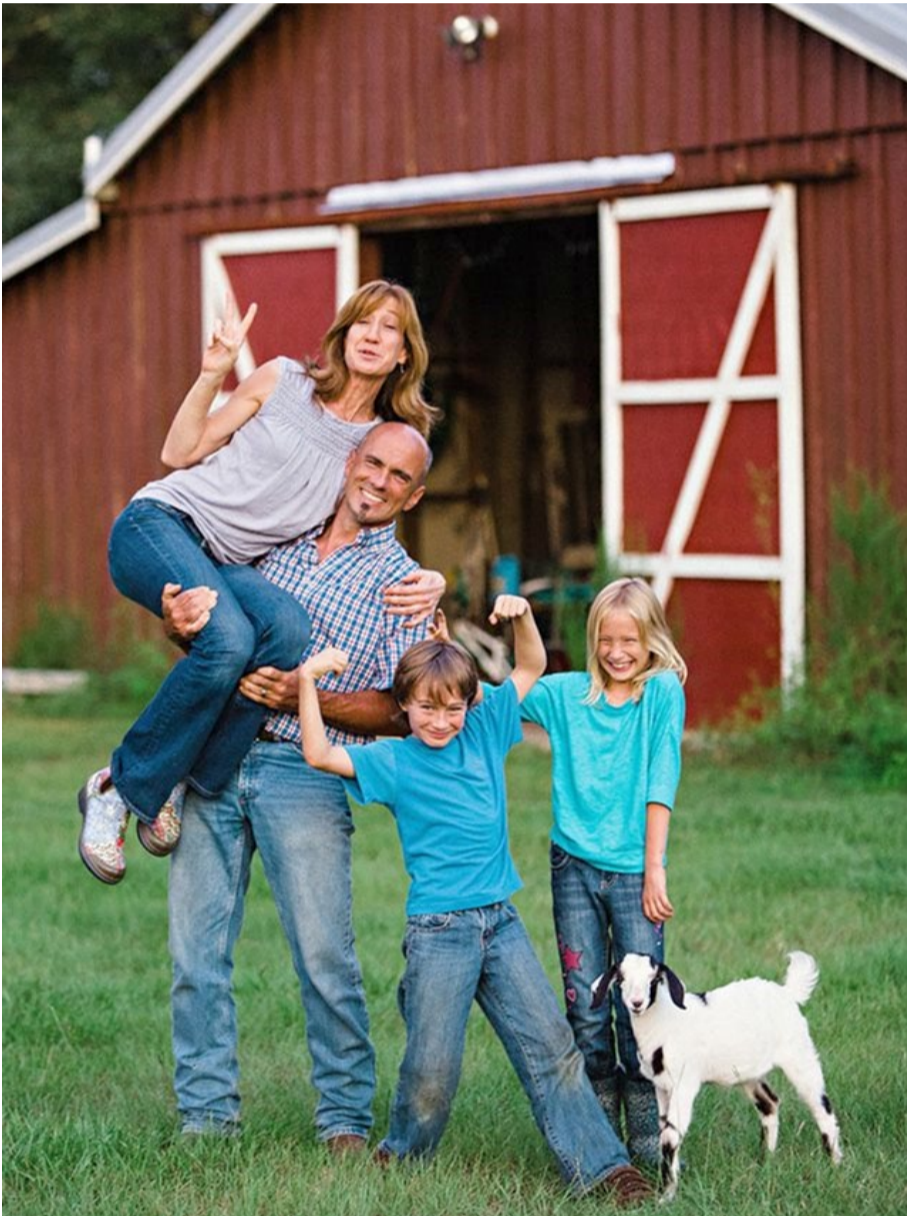
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# Interview with Mark Casson about Farming, Raising Livestock, Poultry, and Kids

By Meghan Kellison

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I met Mark Casson of [Green Acres Farms](#) when he started working at Roberts & Roberts Brokerage a little over a year and a half ago. Mark and his family are dedicated to permaculture based livestock farming where the animals are raised on their natural diets and allowed to roam free in a natural habitat. This approach to raising animals produces physically and mentally healthy animals that are much healthier for you than meat raised through factory farms. Having

been to the farm, it is truly a great experience to see animals being raised the way nature intended, and though I don't have land of my own yet, I have always looked forward to growing my own food and raising some small amount of animals for personal consumption.

Mark sells his food at the local [Palafox Market](#) in Pensacola, FL alongside other farmers and artisans. Due to regulations, his meat must be labeled "for pet consumption only," even though it is truly the best meat I have ever had (don't tell the regulators!). I got to pick his brain about his farming operation, and he had some valuable insights to share.

***What made you want to start raising livestock specifically?***

My father had wanted to be a livestock farmer and I think some of that carried over to me. I can remember as a kid going to the county fairs and I always really enjoyed seeing the animals. Sometimes people ask me why I don't grow crops but I'm just not naturally inclined toward that. Raising animals is a more natural fit for me.

***Does Green Acres have a philosophy about raising the animals?***

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Our philosophy for raising livestock begins with an understanding that healthy animals are a part of a healthy and diverse ecosystem. We are big fans of nature and in nature no animal, plant, or organism lives isolated. We are all dependent on thousands of other live forms. Worms, micro-organisms, and fungi all contribute to the health of the soil, which contributes to the health of the plants that grow in it, which provides clean air to breathe and forage for animals to eat, which provides healthy meat for us to eat. So, looking at farming in that light we manage our livestock in a manner in which will provide the best environment for worms, micro-organisms, and fungi to thrive. It has been said that we should not look at ourselves as livestock farmers or grass farmers but soil farmers. In truth, I think we need to be all of them.

### *What types of animals do you raise?*

We raise chickens, turkeys, sheep, hogs, and cattle. Oh, and a couple goats. We've raised some ducks in the past but we don't have any currently.

### *What are the hardest challenges you face operating an organic livestock farm?*

What I think is hardest in an operation like ours is that being a farmer means being the investor, laborer, processor, marketer, customer service representative, accountant, and probably some other things I'm not thinking of right now. I have



a hard time managing how to allot my time between the different roles. And then there's how I value the time I spend in those roles from an accounting standpoint to understand which ones to drop when I don't have enough time to do it all.

### *Could you explain some of the different personalities the animals have?*

On our farm the chickens will generally do

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## Continued from Page 13 - Interview with Mark Casson about Farming, Raising Livestock, Poultry, and Kids

their own thing but come to us for food, where turkeys on the other hand are curious animals. Anything a turkey sees that looks a little different, they will peck at and sometimes swallow. Sometimes this might be a piece of plastic or something else that isn't digestible. I've seen 7 turkeys standing around in a circle staring at a cotton mouth snake. They are just curious and not always smart animals.

The sheep have that flock mentality; if one runs they all run. It makes sense as they really don't have any good self-defense in the wild.



Hogs are an interesting animal. They are smart, curious, fast, and strong. A momma hog is probably the most potentially dangerous animal on a farm. You really want to think through how you handle your hogs. Like when you need to load them into a trailer; if you set it up so it's calm and easy then great, but if it's stressful once they will remember and the next time will be even more challenging.



Our cows get moved from pasture to pasture almost every day so they are used to us and are relatively calm but still not pets.

***Switching to turkeys, what made you decide to focus on raising them along with the other animals?***

Raising animals this way to eat provides food that is delicious. It makes eating truly enjoyable and when do people enjoy eating more than any other time of the year? Thanksgiving! The response we get from customers over our Thanksgiving Turkeys has really been great. It really is the best venue for this type of food; you've gathered people you care about together, the center of attention is food, and the star attraction is a turkey. How great does it feel to present a turkey that you know was raised well, is healthy for your loved ones to eat and they are going to rave about how delicious it is?

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**Continued from Page 14 - Interview with Mark Casson about Farming, Raising Livestock, Poultry, and Kids**

[Interviewers note: I can personally vouch for how delicious those turkeys are. You have to reserve them early because they will sell out, and my mom is still raving about how good the turkey was from last year. There is nothing you can buy in a store that even comes close to the quality of Mark's turkeys, and having been to the farm, I know they were raised lovingly and had happy lives.]

***What are some issues that have come up raising the turkeys?***



Young turkeys don't have the best survival instincts. After they get about 3 weeks old we let them out of the shelter dur-

ing the day but they don't have the common sense to go back in for protection at night. If you don't herd them back into the shelter and it rains they may get chilled and die or an owl may decide that Thanksgiving has come early and enjoy a turkey or two.

***How does farm life benefit your family specifically your children?***

Raising the kids on the farm gives them a connection to the environment, it exposes them to the real relationship between life and death (the fact that nothing lives without something else



dying). It teaches them real truths about life which most of our society are unaware of or chooses to deny.

***It's very difficult to run a farm and not everyone is cut out for the work, but do you have any advice for how people can incorporate the lessons you learn on a farm into their lives even if they lack the resources to do it themselves?***

One of the things we learned early on in this farming/food journey is that labeling, even on the products at the health food store, are meant to sell the product, not to inform the consumer. My advice is to really inquire into the sources

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Raising Livestock, Poultry, and Kids

of the foods you eat the most of every day; the ones that make up the majority of your diet. It's a lot of work but if you do it just for your main staples it could really make a difference.


***People can sometimes idealize farm life, but what expectations would you advise people to have or not have if they choose to start raising livestock or farming on a large scale?***

Most of the benefits of small scale farming don't come in the form of dollars but they are plentiful none the less. Living in a conscious relationship with the natural environment, the health that comes from an active lifestyle and eating great food, and knowing that you are doing something that is improving the environment and the health of the people you sell to are all truly rich assets in life and should be counted as such. If assets such as these are high on your list for things that would be counted as valuable in your life then I think you should consider this lifestyle. But from my experience and that of others I have talked too, a humble financial return for a great amount of time and labor invested should be a part of the plan. An additional source of income is usually a good idea.

***I've read some articles claiming there's resurgence in people growing their own food and raising their own animals. What do you see for the future of farming in this country? Do you think there is a trend to-***

***wards more people becoming self-sufficient as times grow harder?***

There is definitely a movement of people getting back involved with the production of their food and I think that is a great thing. More and more people are interested in and moving toward self-sufficiency and in doing so are upsetting the status quo. The future of farming will continue to see industrial agriculture using government regulators to try to maintain their control over the food supply in this country, and many times they will be successful in creating regulations that make our type of farming illegal. It usually comes in the form of food safety regulations. I mean who can argue with that? Of course we want our food to be safe.

What will be interesting to see in the long term is, "Do we have the resolve to physically work hard for our health and well-being, without much financial reward and then stand up and fight for our right to continue?" So, the future of farming depends on this resolve. 

*Meghan Kellison 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](#) Her focus is on social issues, politics, fitness, and natural health topics. The best way to contact Meghan is on Facebook:*

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## Embracing Adventure & Danger

### By Paul Rosenberg

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ONE of the worst risks, pick your times, pick your spots, watch things that has been done to children over the past generation or two has been insulating them from anything that could possibly have any danger attached. Remember, fear is merely an impulse, and it can be based on lies, distortions, or even on nothing at all. It's a crazy thing on which to base your children's lives.

Parents keeping their children under permanent watch has become “what people do.” And it's a BIG mistake.

I know why the parents have done this, of course – we live in a fear-based culture, and it has rubbed off on them. But the reason they have caved in to fear is not important – what matters is that they have harmed their children.

Children – at some point in their upbringing – need to confront danger; they need to explore; they need adventures.

At one time, parents knew this. It wasn't too many years ago when parents let their kids go off into the woods by themselves, with rifles. If that was really so horribly dangerous, half of us wouldn't be here.

Is it scary to watch your children walk into a subway station? Or out into the woods? You bet it is! But you have to do it anyway. Calculate the

A new German study shows, clearly, that adventure shapes the individual. As one of the researchers concluded, “living our lives makes us who we are.” Your children need to live, and not merely exist inside of a fear-inspired bubble. The study also indicates that exploration and adventure not only affect personality development, but also brain growth.

I'm not alone in this opinion, of course. Here are two quotes from John Taylor Gatto, a home school advocate and one of the finest teachers of modern times (one of the most awarded too, ironically enough),

*Sensible children do not wish to be incomplete human beings. And so, when you impose a stage theory of human development upon them, you are, in effect, tormenting them; you're limiting their opportunity... Don't be your kid's enemy, because that's*

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## Continued from Page 17 - Embracing Adventure & Danger

*not a kid, that's your fellow human being. Be a partner, and enlarge their opportunities.*

*The easiest way to turn your kids into geniuses, by the time they're seven, is just to front-load huge amounts of experience, including dangerous experience.*

Like Gatto, I believe that the real dangers for your children lie in government schools, and even in private schools that function on the same model. Here's what Gatto says on the subject:



*Growth and mastery come only to those who vigorously self-direct. Initiating, creating, doing, reflecting, freely associating, enjoying privacy—these are precisely what the structures of schooling are set up to prevent, on one pretext or another.*

Yes, I understand that people are pushed, economically, to put their children into public schools. If you feel like you're in that position, make sure that you tell your children how the system is set up to condition them. Teach them that understanding is far more important than memorizing. Back them up if the teachers give them grief. Let people talk about you.


Your children should understand, very clearly, that teachers and principals are just average people doing particular jobs; that they are mere-

ly another neighbor to the people on their street. Some of them are good people, others are bad people, and a title is just a title – it means nothing more.

Teach your children to be bold, let them learn how to fall and rise again. Of course you want to let them encounter dangers slowly, and you'd never put them in positions to get truly hurt, but you should be nothing like the über-parents who surveil their children's every move, in terror that poor little Johnny will encounter something that hasn't been sanitized for his protection.

