

Rock Creek Free Press

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Vol. 3, No. 9 September 2009

A FIERCELY INDEPENDENT NEWSPAPER

Washington, D.C.

Government Permission Will Be Required to Travel

By MICHAEL OSTROLENK / CAMPAIGN FOR LIBERTY

Starting this year, Americans will have to get government approval to travel by air. As *Privacy Journal* revealed last fall in "Permission Now Needed to Travel Within US" getting a reservation and checking-in for air travel will soon require Transportation Security Administration authorization. That permission is by no means assured, for example, if your name matches a "no-fly" list, even mistakenly, you can be denied the right to a reserve a seat on a flight. If your name is on "selectee" list, you and your possessions will be searched more thoroughly before you can board. What is going on here?

Protecting air safety is essential, but professional screening at airports already provides for it. Giving the TSA as an official

See PERMISSION p. 7

What To Do If You Are Force Vaccinated

By CLARE SWINNEY

This report provides practical information on how to protect yourself if you are unlucky enough to be forced to take an A/H1N1 vaccine.

Dr. Russell L. Blaylock, a highly-respected neurosurgeon, who has authored three books on nutrition and wellness, including *Health And Nutrition Secrets That Can Save Your Life*, recently spoke with Dr. Bill Deagle, MD of *The Nutraceutical Report* about some proven natural, readily accessible solutions that may help deal with the toxic effects of A/H1N1 vaccines. The excellent hour-long interview can be downloaded from YouTube.

Dr. Blaylock's suggestions for minimizing the toxic effects of the A/H1N1 vaccine are as follows:

See VACCINE p. 7

Mammograms: More Harm Than Good?

By ELAINE SULLIVAN / RCFP

According to a new study published in the *British Medical Journal* (BMJ), regular use of mammograms does more harm than good. In a linked systematic review by The Nordic Cochrane Centre in Copenhagen, the authors provide evidence that mammograms have led to over-diagnosis of breast cancer. In their article, "Overdiagnosis in Publicly Organised Mammography Screening Programmes: Systematic Review of Incidence Trends." *BMJ* 2009;339:b2587, Karsten Juhl Jorgensen and Peter C Gotzsche concluded that, "The increase in incidence of breast cancer was closely related to the introduction of screening, and little of this increase was compensated for by a drop in incidence of breast cancer in previously screened women. One in three breast cancers detected in a population offered organised screening is overdiagnosed."

"Overdiagnosis refers to the detection of abnormalities that will never cause symptoms

See MAMMOGRAMS p. 2

Turkish Intelligence Blackmailing Sitting Member of House of Representatives

By WAYNE MADSEN/ WAYNE MADSEN REPORT

Former FBI translator Sibel Edmonds testified August 15th that while she was working for the FBI she was aware of bribes being made by the Turkish government to elected and former members of Congress, as well as senior officials of the executive branch, including the Department of State. Edmonds was subpoenaed by the Ohio Election Commission in a case brought against Ohio Democratic House of Representatives candidate David Krikorian by incumbent Ohio Republican Representative Jean Schmidt. Schmidt alleges in her complaint to the Commission that Krikorian made "false statements" in his 2008 independent race against her.

Edmonds named Rep. Schmidt as one of the recipients of Turkish government bribes along with former House Speakers Dennis Hastert (R-IL), Dick Gephardt (D-MO), and brief House Speaker Robert Livingston (R-LA), as well as Representative Dan Burton (R-IN) and former Representative Stephen Solarz (D-NY). Also named are Brent Scowcroft, former National Security Adviser under George H. W. Bush and Gerald Ford, and former George W. Bush State Department Political Undersecretary, Marc Grossman.

Edmonds was fired from her FBI job after she complained to her superiors about Turkish intelligence infiltration of



Former FBI translator, now whistleblower, Sibel Edmonds.

the translation branch of the bureau; she was exonerated in a report by the FBI's Inspector General.

Edmonds' testimony also dealt with Turkish and Israeli joint operations to engage in smuggling nuclear technology from the US. In particular, the Turkish espionage and influence-peddling ring was heavily involved in the Bush White House "outing" the covert identities of CIA officer

Valerie Plame Wilson and her Brewster Jennings & Associates, non-official, CIA-cover firm.