I'll leave you with one last quote from John Taylor Gatto: something that applies both to schooling and the larger world:

*After a long life, and thirty years in the public school trenches, I've concluded that genius is as common as dirt. We suppress our genius only because we haven't yet figured out how to manage a population of educated men and women. The solution, I think, is simple and glorious. Let them manage themselves.*

Resist the fear, my friends. 

*Paul Rosenberg is the “outside the Matrix” author of [FreeMansPerspective.com](http://FreeMansPerspective.com), a site dedicated to economic freedom, personal independence and privacy. [Visit us to claim a free report that offers a uniquely different perspective on why today's America is the way it is.](#)*

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# Common Core: A Lesson Plan for Raising Up Compliant, Non-Thinking Citizens

## By John Whitehead

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*“A fool with a tool is still a fool. A fool with a powerful tool is a dangerous fool.”*—Michael Fullan, international school reform authority, on the powerful “tool” that is Common Core

As I point out in my new book, [\*A Government of Wolves: The Emerging American Police State\*](#), there are several methods for controlling a population. You can intimidate the citizenry into obedience through force, relying on military strength and weaponry such as SWAT team raids, militarized police, and a vast array of lethal and nonlethal weapons. You can manipulate them into marching in lockstep with your dictates through the use of propaganda and carefully timed fear tactics about threats to their safety, whether through the phantom menace of terrorist attacks or shooting sprees by solitary gunmen. Or you can indoctrinate them into compliance from an early age through the schools, discouraging them from thinking for themselves while rewarding them for regurgitating whatever the government, through its so-called educational standards, dictates they should be taught.

Those who founded America believed that an educated citizenry knowledgeable about their rights was the surest means of preserving freedom. If so, then the inverse should also hold true: that the surest way for a government to maintain its power and keep the citizenry in line is by rendering them ignorant of their rights and unable to think for themselves.

When viewed in light of the government’s ongoing attempts to amass power at great cost to Americans—in terms of free speech rights, privacy, due process, etc.—the debate over Common Core State Standards, which would transform and nationalize school curriculum from kindergarten through 12th grade, becomes that much more critical.

Essentially, these standards, which were developed through a partnership between big government and corporations, in the absence of any real input from parents or educators with practical, hands-on classroom experience, and are being rolled out in 45 states and the District of Columbia, will create a generation of test-takers capable of little else, molded and shaped by the federal government and its corporate allies into what it considers to be ideal citizens.

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Moreover, as Valerie Strauss reports for the *Washington Post*: “The costs of the tests, which have multiple pieces throughout the year plus the computer platforms needed to administer and score them, will be enormous and will come at the expense of more important things. The plunging scores will be used as an excuse to close more public schools and open more privatized charters and voucher schools, especially in poor communities of color. If, as proposed, the Common Core’s ‘college and career ready’ performance level becomes the standard for high school graduation, it will push more kids out of high school than it will prepare for college.”

With so much money to be made and so many questionable agendas at work, it is little wonder, then, that attempts are being made to squelch any and all opposition to these standards. For example, at a recent public forum to discuss the implementation of these standards in Baltimore County public schools, one parent, 46-year-old Robert Small, found himself “pulled out of the meeting, arrested and charged with second-degree assault of a police officer” simply for daring to voice his discontent with the standards during a Q&A session with the superintendent.



Even calling this event a forum is disingenuous, given that attendees were not allowed to stand and ask questions. Instead, attendees were instructed to write their questions on a piece of paper, which the superintendent would then read and members of a panel would answer. In other words, there would be no time or room for debate, just a one-sided discussion. And this is what life in our so-called republic of the United States has been reduced to, a one-sided monologue by government officials who neither care about what “we the people” have to say, nor are they inclined to hear us out, just so long as we pay their taxes and abide by their laws.

“Don’t stand for this. You are sitting here like cattle,” shouted Robert Small to his fellow attendees as he was being dragged out of the “forum” on the Common Core standards. “Is this America?”

No, Mr. Small, this is no longer America. This is, instead, fascism with a smile, sold to us by our so-called representatives, calculating corporations, and an educational system that is marching in lockstep with the government’s agenda.

In this way, we are being conditioned to be slaves without knowing it. That way, we are easier to control. “A really efficient totalitarian state would be one in which the all-powerful executive of political bosses and their army of managers control a population of slaves who do

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not have to be coerced, because they love their servitude,” writes Aldous Huxley. “To make them love it is the task assigned, in present-day totalitarian states, to ministries of propaganda, newspaper editors and schoolteachers.”

The purpose of a pre-university education in early America was not to prepare young people to be doctors or lawyers but, as Thomas Jefferson believed, to make citizens knowledgeable about “their rights, interests, and duties as men and citizens.” As Jefferson observed, “I know no safe depository of the ultimate powers of the society, but the people themselves: and if we think them not enlightened enough to exercise their control with a wholesome discretion, the remedy is, not to take it from them, but to inform their discretion by education. This is the true corrective of abuses of constitutional power.”

Yet that’s where the problem arises for us today. Most citizens have little, if any, knowledge about their basic rights, largely due to an educational system that does a poor job of teaching the basic freedoms guaranteed in the Constitution and the Bill of Rights.

Many studies confirm this. For instance, when *Newsweek* asked 1,000 adult U.S. citizens to take America’s official citizenship test, 29% of respondents couldn’t name the current vice president of the United States. Seventy-three percent couldn’t correctly say why America

fought the Cold War. More critically, 44% were unable to define the Bill of Rights.

And 6% couldn’t even circle Independence Day (the Fourth of July) on a calendar.



A survey of American adults by the American Civic Literacy Program resulted in some equally disheartening findings. Seventy-one percent failed the test. Moreover, having a college education does very little to increase civic knowledge, as demonstrated by the abysmal 32% pass rate of people holding not just a bachelor’s degree but some sort of graduate-level degree.

That Americans are constitutionally illiterate is not a mere oversight on the part of government educators. And things will only get worse under Common Core, which as the *Washington Post* reports, is a not-so-subtle attempt “to circumvent federal restrictions on the adoption of a national curriculum.” One principal, a former proponent who is now leading the charge against Common Core, quickly realized that Common Core was not about educational reform as President Obama would have us believe. Rather, it’s about pushing a curriculum wrapped around incessant pre-testing, testing and test prep that teaches students how to take tests but not how to think, analyze or learn.

As with most “bright ideas” coming out of the

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federal government, once you follow the money trail, it all makes sense. And those who stand to profit are the companies creating both the tests that will drive the school curriculum, as well as the preparatory test materials, the computer and software industries, and the states, which will receive federal funds in exchange for their cooperation.

Putting aside the profit-driven motives of the corporations and the power-driven motives of the government, there is also an inherent arrogance in the implementation of these Common Core standards that speaks to the government's view that parents essentially forfeit their rights when they send their children to a public school, and should have little to no say in what their kids are taught and how they are treated by school officials. This is evident in the transformation of the schools into quasi-prisons, complete with metal detectors, drug-sniffing dogs, and surveillance cameras. Equally arrogant are school zero tolerance policies that punish serious offenders of a school weapons policy the same as a child who draws a picture of a gun, no matter what the parents or students have to say about the matter. The result is a generation of young people browbeaten into believing that they have no true rights, while government authorities have total power and can violate constitutional rights whenever they see fit.

Yet as Richard Dreyfuss, Oscar-winning actor and civics education activist, warns: "Unless we

teach the ideas that make America a miracle of government, it will go away in your kids' lifetimes, and we will be a fable. You have to find the time and creativity to teach it in schools, and if you don't, you will lose it. You will lose it to the darkness, and what this country represents is a tiny twinkle of light in a history of oppression and darkness and cruelty. If it lasts for more than our lifetime, for more than our kids' lifetime, it is only because we put some effort into teaching what it is, the ideas of America: the idea of opportunity, mobility, freedom of thought, freedom of assembly." 

*John W. Whitehead is an attorney and author who has written, debated and practiced widely in the area of constitutional law and human rights. Whitehead's concern for the persecuted and oppressed led him, in 1982, to establish The Rutherford Institute, a nonprofit civil liberties and human rights organization whose international headquarters are located in Charlottesville, Virginia. Whitehead serves as the Institute's president and spokesperson, in addition to writing a weekly commentary that is posted on The Rutherford Institute's website ([www.rutherford.org](http://www.rutherford.org)), as well being distributed to several hundred newspapers, and hosting a national public service radio campaign. Whitehead's aggressive, pioneering approach to civil liberties issues has earned him numerous accolades, including the Hungarian Medal of Freedom.*

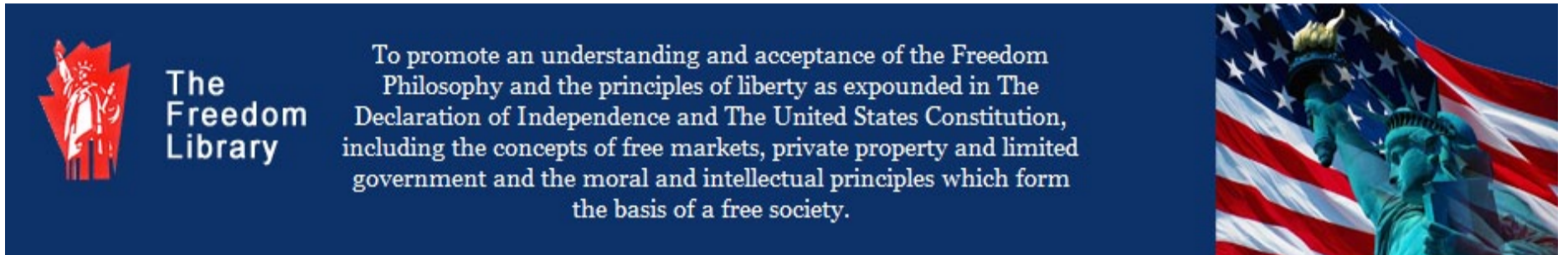
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## An Attitude of Freedom

### By Howard Blitz

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EDUCATION is a key component to the success in the life of an individual and in order for any change to take place. One cannot change anything unless he knows and understands what currently exists and then knows and understands to what he would like to have the current situation changed.

Educating children and adults on the principles of liberty, self-responsibility, self-reliance, and a whole host of other freedom-minded attitudes starts at home where the groundwork is laid for a better, brighter future.

For the future to become more liberty-oriented, the individual must know and understand the principles of liberty and be able to envision what a liberty-oriented society would look like. Then, the individual can compare that vision with what exists today and begin to make changes in his life to reflect that vision. By setting the example for others to follow, the individual then encourages others to do the same and over time change takes place in the whole of society, one person at a time.

This has been the charge of The Freedom Library in Yuma, Arizona since its inception in 1996.



The Freedom Library has been helping educate individuals of all ages, from the early teens to well into adulthood, and from all walks of life, advancing the principles of liberty in order to promote an understanding and acceptance of the freedom philosophy as expounded in the Declaration of Independence and the United States Constitution, including the concepts of free markets, private property, and limited government. By reinforcing these principles, The Freedom Library assists everyone who attends its educational facility in learning that individual liberty is what allows the human condition to not only survive, but also to succeed to heights unimaginable. The Freedom Library focuses the individual on current events and allows the individual to explain why indi-

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vidual liberty is the necessary ingredient in providing solutions for human survival and growth.

By completing its 12-week class in both Austrian economics and the United States Constitution, participants become acquainted with ideas that help them understand and explain current events. Participants readily see why deviations from the United States Constitution by American government officials causes widespread disharmony, animosity, and the enslavement of individuals. Participants in The Freedom Library Austrian economics class begin to understand that the massive amounts of government interference in the individual's life causes people to live in poverty making it difficult to achieve their goals.


The participants begin to realize that in order for these conditions to change, they themselves must change in their knowledge of human relations. By doing this they set the example for others to follow resulting in lasting change for the world.

The Freedom Library awards scholarships to those who show the best performance in their writing of a paper applying the principles of liberty they learned to a current event. Those participants who receive a scholarship from The Freedom Library then travel and attend seminars sponsored by such organizations as the Foundation for Economic Education (FEE) to further their knowledge in ideas on liberty.



With more and more individuals learning these ideas and applying them to their own living condition, the chances of real change in

the overall human condition of society increases. When individual lives change for the better, all of society benefits.

Success in this endeavor is seen around the world with the variety of organizations and the number of individuals helping others learn these ideas on liberty. In spite of some really dismal current events, activities are taking place in order that a liberty-oriented society can be developed. This development of a free society is taking place because of the change that is happening in the thinking of millions and millions of individuals about the significance of self-reliance, self-motivation, and positive self-esteem. People are finding out that when individuals help themselves to achieve their own goals, they actually help others achieve theirs. 



***Howard J. Blitz** is the Founder of The Freedom Library, Inc. Visit his webpage at [Freedom-Library.Org](http://Freedom-Library.Org)*

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# Technologies to Watch in the Revolutionary Times Ahead

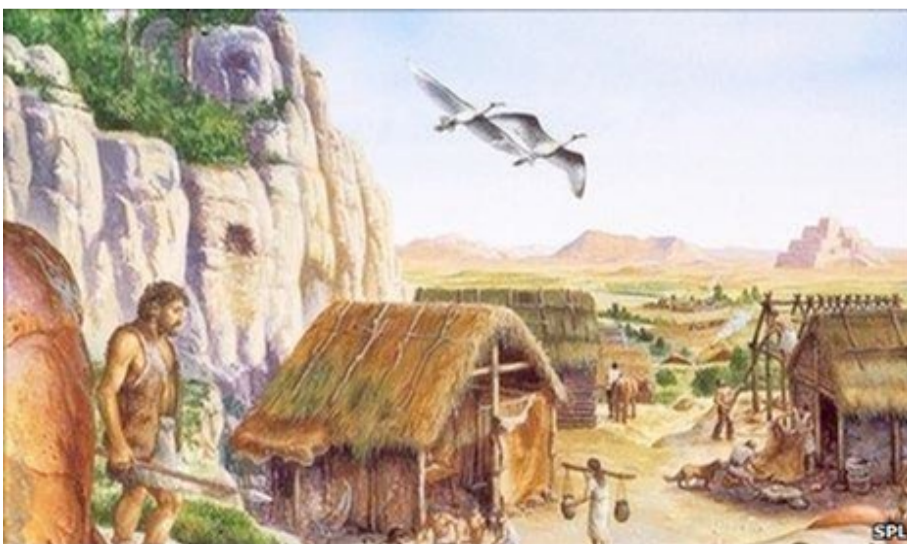
## By John Mikesell

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### INTRODUCTION

Revolutions in human lifestyle don't happen very often. One that sticks out at the moment is the agricultural revolution that happened about 10,000 years ago, after which human life centered around farming. The next big one that comes to mind is the industrial revolution which started in the late 1700s. So that's almost 10,000 years between those two, and here we are in the



21st century, only about 200 years past the dawn of industry, and we are already at the dawn of a global computational and communications revolution. What this means, with respect to the compounding nature of technological development building upon itself, is tremendous.

Structures that are synonymous with both the agricultural age and the industrial age have been very hierarchical in nature and due to the labor intensity involved with the production of resources, there have been numerous examples of the exploitation of the common man or woman. Persons with certain traits, including their exceptional talent for accumulating or preserving wealth and power, have risen to the top of such structures and in many cases deliberately influenced the governing bodies of humanity to prolong and sustain their advantageous perch above the masses.



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Also, at the same time there have been numerous attempts by the common man and woman to shed themselves of institutions and persons deemed to be thieves of the common person's labor and wealth. These attempts have often been bloody and tragic, and to date, I can't think of an example that wasn't eventually subverted by a new group of usurpers.

What I speak of is a new kind of revolution. It is one with both technological and social components. This revolution is fueled by mankind's ability to love, to cooperate and to empathize with others across the globe, facilitated by the disruptive force of the internet. Especially in its ability to provide a point to congregate for the the outliers that do not bow to oppression.

We can expect that in the coming decades there may be more "technological" revolutions in rapid succession, so any predictions made as of this date may happen sooner than expected.

Survival is a gift that nature only provides to the

truly innovative. The oppressors, the exploiters, the bureaucrats and anyone else who derives their income through methods that are questionable in their necessity or actual value are being put on notice. This coming age will not tolerate waste, and through non-violent means it will simply move past and leave behind all exposed relics that have lost touch with their *raison d'être*.

At one time, there were ice-block pushers. That is, people who made their living by delivering ice to residences to keep food fresh. Then came refrigeration, and the ice-block pushers either got with the times and learned about refrigerators or they lost their income. This is going to happen a lot and it is a threat to anybody who is making a living by relying on societal structures or technologies that are long overdue for being shelved.

For now, here are some technologies that are sure to make some waves:

### **Distributed Monetary System / Bitcoin**

There are many digital currencies, alt-coins and non-digital alternative currencies in existence today. I'm going to focus on the flagship cryptocurrency, bitcoin. Getting your head wrapped around how bitcoin works can be tougher than passing your senior year calculus. Fortunately, if you know how to use online banking then you

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can easily get your head wrapped around how to use bitcoin and fully enjoy the benefits of its existence. Over the last few years, since January of 2009 to be more exact, bitcoin has gone from being an obscure project for only the truly committed cypherpunk to a controversial topic of mainstream discussion. What is most fascinating about this is that while most discussions involving bitcoin surround issues relating to its application or speculative value, such as whether or not it is legal, or whether or not it is simply another “tulip-mania,” there really hasn’t been any doubt as to whether or not it actually works on a strictly technical level. For anyone who has gotten fed up with using the federal reserve’s play-money that arbitrarily gets printed or withheld based on politics, the future is already here for you. If you have any doubts about whether this currency is accepted or is in use, just look around on the internet. You can buy anything from gift cards, to mobile minutes, to gold and silver with bitcoin. Of course, being in it’s infancy, one will need to be creative at times when using bitcoin for everyday commerce. Most importantly for individuals, bitcoin provides a digital medium of exchange with global reach for those who wish to remain politically neutral, who do not want to implicitly support wars,

state-perpetrated terrorism and other forms of questionable behavior carried out by governing bodies.

**As the saying goes, you vote with your dollar. I would like to add that what kind of “dollar” you vote with, is equally if not more important.** If you are a liberty purist, bitcoin is something you must get used to and learn to understand. Even if bitcoin does not survive in the long run, it is the flagship, pioneer and to-date most successful peer-to-peer crypto-currency in existence. Anything that comes later will be viewed with-respect-to, developed with elements of, or keeping in mind the lessons-learned from bitcoin.

Just make sure that you use strong passwords and understand that in the bitcoin world, there typically is not a 1-800 number to help you if you lose your money. For many, that is much more palatable than the fake security and guaranteed economic oppression that comes with using government issued currency.

As a last note, I would like to mention that there are two monopolies of power that government oppressors hold most dear. One is the monopoly over the use of deadly force. The other is the monopoly over the issuance, regulation and distribution of money.

The more people turn to and use alternative currencies, the closer society gets to abolishing tax-

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theft because taxation can easily reach degrees of complexity and unenforceability that are impossible to surmount.

### Free / Open Computer Operating Systems



Going through the motions of everyday life, I have often paused to think about the degree of dependence that we have on computers. In many ways, computers have become an extension of the human mind.

**It is important to realize that when choosing software, you are making a value decision.**

Are you allowing a company to be the gatekeeper between you and your data? Are you being tricked into using something that is “free” in exchange for providing your personal, private data for the market to buy?

There are two really bad villains that we must contend with in our day to day digital life. One is the company that charges you an arm and a leg for software, with which you then create data and are perhaps annually charged a ransom in the form of an “upgrade” to maintain access to your data.

The other villain, perhaps even more insidious, gives you something for free. They say “here, take this solution, please do use it. Isn’t it great? its free.” In this relationship the company providing the free stuff is actually the customer. You are the provider. You provide personal information, they give you a “free” service, and then sell your personal information to companies and governments.

Solution: Use Free Software, sometimes called “open-source” software.

When you use a linux based computer operating system and free software (“free as in freedom, not free beer” - Richard Stallman), you will never need permission from a gatekeeper to access your data ever again.

I personally use the Ubuntu distribution of linux. I have used linux exclusively for the last few years and I haven’t found a challenge that I couldn’t overcome.

Learning to use Linux is tough and its rough

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but its getting easier these days. As is often the case, freedom takes work, intelligence and persistence. **In this coming revolution, access to your data and data privacy is everything.** Stop using software that holds your data ransom and stop subscribing to websites that put all of your personal information on the market for **ANYONE** to buy.

Now we are hearing more and more about internet taxes, intellectual property related censorship and most recently, we have the NSA officially spying on its enemy, which apparently includes the American people, who pay for the NSA (See section on “Distributed Monetary System / Bitcoin” for more information about how to stop funding your oppressors).

**Distributed Internet**

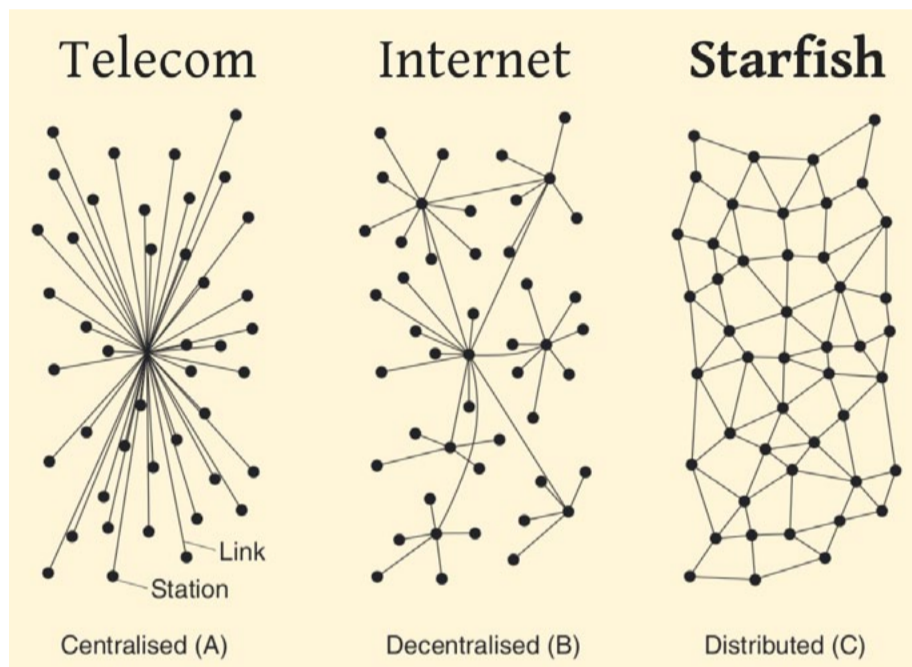


Image courtesy of <http://cleverdeveloper.com/blog/?p=111>

The images above say it all. The one on the far right is clearly more robust and more difficult for any single entity to control. Keeping the internet free is perhaps the most important aspect going forward.

The only reason why we are even talking about any kind of revolution is the internet. All of these ideas, concepts and technologies would never leave the basements, garages and barns where they were hatched if it wasn't for the internet.



When looking at the image (left), one sees the telecom model, where everything goes back to a single point. We live in the age of the “internet” which is marked above in the middle, and the “Starfish, which is a term I haven't heard much with regards to network architecture, is the epitome of a free network. Wireless access points (WAP) such as the EnGenius EOC-1650 make it cheap and easy to

bridge to other WAPs in the local area. Coupled with a highly directional antenna, these cheap and simple devices can have a range of several miles.

The missing piece here is monetary incentive. The current model where an internet service provider (ISP) channels traffic in a locally centralized fashion has obvious monetary incentives.

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They are the gatekeeper. They invest in equipment and mediums such as fiber optics to build a network. Sometimes consumers have choices, and sometimes they don't because in a lot of cases government "franchises," or geographical monopolies are in play.

If developers could develop a routing protocol that uses a digital currency such as bitcoin to make packet forwarding decisions based on a node's neighboring nodes and their immediate market price for passing data, the idea of a distributed internet could really take off. Below, I will envision a scenario of what that might look like.

Let's say that a distributed, crypto-currency incentivised network exists over in Town A. Remember that some people still pay for internet access and channel traffic through to the official "internet," and other pay bitcoin to holders of connections to the official "internet." Traffic that routes to another destination on the distributed network doesn't get routed to the internet, it stays on the distributed network. In some cases a packet may originate in a distributed network area, route to the internet, and then route back to a distributed network somewhere else in the world. Meanwhile each node is only concerned with the nodes in their immediate proximity. When traffic comes its way, a node may forward the packet, charging a price that pays for the next hop and based on market conditions, may in fact net a profit. If market conditions don't

meet the needs to pass the packet along, it will simply be dropped. Users of this network will develop their own level of reliability and speed based on what they are willing to pay for traffic. Here is another scenario about how a network like this could grow. Going back to the distributed network in Town A. Imagine that there is another distributed network in Town B. Lets say that an entrepreneurial individual in Town A gets the idea to create a bridge to traffic to Town B. That individual will then meet with someone in Town B and they will agree to set up a pair of nodes with high powered amplifiers and directional antennas pointed at each other. Once set up, traffic will be allowed to pass through this link and they may recoup their investment capital and perhaps even generate an income. If they do not keep up with demand, or if someone else catches on to the same idea, a second pair of nodes may connect Town A and Town B. Now the bandwidth consumers in either town have a choice of which bridge to use, and emergent competition will bring prices down to what is called "perfect competition" in economic terms. The materializing of an idea like this could mean many opportunities for small-time entrepreneurs and cheap, reliable, uncensored internet to consumers.

### **Free / Open Hardware**

For those who don't know, the idea of "free and open" relates to issues of intellectual property.