Perhaps the most explosive part of the deposition involved the Turkish government being engaged in a sexual blackmail operation against a sitting member of the House of Representative. In what the FBI termed a "hooking process,"

See BLACKMAIL p. 7

Georgetown University Study Concludes: Home Pesticides Linked to Childhood Cancers

By S. L. BAKER / NATURALNEWS

Acute lymphoblastic leukemia (ALL), a malignant disease of the bone marrow, is the most common cancer diagnosed in children. In fact, nearly one third of all pediatric cancers are cases of ALL. Although this form of cancer can be cured in many cases, in the worst case scenarios the cancer crowds out normal cells in the bone marrow, metastasizes to other organs and takes the lives of about 15 percent of the youngsters it attacks. What triggers so many kids, usually between the ages of three and seven, to develop this cancer in the first place? A new study just published in the August issue of the journal *Therapeutic Drug Monitoring* raises the suspicion that commonly used household pesticides are the cause.

Previous studies in



Don't spray where children play.

agricultural areas of the US have shown strong associations between pesticides and childhood cancers, but this is the first research conducted in a large, urban area to look at the connection. The study, conducted between January of 2005 and January of 2008, involved 41 pairs of children

with ALL and their mothers and a control group of 41 matched pairs of healthy children and their mothers. The volunteer research subjects were all from Lombardi and Children's National Medical Center and lived in the Washington, DC metropolitan area.

Urine samples collected

from the children and their mothers were analyzed by the Centers for Disease Control and Prevention to look for metabolites that provide evidence of household pesticide exposure. Specifically, the scientists were looking for metabolites associated with the pesticides known by their chemical name as organophosphates (OP). The researchers found evidence of the pesticides in the urine of more than half of all the participants, but levels of two common OP metabolites, diethylthiophosphate (DETP) and diethylidithiophosphate (DEDTP), were significantly higher in the children who suffered from cancer. What's more, the mothers who participated in the study filled out questionnaires that revealed more moms whose kids had cancer used pesticides

See PESTICIDES p. 2

The Public Option in Banking: How We Can Beat Wall Street at Its Own Game

By ELLEN BROWN

President Obama has repeated his call for a public option in health care, in order to create some competition for the insurance companies and keep them honest. We the people need to call for a public option in banking in order to create some competition for the private banks and keep them honest.

In Wall Street's latest affront to the public trust, the nine mega-banks graced with \$125 billion in taxpayer bailout money under the Troubled Asset Relief Program (TARP) were reported last week to be paying out billions of dollars in bonuses to their executives. At least 4,793 bankers and traders received more than \$1 million each in bonus payments, although it was one of Wall Street's worst years on record. After months of investigating banker compensation, New York Attorney General Andrew Cuomo said on July 30:

"The repeated explanation from bank executives that bonuses are tied to performance in a manner designed to promote (national economic) growth does not appear to be accurate."

To say that it was an understatement would be an understatement. The bonuses paid to executives not only were not

tied to national economic growth, but were not even tied to some reasonable percentage of company profits. In fact they were generally greater than the net income of the banks. Morgan Stanley, for example, had \$1.7 billion in earnings and paid \$4.475 billion in bonuses. Goldman Sachs had \$2.3 billion in earnings and paid \$4.8 billion in bonuses. JP Morgan Chase had \$5.6 billion in earnings and paid \$8.69 billion in bonuses. JP Morgan's largesse involved showering 1,626 of its favorite execs and traders with bonuses of \$1 million or more. For most people, a "bonus" is a few hundred dollars at Christmastime. A million dollars is what you work a lifetime to try to save, and few people can dream of reaching that goal. Even Citigroup and Merrill Lynch, which have been called zombie banks, paid \$5.33 billion and \$3.6 billion in bonuses, respectively—although they lost more than \$27 billion each in earnings. The bar for merit is apparently so low that you're entitled to a bonus if your zombie bank simply keeps breathing!

These blatantly inflated bonuses are just the last in a litany of abuses by those same profligate banks that nearly destroyed our economic system. If the derivatives on their books were "marked to market"

(valued at what they would fetch on the market), the banks would be bankrupt, and their employees would be out of a job. Instead, they have been allowed to inflate the value of their "toxic" assets—and sell them to the US government at the inflated value. Then they have taken the money they got from the government at these inflated prices and paid back the TARP money they received—allowing them to post inflated earnings and reward themselves with inflated bonuses! Many people feel that these bankers are thieves stealing from the public till who should be looking at jail time. But who is there to stop their parade of outrages? No one in Congress, the White House, or the news media is calling them on the carpet for it. As Senator Dick Durbin (D-IL) said recently, Wall Street owns Congress; and that is also true of the major media.