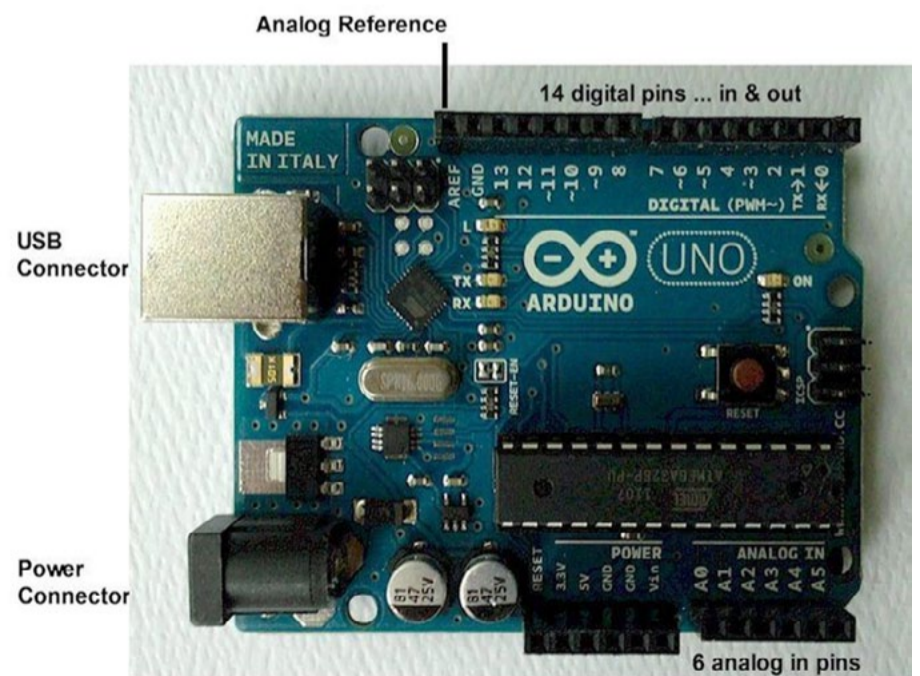
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“Closed” means that the creator of content or a design or invention chooses to restrict the use of their creation via legal means such as patents and copyright. “Free and open” means that the creator provides his or her work to the general public with no restrictions except that it cannot be used or made part of another creation that is then closed to free and open use. Many are familiar with this being applied to movies, music and software, but it might seem odd to some, that this also applies to hardware and other physical inventions. An example of open hardware is the Arduino microcontroller. Microcontrollers such as these can be used by do-it-yourselfers to create all kinds of fascinating solutions and inventions. They typically work by having input pins that are connected to some kind of sensors and output pins that are connected to actuators. Using a relatively simple programming language, users can program these devices to control switches, relays, lights and just about anything imaginable. In addition to the basic functionality included in the board, there is a whole universe of interfaces, sensors and other instruments including GPS that can be used to solve all sorts of problems. This is an integral part of the current revolution because this pushes the ability to design complex systems to the average person, without having expensive manufacturing equipment or any need to produce a product in high volume. Complex and comprehensive control systems can be designed at a relatively low cost and replicated or modified in the future due to the modularity of the components. Open

source hardware is already being used to solve problems. Information about open source automobiles can be found at the Wikispeed project. Aerial and ground drones which can be created from scratch or bought pre-built can be found at [diydrone.com](http://diydrone.com). Arduino controlled aquaponics micro-gardening systems can be found at [kijanigrows.com](http://kijanigrows.com). These are just starting points to spark some curiosity. Also be sure to check out the endless catalog of items at Sparkfun Electronics ([sparkfun.com](http://sparkfun.com)).



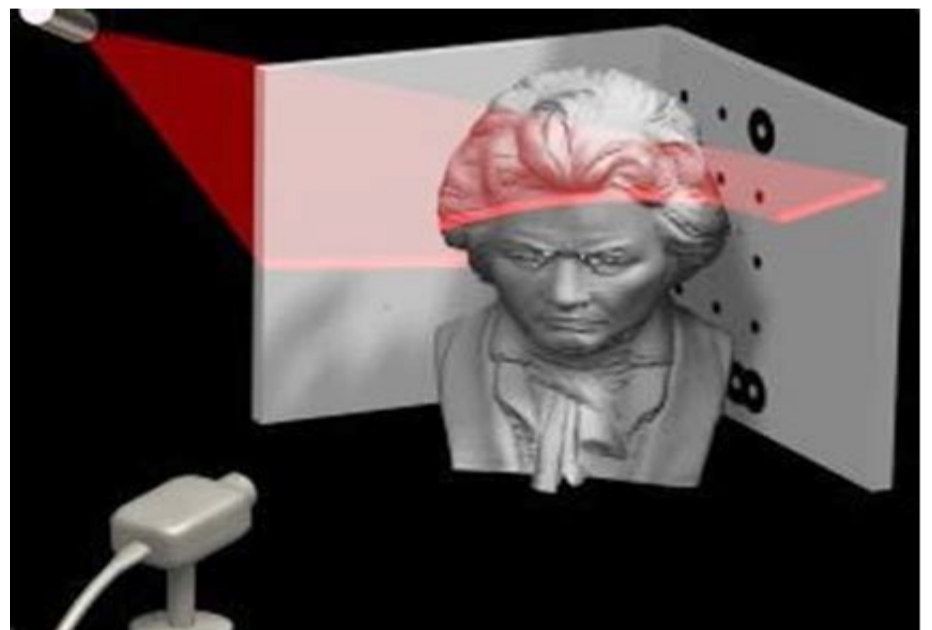
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### Maker Movement / 3D Scanning, 3D Printing, CNC Machining

The maker movement could perhaps be seen as the tip of the spear in relation to the current revolution. Generally speaking, this includes all sorts of DIY hobbyists and in many cases entrepreneurs that are forging the path towards new inventions and technologies. The maker culture embodies all of the technologies previously mentioned in this piece, applying them in fascinating new and clever ways. Taking computational and communications technology to the physical world has serious implications. If seeing the development of the world accelerate after the introduction of the internet is fascinating, the implications of taking that same communications and computational ability and applying it to the physical world around us is startling, to say the least. We already live in a world where this is happening, but what will it be like when it is widespread. A key example of the power of combining some of these technologies is Defense Distributed. CAD drawings of many weapon systems were accumulated in an online repository, the idea being that anyone with the CAD file and an automated manufacturing operation could produce weapons. While there are still many challenges to producing a reliable firearm from a typical 3D printer, the acceleration of technology going forward will make that look easy in a short time to be sure. One factor to consider in learning about these technologies is the concept of additive vs. subtractive manufacturing. Typical manufacturing techniques are subtractive, that

is, you start with a lump or a blob of raw material, and then carve out the final product from that larger mass. Additive manufacturing is the process of starting with nothing, and then in a precise way, adding the material particle by particle until the object takes on its final form. Currently, additive manufacturing is done with plastics but the range of materials is expanding and already includes metals, however machines that can 3D print metals are expensive and uncommon at this point. 🌸



*John Mikesell is a r3VOLutionary activist. You can visit his website [OrdinaryActivism.Com](http://OrdinaryActivism.Com)*

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# Teach a Child in the Way They Should Go

By Jesse Mathewson

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*“TO secure ourselves against defeat lies in our own hands, but the opportunity of defeating the enemy is provided by the enemy himself.” ~Sun Tsu*

With two wonderful children of my own, the idea of passing on knowledge and still treating them as the individuals, they are is always at the forefront of my mind. It is the rare day when they do not teach me something. Both are sponges for knowledge and do their best to impress myself and their mother. Recently, however, I was given the chance to show them that even dads can and do make mistakes.

Around our house, lying is a cardinal sin, and it is the only thing that we do not tolerate in any way. One of the unfortunate side effects of daily pain and steadily increasing age is the occasional

**LIAR  
LIAR.  
PANTS  
ON  
FIRE**

lapse in memory. During one of the many conversations with my precocious four year old daughter, I made an agreement with her. Later that night while talking to her mother with her in the room,

the subject came up and I completely forgot the previous agreement. With all of the wonderful amazement of a four year old she said, “Daddy, you lied???” As I stumbled over my own jaw and rolled my tongue back up, she went on to say, “that’s the first time you lied daddy...”

After talking her mother down, and apologizing profusely to my daughter, she gaily began laughing and ran down the hallway to her brother’s room yelling, “Brother, daddy lied, daddy lied!” While she may not understand it now, this is a wonderful thing for her. Up until this very moment she has worshiped the ground I walk on. However, now she understands that no one is perfect, and that it is extremely important to keep our word as well as never intentionally lie.

In this modern world we currently live in, those who can lie the most artfully are lauded as statesmen and heroes of the people. They allow for their own defeat by continuing to lie with startling regularity, so much so that most people accept it as just one of those things. By teaching our youth as freedom lovers not to lie and to cherish integrity above all other ideals, we can secure our future as well. People will embrace the liars today, but eventually will learn that those with integrity are better by far.

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Regardless of my personal proclivities, be they language, religious, or sexual, if I keep my word I will become by default the more important commodity in a world filled with the worship of lying and acting. What I have found over time is that in the long term, people can tolerate minor personal differences. However, they cannot tolerate lying. As a suggestion for the individuals reading, if you teach your children one thing outside of critical thinking, make it the necessity of integrity. Do this and your children will be set for life.

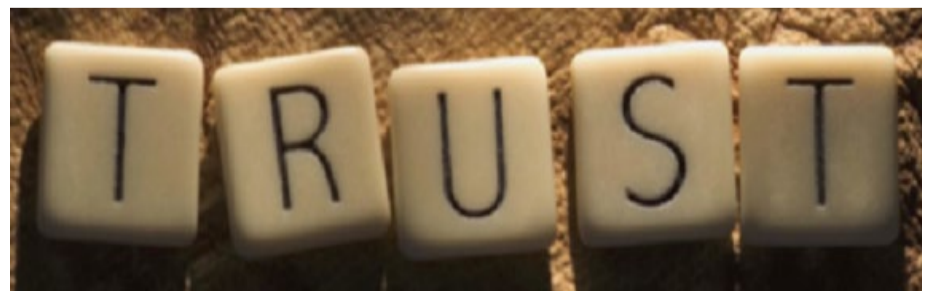
How do you teach them? Remember, they are children. Do as I say and not as I do has never worked in the history of mankind. They will always do what you do. If you lie or act without integrity, they will also lie and act without integrity. In fact, I have found that children and pets are the best reflection of adults. They will act in a manner that reflects the actions of the adults who are their caretakers. Yes even pets will act in reflection of the humans who care for them. Reinforce the values of keeping your word, I use a risk reward approach. My children earn greater responsibilities the more trust they earn as a result of exhibiting integrity and honesty in action.

My daughter loves to go shooting with me, and this is obviously something that requires a great amount of care and trust. Because she regularly exhibits great integrity and honesty even as a four year old, she has earned the right to accompany me on excursions. Of course, if they lie or

act without integrity towards each other or others as they will do occasionally, they can and do also lose abilities. I verbally reinforce what is expected, and then also do it myself in action. For how can or why should I expect my children to do what I say if I then act in the opposite manner?

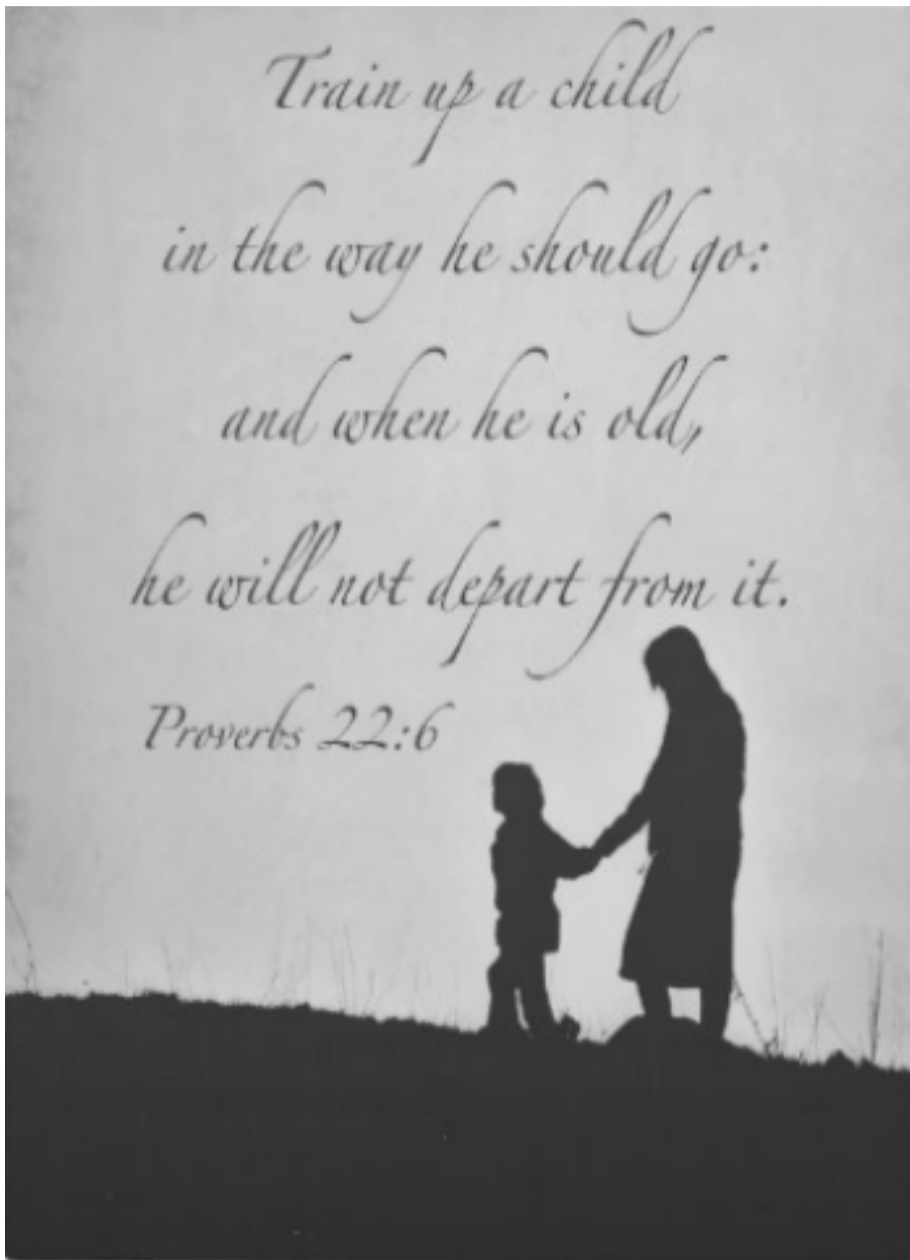
I am my children's caretaker, and what they learn about life is learned from me and those they are in contact with. Because I surround myself with quality individuals who hold similar beliefs regarding individuals, voluntarism, agorism, and life in general, this is a relatively easy task. As someone who has spent years researching social order and societies as a whole, I am a firm believer in nature and nurture. I do not believe there is only one way or approach for all. Some approaches may work better than others for some individuals, but in almost every case of a "bad kid" or "bad adult", I can track it back to failures by the parents in some form.

There are the very rare instances of true psychopathic personalities, where an individual is simply born bad. However, this is rare. So rare in fact as to be almost nonexistent in most cases. Murderers and rapists are taught or shown that this action is accepted or right even if they are



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never told it verbally. Teach our children in the way they should go (Proverbs 22:6, I believe) - this was a favorite verse used by my parents. Unfortunately, like most Christians, they failed to understand that this didn't mean verbally but by action!

In conclusion, remember - your actions as adults will be directly reflected in how your children act. They will be individuals, they will think and act in ways that are contrary to what you do as well. However, children will develop a core system that reflects your core system. For all of my parents' failings, they taught me honesty and in-

tegrity of action. This stuck, and I am passing it on to my children; different methods, same core belief. If we want a world of peaceful agorist interaction, do it and get them involved in it. If we want to have them understand self defense, show it in our daily actions. Be the future we want to see in our children and they will make it a better tomorrow.

Free the mind and the body will follow 

*Jesse Mathewson is the author of the popular blog, [jessetalksback.com](http://jessetalksback.com) and provides commentary to many varied places based on a background that includes education in criminal justice, history, religion and even insurgency tactics and tactical training. He is also co-host of the [Outright Arizona Podcast](#). His current role in his community is as an organizer of sorts and a preacher of community solidarity. As a voluntaryist and atheist his life is seen as crazy and wild by many, though once they get to know him*



*most realize he is a bluntly honest individual who will give you the shirt off his back if he believes it is necessary to help you.*

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# 100 Items to Disappear First As Reported in The Power Hour

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1. GENERATORS (Good ones cost dearly. Gas storage, risky. Noisy...target of thieves; maintenance etc.) (*Publisher: Or you can get a [H2OPE System](#)... highly recommended*)



2. Water Filters/Purifiers

3. Portable Toilets

4. Seasoned Firewood. Wood takes about 6 - 12 months to become dried, for home uses.

5. Lamp Oil, Wicks, Lamps (First Choice: Buy CLEAR oil. If scarce, stockpile ANY!)

6. Coleman Fuel. Impossible to stockpile too much.

7. Guns, Ammunition, Pepper Spray, Knives, Clubs, Bats & Slingshots.

8. Hand-can openers, & hand egg beaters, whisks.

9. Honey/Syrups/white, brown sugar

10. Rice - Beans - Wheat

11. Vegetable Oil (for cooking) Without it food burns/must be boiled etc.,)

12. Charcoal, Lighter Fluid (Will become scarce suddenly)

13. Water Containers (Urgent Item to obtain.) Any size. Small: HARD CLEAR PLASTIC ONLY - note - food grade if for drinking.

14. Mini Heater head (Propane) (Without this item, propane won't heat a room.)

15. Grain Grinder (Non-electric)

16. Propane Cylinders (Urgent: Definite shortages will occur.

17. Survival Guide Book.

18. Mantles: Aladdin, Coleman, etc. (Without this item, longer-term lighting is difficult.)

19. Baby Supplies: Diapers/formula. ointments/aspirin, etc.

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**Continued from Page 37 - 100 Items to Disappear First**

20. Washboards, Mop Bucket w/wringer (for Laundry)
21. Cookstoves (Propane, Coleman & Kerosene)
22. Vitamins
23. Propane Cylinder Handle-Holder (Urgent: Small canister use is dangerous without this item)
24. Feminine Hygiene/Haircare/Skin products.
25. Thermal underwear (Tops & Bottoms)
26. Bow saws, axes and hatchets, Wedges (also, honing oil)
27. Aluminum Foil Reg. & Heavy Duty (Great Cooking and Barter Item)
28. Gasoline Containers (Plastic & Metal)
29. Garbage Bags (Impossible To Have Too Many).
30. Toilet Paper, Kleenex, Paper Towels
31. Milk - Powdered & Condensed (Shake Liquid every 3 to 4 months)
32. Garden Seeds (Non-Hybrid) (A MUST)
33. Clothes pins/line/hangers (A MUST)
34. Coleman's Pump Repair Kit
35. Tuna Fish (in oil)
36. Fire Extinguishers (or..large box of Baking Soda in every room)
37. First aid kits
38. Batteries (all sizes...buy furthest-out for Expiration Dates)
39. Garlic, spices & vinegar, baking supplies
40. Big Dogs (and plenty of dog food)
41. Flour, yeast & salt
42. Matches. {"Strike Anywhere" preferred.)  
Boxed, wooden matches will go first



43. Writing paper/pads/pencils, solar calculators
44. Insulated ice chests (good for keeping items from freezing in Wintertime.)
45. Workboots, belts, Levis & durable shirts
46. Flashlights/LIGHTSTICKS & torches, "No. 76 Dietz" Lanterns
47. Journals, Diaries & Scrapbooks (jot down ideas, feelings, experience; Historic Times)
48. Garbage cans Plastic (great for storage, water, transporting - if with wheels)
49. Men's Hygiene: Shampoo, Toothbrush/paste, Mouthwash/floss, nail clippers, etc
50. Cast iron cookware (sturdy, efficient)
51. Fishing supplies/tools
52. Mosquito coils/repellent, sprays/creams
53. Duct Tape
54. Tarps/stakes/twine/nails/rope/spikes
55. Candles
56. Laundry Detergent (liquid)
57. Backpacks, Duffel Bags

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**Continued from Page 38 - 100 Items to Disappear First**

58. Garden tools & supplies
59. Scissors, fabrics & sewing supplies
60. Canned Fruits, Veggies, Soups, stews, etc.
61. Bleach (plain, NOT scented: 4 to 6% sodium hypochlorite)
62. Canning supplies, (Jars/lids/wax)
63. Knives & Sharpening tools: files, stones, steel
64. Bicycles...Tires/tubes/pumps/chains, etc
65. Sleeping Bags & blankets/pillows/mats
66. Carbon Monoxide Alarm (battery powered)
67. Board Games, Cards, Dice
68. d-con Rat poison, MOUSE PRUFE II, Roach Killer
69. Mousetraps, Ant traps & cockroach magnets
70. Paper plates/cups/utensils (stock up, folks)
71. Baby wipes, oils, waterless & Antibacterial soap (saves a lot of water)
72. Rain gear, rubberized boots, etc.
73. Shaving supplies (razors & creams, talc, after shave)
74. Hand pumps & siphons (for water and for fuels)
75. Soysauce, vinegar, bullions/gravy/soupbase
76. Reading glasses
77. Chocolate/Cocoa/Tang/Punch (water enhancers)
78. "Survival-in-a-Can"
79. Woolen clothing, scarves/ear-muffs/mittens
80. Boy Scout Handbook, / also Leaders Catalog
81. Roll-on Window Insulation Kit (MANCO)
82. Graham crackers, saltines, pretzels, Trail mix/Jerky
83. Popcorn, Peanut Butter, Nuts
84. Socks, Underwear, T-shirts, etc. (extras)
85. Lumber (all types)
86. Wagons & carts (for transport to and from)
87. Cots & Inflatable mattress's
88. Gloves: Work/warming/gardening, etc.
89. Lantern Hangers
90. Screen Patches, glue, nails, screws,, nuts & bolts
91. Teas
92. Coffee
93. Cigarettes
94. Wine/Liquors (for bribes, medicinal, etc,)
95. Paraffin wax
96. Glue, nails, nuts, bolts, screws, etc.
97. Chewing gum/candies
98. Atomizers (for cooling/bathing)
99. Hats & cotton neckerchiefs
100. Goats/chickens



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## Continued from Page 39 - 100 Items to Disappear First


*(Publisher: And an Aquaponics System - <https://shop.endlessfoodsystems.com/contact.us>)*



### From a Sarajevo War Survivor:

*Experiencing horrible things that can happen in a war - death of parents and friends, hunger and malnutrition, endless freezing cold, fear, sniper attacks.*

1. Stockpiling helps. but you never no how long trouble will last, so locate near renewable food sources.
2. Living near a well with a manual pump is like being in Eden.
3. After awhile, even gold can lose its luster. But there is no luxury in war quite like toilet paper. Its surplus value is greater than gold's.
4. If you had to go without one utility, lose electricity - it's the easiest to do without (unless you're in a very nice climate with no need for heat.)
5. Canned foods are awesome, especially if their contents are tasty without heating. One of the best things to stockpile is canned gravy - it makes a lot of the dry unappetizing things you find to eat in war somewhat edible. Only needs enough heat to "warm", not to cook. It's cheap too, especially if you buy it in bulk.

6. Bring some books - escapist ones like romance or mysteries become more valuable as the war continues. Sure, it's great to have a lot of survival guides, but you'll figure most of that out on your own anyway - trust me, you'll have a lot of time on your hands.
7. The feeling that you're human can fade pretty fast. I can't tell you how many people I knew who would have traded a much needed meal for just a little bit of toothpaste, rouge, soap or cologne. Not much point in fighting if you have to lose your humanity. These things are morale-builders like nothing else.
8. Slow burning candles and matches, matches, matches 



Reprinted from [The Power Hour](#) - Knowledge Is Power

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# The Health Benefits of Pumpkins

## By Stephanie Weeks

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### PUMPKIN CHILI

Porches and neighborhoods across America are lined with pumpkins. These decorative orange beauties are packed full of nutritional value including vitamins A, B-complex, C, K and the minerals copper, calcium, potassium and phosphorus. Pumpkins are a rich source of fiber which promotes healthy digestion.

The pumpkin seeds are full of zinc and phytonutrients which boost our immune system so eating this delicious snack will protect you from sickness this fall. These powerful seeds are full of manganese which promotes healthy nerve function as well as protein, iron, niacin and selenium.

Pumpkins are also touted as being anti-inflammatory, anti-fungal, anti-parasitic and used in

natural treatments of tapeworms and other parasites.

Now that we know the health benefits of pumpkins lets make a delicious meal to share. Try the pumpkin chili recipe below, be sure to leave us a comment on how much you liked it. Share this post with a friend and make sure you're subscribed to our updates to get all the best wellness info and recipes.



### Pumpkin Chili - What you'll need:

- 1 tablespoon butter
- 1 small pumpkin, peeled, seeded and diced
- 1 small onion, diced
- 1 green pepper, diced
- 1 small zucchini, diced
- 2 garlic cloves, minced

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## Continued from Page 41 - The Health Benefits of Pumpkins

- 1 teaspoon ground cumin
- 1 can (32 to 40 ounce) crushed tomatoes
- ¼ cup chili powder
- 2 (16 ounce) cans red kidney beans



### What you'll do:

In a large saucepan sauté onion, pepper, zucchini and garlic in butter. In a soup pot add pumpkin, tomatoes with juice, and chili powder. Bring soup pot contents to a boil and then reduce to medium heat. Cook stew until the pumpkin is

tender. Add beans and sautéed mixture to the soup pot and simmer. Serve and enjoy!

Save the pumpkin seeds to toast in the oven. Sprinkle seeds with himalayan sea salt and bake at 350 degrees for 10 minutes. These are a quick and easy snack or use them to garnish your salad. 🌻



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

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*our wellness*

**REVOLUTION**

# High-Performance Agriculture Can Increase Your Garden Yield Eight-Fold

By Dr. Mercola

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DR. MERCOLA Interviews Dr. John Kempf on High-Performance Agriculture (Video):



[Click HERE to view the entire interview!](#)

[Visit the Mercola Video Library](#)

High-performance agriculture is one of my new passions, and my goal is to provide you with information on how to maximize the time, effort, and energy you're investing in growing your garden.

This new passion is turning into something of a second career—to learn and understand how to optimize plant growth and the environment.

Most of you are aware that I've been a strong supporter of labeling genetically engineered (GE) foods, with the intention of eliminating GE crops altogether, if at all possible.

The flip-side of this is the effort to replace GE crops with organic farming practices where crop yields are maximized to their utmost potential, to the point that genetic engineering becomes entirely superfluous. There are certainly ways to accomplish this, although the learning curve can feel a bit steep at times.

This interview focuses primarily on how you can optimize your garden, but the principles are virtually identical for larger-scale agriculture. I've been applying what I've learned in my own garden for a few months now, and I've been able to personally witness the maximization of genetic potential that is possible.

## High-Performance Farming Can Increase Yield 6-8 Times

For example, the leaves on some of my plants, like my lime trees and oleanders, are literally 300 to 400 percent bigger than the typical leaf of these plants. It's truly extraordinary! You

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## Continued from Page 43 - High-Performance Agriculture Can Increase Your Garden Yield Eight-Fold

wouldn't even imagine that a leaf could grow this big.

Part of the problem is that we've gotten used to less than mediocrity, when it comes to plant performance. As my guest in this interview states, farmers and food producers routinely harvest only about 10 to 15 percent of the inherent genetic capacity of any given crop.

By optimizing soil composition and nutrient application, you can—for essentially the same amount of time, effort, and energy—increase your yield six to eight times.

John Kempf, an Amish farmer, is one of the leaders in the field of high-performance agriculture. He has taken a leadership role—somewhat similar to the way I have in natural medicine—in teaching people how to achieve these results. He's the founder and CEO of Advancing Eco Agriculture,[\(1\)](#) and runs an organic, high-performance farm in Ohio.

The results you can achieve when you apply the principles he teaches are truly astounding. As Kempf says:

“You have to have different expectations and you have to begin managing your crops differently. For example, when you are expecting to produce 60 to 70 pounds of tomatoes per plant, you no longer plant the plants 12 inches apart.

That doesn't work logistically. You have to begin spacing tomato plants two and a half to three feet apart. But all of a sudden, you only need three tomato plants instead of 36!”

### **How Food Becomes Medicine...**

Kempf grew up on a family farm in northeast Ohio. The farm was originally conventionally agriculture-oriented, and used large amounts of pesticides. The turnabout occurred during a particularly difficult three-year period in the early 2000s, when a significant portion of each year's crop was lost to various pests and plant diseases.

In 2004, they began working some land on a neighboring farm where pesticides were not used. The difference was dramatic. Cantaloupes grown on their side were infested with Downy and powdery mildew, while the cantaloupes grown on the neighbor's land had no infestation at all—despite the fact that the crops were immediately next to each other and received the same care.

*“At that point, I became convinced that fungicides and pesticides were not the solution to the problems that we were experiencing,” Kempf says. “I wanted to know what the differences between healthy plants and unhealthy plants are, and what allows some plants to have a functional*

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*immune system that they can be resistant to disease and insect pests while the next one right beside it is susceptible.”*

In a nutshell, what he subsequently learned, is that the foundation of health – whether we’re talking about plants, soils, animals, or people – really boils down to two things:

Having adequate mineral nutrition, and Having that nutrition, in the case of plants, be supplied by an active soil microbial community, or having a strong soil biology

By focusing on those two areas – plant nutrition and soil biology – the farm experienced an amazing turnaround, and it’s been completely chemical-free since 2006. Amazingly, as nutrition is improved in the plants, not only do they become naturally resistant to disease and insect pests, they also become hardier and better able to survive a wider range of climactic changes.

Even more importantly, healthier plants also form much higher levels of medicinal compounds and essential oils, such as phenolics, aromatics, and bioflavonoids. This is really what turns food into medicine... As explained by Kempf, these medicinal compounds are compounds that plants produce as plant protectants, meaning they protect the plant from things like ultraviolet radiation, insects, and pests. When you eat such plants, that functional immunity can then be transferred to you.

## **What Is High-Performance Agriculture?**

High-performance agriculture, as defined by Kempf, is providing plants with the environment and the nutrition they need to allow them to express their inherent genetic potential. This is a key concept, because you’re not really altering a plant’s yield by supplying it with better nutrition, per se. All you’re doing is allowing the plant’s inherent yield potential to be fully expressed. Most plants in fact have FAR greater yield potential than what conventional agricultural practices are capable of producing. As explained by Kempf:

*“Take tomatoes, for example. The day a tomato seed is planted, it has the genetic capacity to produce 400 to 500 pounds of fruit per plant. Every time that plant is exposed to any level of stress throughout the growing season that potential harvest is reduced. At the point at which you’re actually harvesting the crop, you are only harvesting a very small fraction of what you originally started with the day you planted that seed. When we give the plant nutritional supplements, the reality is that we are not increasing yields; we are simply preventing those yields from being lost.”*

The question then becomes: How can plants be healthier and grow so much more vigorously

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than what has become accepted as normal? The answer to that question lies in a plant's capacity to fully synthesize. The action of absorbing water from the soil and carbon dioxide from the air, and through the catalytic action of sunlight energy, sugars are formed inside the plant. Those sugars are the energy source utilized to drive all of the plants' growing processes and to build fruits. Anything you do to increase that plant's photosynthetic capacity will therefore increase the plant's energy.

The photosynthetic capacity of any given plant is directly correlated to the mineral content and the nutritional profile of the plant. If it has adequate mineral and trace mineral nutrition, it will be able to photosynthesize at very high levels of efficiency and produce as much as three to four times or more sugars during a single 24-hour period, compared to most of today's conventional crops.

### How to Evaluate Plant Quality

In the full version of the interview, Kempf discusses a number of examples of dramatically increased crop yields produced on high-performance farms. While many blueberry crops, for example, have an 8-12 percent sugar content, the blueberries he's been working with have a sugar content of 14-18 percent.

*"We have increased the sugar production capacity of that plant by 50 to 80 percent,*

*which results in a sweeter fruit and indirectly a fruit that is more nutritious," he says.*



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To measure sugar content in your plant, you can use a refractometer, also called a Brix meter. Sugar content is often used as an indicator of quality—not because the sugars are in and of themselves necessarily an indicator of quality, but they’re typically associated with the plant’s mineral content. Hence, it can be used as a marker of quality. Brix meters are available on Amazon.com and other places, and can be had for under \$100.

It’s a simple way to measure the quality of the fruits, berries or vegetables you’re growing, and evaluate the effectiveness of your remedial actions. The most common Brix meters measure on a scale of 0 to 32 degrees Brix, which is what you want. They also have units available that go from 0 to 64. According to Kempf, those are less accurate as they measure too broad a range.

### Using Tea Compost for Your Garden

I recently visited the Rodale Institute, which claims to be one of the oldest organic farms in the US. It was founded 75 years ago by J.I. Rodale. One of the most potent strategies they employ to improve plant health is compost tea. While there are a variety of ways to make compost tea, you typically use a volume of water, certain sugars for nutrients, minerals, along with certain bacteria or microbes. The mix is then aerated using a pump, as the beneficial organisms require oxygen to survive. The tea is typically grown over 24 to 48 hours, and then you apply it directly to the soil on a regular basis.

An ideal compost tea is composed of tens of thousands of different species of bacteria, along with fungi and protozoa that actually digest the bacteria. This type of tea compost can address both of the main components necessary for maximum plant performance, i.e. mineral nutrition and optimized soil biology. Kempf explains:

*“To provide a more complete picture of why those two factors are the engines that drive the overall system: Inside the plant, all types of metabolic processes go on that depend on mineral nutrition in order for the plant to be able to grow and be healthy. According to a number of plant researchers, geneticists, biochemists that have done a lot of work on plant nutrition, in order for a plant to have a completely functioning enzyme system, which it needs*

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*to be really healthy; it needs at least 64 different trace elements.*

*We're talking not only about having adequate quantities and the right balance of minerals, but we're also talking about a very broad spectrum, a very broad suite, of mineral nutrition, specifically a lot of the various trace minerals, to function as enzyme cofactors. However, we need that mineral nutrition to be in a form in which it can be readily absorbed and readily utilized by the plants. And the key to getting mineral nutrition absorption into plants is microbiology in the soil system."*

This is very similar to your own biology. You have microflora in your digestive tract that is responsible for helping you digest your food. As the proteins and carbohydrates in the food are broken down through enzymatic digestion into individual amino acids, essential fatty acids, and simple sugars, your body can then assimilate these simpler compounds and use them for energy.

As explained by Kempf, the exact same process holds true in soil, where the soil microflora digests root exudates, sugars, and amino acids that the plant's root system sends out into the soil. These sugars and amino acids, for the most part, contain a very limited mineral profile.

The minerals are actually created through the

microflora in the soil, as follows. The soil bacteria, fungi, Actinomycetes, and a variety of other soil microbes feed on these soluble sugars and amino acids. They also extract minerals from the soil mineral matrix and use them to build their own bodies. As that microbial population cycles and regenerates, the minerals that are contained in their bodies are then released and become available for absorption by the plant. Again, this is very similar to the way that fermented vegetables or probiotics improve your own digestive and overall health.

### **How Charcoal May Improve Soil Health**

Compost tea can produce great results in terms of plant growth, but you also need to pay attention to other environmental factors, such as watering and increasing the organic matter in your garden soil by adding compost and other soil amendments. Another area I'm really excited about is the use of BioChar, which is charcoal used as a soil amendment. Producing BioChar involves slowly burning biomass, such as wood and other plant materials. The slow burning releases methane gas, producing charcoal that has an incredibly high surface area when spread out thinly.

The charcoal stores carbon (as trees and plant materials extract carbon dioxide from the atmosphere) and starts to reverse some of the chal-

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Challenges we're seeing with increasing CO2 levels in the environment. When put back into the soil, it can keep the carbon stable, in the form of charcoal, for extended periods of time, which is an environmental benefit.

From a gardening perspective, it provides a suitable environment in which beneficial soil bacteria can grow and flourish. According to Kempf, BioChar may also help "filter" toxic chemicals in the soil:

*"I do not know this for sure, but I suspect, based on the charcoal component, that there's a very strong possibility it might also have a great beneficial aspect in sequestering toxins and environmental pollutants that are in our soils and ubiquitous in our environment today."*

*"For example, with all of the herbicides and pesticides that are being sprayed, all the aerosols that are in the air, every time we get a rainfall, there are some minimum levels of pesticides that are within that rain. I think having that BioChar component in your soil can help bind a lot of those toxins and prevent them from being absorbed by your plants."*

### **Why Using Miracle-Gro Is Not a Good Idea**

Many are under the false assumption that in-

creasing plant nutrition is best done by picking up some Miracle-Gro from your local garden store. However, it's important to realize that while conventional fertilizers can provide some level of improvement, they're far from ideal. Nor are they superior, when compared to natural high-performance plant-enhancing methods. As explained by Kempf, there are two main issues at stake:

Plants require far greater diversity of minerals than that provided in any commercial fertilizer formula. For example, NPK fertilizers contain varied amounts of just three components: nitrogen, phosphorus, and potash. As mentioned earlier, plants need at least 64 different minerals and trace-minerals for optimal growth. While many soluble NPK-type fertilizers produce rapid, noticeable plant response, they significantly suppress the soil microbial community because they're essentially electrolytes, and when applied to the soil, they increase the electrical conductivity of that soil, which results in a burnout and a suppression of the soil microbial community. So, long-term, this simply promotes soil destruction and decreases your ability to grow healthy plants.

### **Resources for Further Learning**


Soil and plant health is a complex topic that cannot be thoroughly dissected in any one article, so I advise you to take it upon yourself to

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learn more about high-performance gardening and agriculture on your own. One excellent resource is [\*Secrets of the Soil: New Solutions for Restoring Our Planet\*](#) by Peter Tompkins and Christopher Bird.

Kempf also has a web site called AdvancingE-coAg.com,[\(2\)](#) where you can learn more about

his work. For example, you can find quite a bit of information about their cultural management systems and the nutritional systems they use on high-performance farms. His company also produces plant nutritional supplements that help increase plant health. These products will probably become available sometime next year, as they're currently in the testing phase. 

Dr. Mercola is the founder of the world's most visited natural health web site, [Mercola.com](#). You can learn the hazardous side effects of OTC Remedies by getting a FREE copy of his latest special report [The Dangers of Over the Counter Remedies](#) by going to his [Report Page](#).



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# Dr. Potter's Corner: High Fructose Corn Syrup

## By Dr. Kevin Potter

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HEALTH and wellness are apparently illusive characteristics of the human condition today. I submit this month another look at our food supply with the hope of shedding some light on what we consume and the volume in which we consume it.

Is fructose (corn syrup) just alcohol without the buzz??

I would like to focus the spotlight on high fructose corn syrup (HFCS). HFCS is a “natural” sweetener which and the primary ingredient of any sweetened processed food available today.

It has become the darling of the processed food industry for its intensity of sweetness, behavior in solution and the beautiful effect it has on baked goods. It is the refined by product of the processing of corn. A process where the light sweetened kiss of the natural sugar of corn is processed into a super concentrated sweetener. Fructose is a naturally occurring sugar and is the primary sugar in fruit. Fructose, however, is different from table sugar. Table sugar is scientifically referred to as sucrose, a DI-saccharide. This means it is a complex sugar composed of two simple sugars: glucose and fructose. Remember this...we'll get back to it.

The only fuel the human body can burn is glucose. All the fuels we consume throughout the day like carbohydrates, protein and fat must be converted into glucose in order to be used as fuel by the body. Insulin is required by all of your body tissues in order utilize glucose for fuel. This is the body's check and balance system for resource management. Your brain is the only organ in your body that does NOT require insulin to utilize glucose. This ensures that no matter what your brain can maintain consciousness throughout the day. In times of starvation insulin levels stay low and the small amount of glucose available will be committed to ba-

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sic bodily functions and the brain will maintain consciousness. Overall, simple and genius design.

It is claimed by the corn industry that corn sugar, high fructose corn syrup, is just sugar and therefore not bad for you. I submit today that high fructose corn syrup is NOT just like table sugar and I will show you why.

Table sugar, upon consumption, is cleaved by enzymes in the GI tract into the parent molecules, the monosaccharides, glucose and fructose. The glucose is absorbed at the surface of the intestinal cell without the addition of energy. It in essence is passively absorbed. It ascends via the blood stream to your body organs for immediate use. Glucose initiates an insulin response and utilization is distributed across body tissues in a consistent manner. So simple...the fuel we are meant to have, absorbed so easily. Fructose, however, takes a much more twisted path.

Absorption of fructose requires an active transport mechanism. This means energy must be spent in order to take up fructose. This is be-

cause fructose is not a primary fuel of the human body. It has a tendency to remain in your GI tract and NOT be absorbed. This is why fruit juice in children can cause diarrhea. Fructose is primary fuel for the liver. Fructose does create an insulin response like its cousin glucose. Fructose is NOT readily converted into glucose for use. Remember circulating insulin levels are only low when we are fasting or hungry, rarely the situation when consuming sources of HFCS. In the fasting state, dietary fructose will be converted into glycogen. Glycogen is a storage molecule made by the liver to supply the body with glucose when we are fasting. When we are in a state of calorie excess no glycogen production is needed and fructose metabolism is shunted to the production of blood fat. Upon the production of blood fat, the fat is transported to body tissues for storage. As it turns out the fructose consumed is rarely available to be used as fuel and goes immediately to the production of fat. A by-product of fat production is free radicals. In small amounts, like found naturally in fruit, anti-inflammatory molecules found in the liver consume the free radicals. In large amounts, like encountered when drinking a soda, these free radicals lead to liver inflammation and liver damage. The chronic inflammation associated with liver fat metabolism ultimately leads to liver dysfunction and liver failure or cirrhosis.

Alcohol when absorbed by the GI tract enters

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the same metabolic pathway as fructose with one exception. Alcohol immediately enters the blood fat pathway in the liver and results in the exact same liver inflammation, injury and failure sequence...just faster. In essence high fructose corn syrup should be regarded as energy source equivalent to that of alcohol with the same consequences and without the buzz. Its no mistake that most alcohols are made from naturally occurring sugars found in fruit, corn or wheat... fructose. Alcohol has specific neurotoxic side effects that help to limit consumption and toxicity. HFCS has no neurotoxic side effects. Therefore, consumption levels can be maintained without noticeable side effects. There are several other effects that alcohol shares with fructose including insulin resistance and metabolic syndrome.



Fortunately, fructose when absorbed in balance with glucose, as in cane sugar has a more favorable response profile in the liver limiting the amount of free radicals generated. Fructose when consumed in fruit comes with anti-inflam-



matory, free radical scavengers, like Vitamin C to counteract the deleterious effects of the fructose. Nature in harmony!

Hopefully, with this somewhat complicated understanding of normal human metabolism, you can make a better choice the next time you stop at a convenience store. Consider for one second, before you fill that 44oz drink with soda, if it were Jack Daniels coming out of that fountain, would you still drink it. I don't ever advocate for drinking your calories, but if you have to have a soda, try to find one made with 100% cane sugar. I like the sodas imported from Mexico or the Hansen's brand. Join me next month as we continue to explore the world of processed food. 🌸

*Dr. Kevin Potter, D.O., GI Surgeon, St. Joseph's Hospital and Medical Center, Phoenix, AZ*

Link to [Sugar: The Bitter Truth](#), a video by Robert H. Lustig, MD, UCSF Professor of Pediatrics in the Division of Endocrinology, explores the damage caused by sugary foods. He argues that fructose (too much) and fiber (not enough) appear to be cornerstones of the obesity epidemic through their effects on insulin. Series: UCSF Mini Medical School for the Public.

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# Top Ten Videos on the Future of Family & Self-Reliance

## By Ty Loomis and Matt McKinney

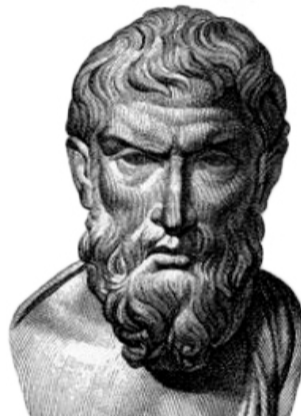
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THE futures household will be one of empowered individuals who are self-reliant, with a sense of common purpose, collaboration and creating abundance for others through virtuous acts. Learn more in the Empower Category at [www.IntelRev.tv](http://www.IntelRev.tv)



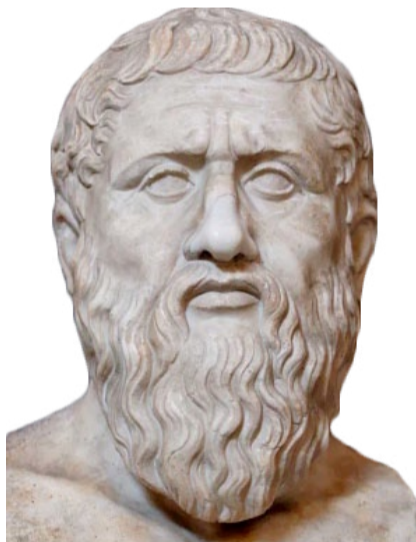
*“Emancipate yourselves from mental slavery. None but ourselves can free our minds.” — Bob Marley*



*“It is folly for a man to pray to the gods for that which he has the power to obtain by himself.” — Epicurus*



*“The beauty of helping bees this way for me, is that everyone one of us needs to behave a little bit more like a bee society, an insect society, where each of our individual actions can contribute to a grand solution, an emergent property, that’s much greater than the mere sum of our individual actions.” - Marla Spivak*



*The man who makes everything that leads to happiness depend upon himself, and not upon other men, has adopted the very best plan for living happily. This is the man of moderation, the man of manly character and of wisdom. - Plato*



*“What a man thinks of himself, that it is which determines, or rather indicates, his fate.” - Henry David Thoreau*



*The lesson taught at this point by human experience is simply this, that the man who will get up will be helped up; and the man who will not get*

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*up will be allowed to stay down. This rule may appear somewhat harsh, but in its general application and operation it is wise, just and beneficent. I know of no other rule which can be substituted for it without bringing social chaos. Personal independence is a virtue and it is the soul out of which comes the sturdiest manhood. But there can be no independence without a large share of self-dependence, and this virtue cannot be bestowed. It must be developed from within.* - Fredrick Douglass



*“Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.”* - Ralph Waldo Emerson

*“Faced with crisis, the man of character falls back on himself.”* Anonymous



*“In the long run we shape our lives and we shape ourselves. The process never ends until we die. And the choices we make are ultimately our own responsibility.”* Eleanor Roosevelt



*“A wise man will make more opportunities than he finds.”*- Francis Bacon

**Top Ten Videos on the Future of Family & Self-Reliance**

**Category:** Family Title: TED Talks: Bruce Feiler: Agile Programming — For Your Family <http://www.intelrev.tv/100281>

**Category:** Family & Love Title: TED Talks: Steven Addis: A Father-Daughter Bond, One Photo At A Time <http://www.intelrev.tv/89865>

**Category:** Education / Homeschooling Title: TED Talks: Salman Khan: Let's Use Video To Reinvent Education <http://www.intelrev.tv/88629>

**Category:** Architecture & Technology Title: Earthship Global Model: Radically Sustainable Buildings. <http://www.intelrev.tv/90564>

**Category:** Organic Farming & Gardening Title: The Ecology Center: A Guided Tour <http://www.intelrev.tv/123617>

**Category:** Holistic Healing & Prevention David Wolfe “You Are What You Eat” <http://www.intelrev.tv/99367>

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**Category:** Organic Farming & Gardening Title: 6,000 Lbs Of Food On 1/10th Acre – Urban Farm – Urban Homestead – Growing Your Own Food <http://www.intelrev.tv/115296>

**Category:** Clean & Sustainable Energy Title: TED Talks - Justin Hall -Tipping Point: Freeing Energy From The Grid <http://www.intelrev.tv/88725>

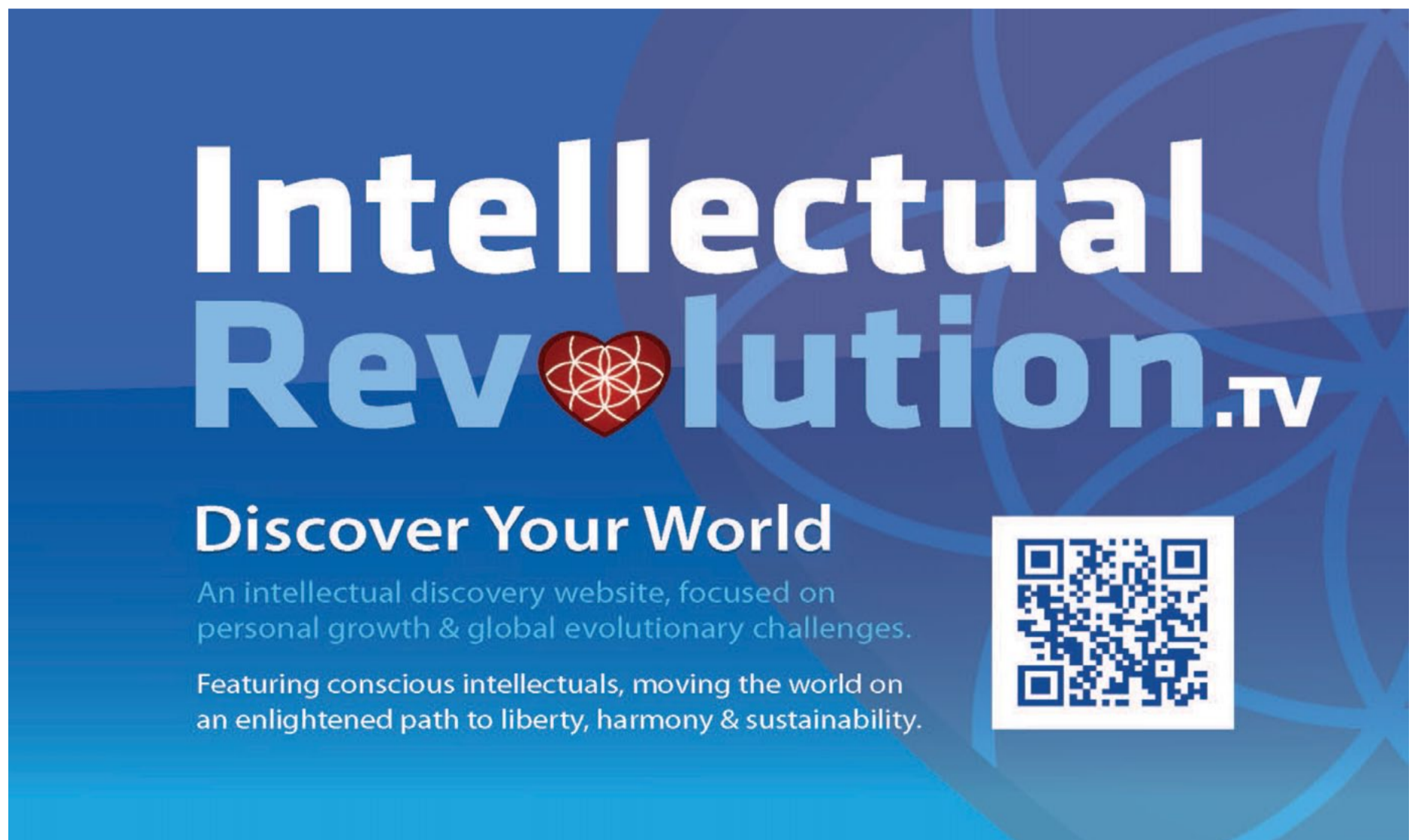
**Category:** Open Source Title: TED Talks: Global Community Construction Set <http://www.intelrev.tv/89491>

**Category:** Open Source Title: Will 3D Printing Change The World? <http://www.intelrev.tv/101249>

### **Bonus**

**Category:** Conscious Music / Family Title: Ziggy Marley | Family Time <http://www.intelrev.tv/77808>

*Ty Loomis & Matt McKinney - Former Pro Volleyball Athletes & Founders of [IntellectualRevolution.tv](http://www.IntellectualRevolution.tv)* 




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## Tonopah Rob's Vegetable Farm

### By Donna Hancock

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garden as a hobby, a pastime that eventually led me to the challenge of farming the desert. I have lived in Tonopah, Arizona, the home of my all-natural fruit and vegetable farm for the past fourteen years.

My property is a small five-acre farm. Originally, the intent was to farm using purely organic methods. Unfortunately, though, as large corporations and the federal government became involved with organic certification, small farmers such as me were being priced out of getting the “certified organic” label. A small farm must now pay between \$400 and \$1,400 per crop for certification, annual fees, plus the cost of the inspection which includes travel expenses for the inspector.

Growing everything myself, the produce sold at my farm stand is chemical-free and better than organic. I use NO pesticides of any kind, NO insecticides, ZERO antibiotics, NO chemical fertilizers, and absolutely NO genetically modified organisms. Certain sprays and soaps are al-

HELLO and welcome to Tonopah Rob's Vegetable Farm website ([TonopahRob.Com](http://TonopahRob.Com)).

Thirty-eight years ago, I picked up

lowed in organic farming, but at Tonopah Rob's Vegetable Farm I practice an all-natural method using beneficial bug warfare, green compost, natural fertilizers, and companion planting as my strategy and line of defense.

I employ thousands, possibly millions of beneficial insects on my farm. Over two-million lady bugs have been released here, as well as thousands of praying mantis, over twenty-thousand green lace wings, and countless wasps. Bees, spiders of all kinds, and even scorpions make up part of the troops. Other reinforcements such as lizards and whiptails, frogs, toads, snakes and iguanas patrol day and night, gobbling up bad bug intruders. Hawks and roadrunners help keep sparrows, quail and larger insects away from my lush mustard and turnip greens

Some pests slip through my best efforts, this is part of the price of trying to do business while avoiding harmful substances that I believe should not come in to contact with your or my food. I try to rid my farm of gophers, squirrels, and rabbits with humane traps and natural methods while avoiding more convenient poisons. Squash bugs are a fact of life here and have a devastating effect on my winter squash; I hope that crop rotation and smart companion planting will keep infestations of future crops at bay.

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While some destructive pests are a fact of life on an all-natural farm and beneficial insects are preferred, all I can do is plant the trees, shrubs, bushes, and flowers to attract the good guys in abundance and wreck havoc for the bad guys.

Amazing to most guests of my free farm tour is that my farm is home to such a wide variety of life, both plant and animal. Of course this starts with the very soil that is supporting it all.

Over the years I have turned tens of thousands of pounds of green composting fertilizer back in to the earth. I plant using the crop rotation method to ensure that soil builders such as beans and peas will enrich a plot for brassicas such as cabbage, broccoli, and cauliflower. Tomatoes thrive when planted where a crop of carrots once grew. Onions, beets, garlic, and potatoes do well when grown after the brassicas.

My water is pumped from an underground source that has been tested by an independent facility in California who informed me that my water is free of contaminants but does have a slightly elevated salt level (which is normal for these parts).



By now you might be asking, what precisely do I grow at Tonopah Rob's Vegetable Farm? I'll start by letting you know that my growing season begins in late September and ends in mid to late July. The height of summer is actually my winter, since it is too hot here in the desert to sustain vegetable farming. During the rest of the year you will find more than 60 species of fruits and vegetables with more than 200 varieties under cultivation. Naturally, the harvest of those plantings varies on a weekly basis but

on any given Saturday visitors will find a large bounty of fresh produce. During the winter months I am well stocked with spinach, turnips, lots of lettuce, radishes, citrus, broccoli, carrots, and cabbage. Over late spring into early summer

you will find tomatoes, peppers, strawberries, eggplant, cucumbers, potatoes, beans, squash and a lot more. An example of the abundance you can find here at Tonopah Rob's Vegetable Farm stand, for the weekend of June 14th, 2008 I had more than 400 pounds of tomatoes for sale. I also had 81 pounds of beans, 249 pounds of squash, 190 pounds of onions, 39 pounds of eggplant, 51 pounds of cucumbers, 3 pounds of

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basil in addition to carrots, beets, bell peppers, peaches, strawberries, garlic, chard, and potatoes. All told, I brought more than 1,300 pounds (589kg) of produce to market that weekend alone.



Most visitors to the farm, even after touring the premises, cannot believe that I have peach,

apple, fig, orange, lemon, date palm, pomegranate, blood orange, tangerine, nectarine, and almond trees dotted across the farm. Vegetables include: artichokes, arugula, asparagus, Asian greens, basil, beans, beets, broccoli, brussel sprouts, cabbage, cauliflower, carrots, chard, cilantro, collard greens, cucumbers, dill, eggplant, fennel, garlic, kale, kohlrabi, lettuce, melons, mustard, okra, onions, parsley, peas, peppers, potatoes, radish, rosemary, rutabagas, spinach, squash, sweet potatoes, tomatoes, turnips, and watermelon.

But I'm not content to grow just any old plain Jane varieties of produce. You will find red iceberg lettuce, purple, red, and white carrots, lilac and orange bell peppers, white eggplant, orange and purple cauliflower, golden and candy-striped beets, and dozens of varieties of summer and winter squash. Nowhere else in Arizona will you find dragon tongue, cranberry, burgundy queen, and green Italian flat pod beans all at the same market.

Some of my vegetable seeds come from around the world such as the sweet melon-like flavored turnips from England, golden yellow radishes from France, the Chinese mantanghong radish, beets from Italy, white carrots from Germany, Italian garlic, and tomato seeds from Mexico and Europe. Other seeds I use are grown right here on my farm where I harvest beet, radish, onion, and carrot seed. The seed I don't harvest often is redistributed across the farm and plants its self, which nearly always catches the eye of visitors who wonder out loud why lettuce is growing in the middle of the pepper plot, or why carrots are intermingled with cabbage and are springing up in the peach orchard. The wind, insects, and probably those of us working the farm help spread these seeds so plants take hold where the seeds fall.

This brings me to other stuff that grows here – weeds. As you visit other farms keep in mind that weeds are a natural phenomenon and will grow where water flows. If you do not find weeds on a farm, you can bet poisons are being used to control them. Same goes for insects. My produce is loved by people, insects,



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and small furry animals alike. I try to present the best from my farm's harvest, but from time to time a tiny bug hole will get past our eyes. Rest assured that if a bug can live on your produce then you should know for certain that it did not find a pesticide that you surely do not want to eat yourself.



Everything I sell is produced, picked, hand washed, and nurtured right here on my farm. Knowing that your food is lo-

cally produced is environmentally and socially the most responsible of consumption habits one can now make. I invite my customers to take the free farm tour. Seeing is believing!

I also offer a CSA program. CSA is shorthand for community supported agriculture. This service is a boon for me and my customers. Based upon a subscription model, consumers buy a share in my farm. For that share, they come to the farm or any market location and shop from the tables picking exactly what they want. If you don't like turnips, leave them for someone else. Eggs, fresh cut flowers, honey and vegetables and fruit are available on this program. This is not a weekly box program. This a come when you can and take what you want program. For me, based upon the subscription interest I can better plan what I need to produce to fill orders and stock the farm stand, how much seed

stock I need to order, and how much income I can count on to help operate the farm – small scale high quality all-natural farming is not a get rich quick venture.

For the last several years I sold my produce at markets such as the Phoenix Public Market, Whole Foods Stores and have anchored farmers markets throughout Arizona including the Goodyear Estrella Market, Cave Creek, and the Prescott Farmers Market. I now operate from my farm stand on Saturdays and at several other locations on the weekends. Click onto directions to the markets for a location nearest you. My summer hours are 7:00 am to 11:00. The farm is located on 35838 W. Buckeye Road, west of 355th Avenue, in Tonopah, Arizona. Follow the signs and look for the cars on the side of the road. Please click “Directions To The Farm” on the menu above for exact directions as the Google mapping system does not supply correct directions to my farm. 🌻

Send an e mail to [tonopahrob@gmail.com](mailto:tonopahrob@gmail.com) if you want to be added to his weekly e-mail letter listing all the fruits and vegetables for the weekend markets. Also, you can call me at 623-386-3033 for directions and questions.



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## FarmMatch.Com

### By Stephanie Weeks

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# FarmMatch

THERE is nothing more important than our health. When we are healthy we are happy and the world is full of possibilities. When our health is waning, there is nothing we want more than to be healthy again. With the news of fake and contaminated meat hitting the market and the danger of eating pesticide and herbicide laden produce, it is important to choose wisely that which we consume.

Popeye was on to something, downing spinach by the can full. Today we would have to eat 50 cans of spinach to get the same nutritional content that was once found in one can of the green stuff. Most produce is picked weeks before it is ripe. A tomato picked two weeks before it is ripe is missing 400 micronutrients. That is a substantial difference.

We are not able to eat all the food we would have to consume daily to get the recommended amounts of vitamins and minerals. A vital element to health is ensuring our bodies get the vitamins, minerals, antioxidants and Glyconutrients it needs daily. Since these items are lacking

in the foods found on our grocery store shelves, we must [supplement](#) them back into our diets. The best food form supplements can be found here. Eat organic food, picked at the height of the season and [supplement](#) with real food supplementation.

*Scientific American* reported the U.S. Department of Agriculture nutritional data from both 1950 and 1999 for 43 different vegetables and fruits, finding “reliable declines” in the amount of protein, calcium, phosphorus, iron, riboflavin (vitamin B2) and vitamin C over the past half century.

A key to maintaining health is found in providing our body with the proper nutrition it needs to function. Our modern day diets consist of highly refined, denatured, processed, genetically modified, irradiated, factory food packed full of calories and lacking in the building blocks of life. America is the most over-fed and under-nourished country in the world. We do not need free medical care, aka 'free sickness' in this

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country, we need to get back to our roots. Go local and buy local to get the most nutrient dense food possible to sustain health.

Stop and think for a moment, how many farmers do you know in your community? If food production stopped today, how long would you be able to provide for your family? If you are like most Americans today, the answer is you don't know a farmer and you would starve to death on a matter of a few weeks. That is a scary reality.

Now there is a solution. By knowing farmers and co-ops in your area, you can have access to the most nutrient dense food straight from the vine to your table. [FarmMatch.com](http://FarmMatch.com) is linking farmers, farmers' markets, and co-ops to consumers nationwide and will be expanding worldwide soon. We can go online today and search for a farm near our home and get farm fresh food directly from the source. It's as easy as going to [FarmMatch.com](http://FarmMatch.com) searching your zip code and

*voila* you will find anything from meat, to eggs, to dairy or produce produced in your own backyard. If you know a farmer, farmers market or co-op that can be added to the map, please let them know that they can put their farm on the map in a matter of minutes by clicking the big blue button at the top of [FarmMatch.com](http://FarmMatch.com). As a consumer, you can also put yourself on the map and fill out your food profile declaring the food that is important to you and your voice will be heard in your community and around the globe.

Now go to [FarmMatch.com](http://FarmMatch.com) and look up your zip code and add yourself to the map. Then share with article with your friends and let's take back our food supply one community at a time, starting with the community you live in. 🌻

Resource:

<http://www.scientificamerican.com/article.cfm?id=soil-depletion-and-nutrition-loss>

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

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## Beware of the Dragon Slayer

By Marc J. Victor

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I don't represent many clients in misdemeanor cases anymore. Most of my time is spent defending major felony cases. However, once in a while I accept a misdemeanor case that is so obviously an in-

justice that any prosecutor would immediately dismiss the case; or so I thought.

I should have known better. Having previously defended a woman whose dog barked at a cow; a man who, without a permit, built a shed in his backyard; a woman whose dog stepped on the grass of a no-dog park; a girl who entered a state park without paying the three dollar entrance fee – despite the broken fee collection machine; and a man who hung a sign over his business in violation of the city zoning ordinance, I should have expected a struggle. Sadly, I had been told so many times, “The law is the law.”

My client was a wife and middle-aged mother of two young children who she drove to school Monday through Friday. She also worked a full time job located a substantial distance from her home. She had no prior contacts with the law; until now.

She called me about a month ago and told me of her past evil doings. When she was a teenager living in another state, she accidentally caused an automobile accident. As a result, that state required her to purchase the expensive SR-22 insurance. She did. Many years later, she moved to Arizona where she was informed she was not required to purchase the SR-22 insurance. She didn't.

The first state then suspended her privilege to drive and promptly notified Arizona. Because she was suspended in the other state, Arizona suspended her license as well. After being notified of the suspensions, my client immediately paid a small fee to the other state and was reinstated. At my client's request, the other state sent a clearance letter to Arizona. Arizona informed her that they received the clearance letter and everything was fine. Arizona didn't inform her that she needed to pay a reinstatement fee. As a result, my client drove for years without knowing



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her Arizona license remained suspended.

One day, my client was the unfortunate victim of a small automobile accident. After the police officer arrived to “help,” it was discovered that my client’s license was suspended. Despite immediately paying the previously unknown but all important reinstatement fee, my client was nonetheless charged with the crime of driving on a suspended license.

She reasonably thought she could easily resolve the matter in court. However, after being told by the judge that jail was an option and a six-month license suspension was mandatory, I’m sure I was the first phone call. I wasn’t optimistic. It was an easy slam-dunk for the prosecutor. I accepted her case and agreed to try and make a deal to resolve it quickly. I thought maybe the prospect of my client losing her job and her kids not being able to go to school would resuscitate some long lost spark of compassion buried deep

in the spot where the prosecutor’s heart used to reside. Yeah right!

My client’s case was assigned to Ms. Hitler for prosecution. My sentimental requests for leniency were immediately smashed with an iron fist. Ms. Hitler responded with the novel argument, “The law is the law.” Ms. Hitler was angered when I was not persuaded by her favorite argument and indeed wanted to joust with her supervisor instead. Not surprisingly, Ms. Hitler’s supervisor Mr. Stalin was equally unimpressed with my arguments. We were forced into a trial. What fun!

As the trial began, I couldn’t wait to discover what defense I would argue to the judge. Incidentally, this is not my favorite way to try a case. Ms. Hitler called the “helpful” police officer to the stand who testified that she arrived at the accident scene, obtained my client’s driver’s license and discovered it was suspended. No cross-examination.

Ms. Hitler then moved to admit a certified copy of my client’s driving record indicating it was suspended. I objected based on every reason I could argue with a straight face. The driving record was admitted and Ms. Hitler rested the state’s case.

I don’t think Ms. Hitler enjoyed it when I then requested that the court enter a judgment of acquittal for my client because the helpful officer

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friendly didn't actually see my client driving. Just for fun, I added that I wasn't calling any witnesses so there could be no rebuttal testimony for the state. Because the judge wasn't laughing and Ms. Hitler was getting even madder, I added that the helpful officer was guessing about who was driving the cars. We won.

After the judge left the bench and my elated client departed, Ms. Hitler felt obligated to en-



lighten me to the fact that, "Sometimes the dragon wins." Upon further inquiry, I learned Ms. Hitler wasn't initially certain whether my client or I was the dragon she was referring to. Apparently, she was absent during "think before you speak" class at prosecutor's school. Eventually, she decided my client was the dragon.

The twenty-five minutes of Ms. Hitler bashing that followed was worth the price of admission for me. The slaying of the dragon slayer was a quiet victory that day. One nice family was rescued from a jungle of craziness inhabited by a helpful police officer and a prosecutor who treats everyone equally. 🌸

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