We may not be able to stop them, but we can join them. We the people need to play the bankers' game ourselves. Even corporate giants such as General Motors and WalMart have now gotten into the banking game and are easing their credit problems by forming their own banks. The US public sector is late to the party. States, counties and/or public universities

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Obama DOJ Gives Pass to CIA Torturers; Goes After Detainee's Defense Lawyers

By MATT SULLIVAN / RCFP

The *Washington Post* reports that the Justice [sic] Department is threatening attorneys who are representing Guantanamo detainees with possible criminal charges for seeking to identify those who committed torture on the detainees. DOJ charges that by showing photos of CIA torturers to the detainees the attorneys have violated the law against revealing the identity of CIA agents.

If the detainees are ever tried, defense lawyers intend to call CIA and contract interrogators to testify. Having detainees identify which agents were present at interrogations would be a necessary first step in that process. The photos used were gathered by researchers for the John Adams Project, a joint effort of the ACLU and the National Association of Criminal Defense Lawyers.

Joshua Dratel, a lawyer with the John Adams Project and a former board member

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Psych Ward Nightmare New Zealand Woman Locked Up for Her Belief That 9/11 Was Inside Job



By CLARE SWINNEY

I was wrongly diagnosed as delusional by the psychiatric staff of Ward 7 at Northland Base Hospital in Whangarei, New Zealand and held, against my will, for 11 days in mid-2006, because I maintained the attacks of 9/11 were orchestrated by criminal elements inside the US Administration.

A definition of delusional: "relating to, based on, or affected by delusions." A delusion: "a false belief strongly held in spite of invalidating evidence, especially as a symptom of mental illness."

In light of the definition, one of the most astounding aspects to the ordeal was that when I met with the chief psychiatrist, Dr. Carlos Zubarán for two formal mental health assessments, I held Issue 3 of *Uncensored* magazine and asked him to look at information related to the 9/11 attacks. This magazine contained an article I'd written entitled: "Why Does TVNZ Lie To Us About 9/11?" which cited evidence that proved the official fable was a lie. Yet, reminiscent of the fabled vampires afraid of the light of day, he refused to even cast his eyes over it during both of the so-called "assessments."

Another astounding aspect of what occurred was that Section 4 of the New Zealand Mental Health Act makes it clear no one can be judged to be mentally ill solely on the basis of their political beliefs. The District Inspector of Mental Health in Northland, barrister Julie Young, Bridget Westenaar, the lawyer she appointed to assist me and the staff of Ward 7, including the chief psychiatrist, did not appear to

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Mammograms: More Harm Than Good?

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or death during a patient's lifetime. Overdiagnosis of cancer occurs when the cancer grows so slowly that the patient dies of other causes before it produces symptoms or when the cancer remains dormant (or regresses). Because doctors don't know which patients are overdiagnosed, we tend to treat them all. Overdiagnosis therefore results in unnecessary treatment." (H. Gilbert Welch, Professor of Medicine, "Overdiagnosis and mammography screening," *BMJ* 2009;339:b1425)

Over diagnosis is a problem in screening for other cancers as well; prostate, neuroblastoma, melanoma, thyroid cancer, and lung cancer; and some degree of over diagnosis is likely to be the rule rather than the exception in cancer screening.

A mammogram uses X-ray radiation to take an image of the breast tissue so that technicians can look for abnormalities. The assumption being that the earlier you find a cancer and treat it the better, but this assumption may not be the whole truth. Evidence from a randomized controlled trial of 42,283 women aged 45-69 years by Danish researchers concluded that "... at the end of the 10 year trial, 150 more women were diagnosed with breast cancer in the mammography group than were diagnosed in the control group. Such an excess is expected — for mammography to work, it must advance the time of diagnosis for some women and lead to more women being diagnosed in any discrete period after its initiation.

The researchers followed the women for another 15 years, during which time both groups received the same amount of mammography, so that cancers in the control group would have had the chance to "catch up." But after a total of 25 years, there were still 115 extra women diagnosed in the group originally randomised to mammography. Unless mammography itself causes cancer, this persistent excess is strong evidence for overdiagnosis." (Zackrisson S, Andersson I, Janzon L, Manjer J, Garne JP. "Rate of over-diagnosis of breast cancer 15 years after end of Malmö mammographic screening trial: follow-up study." *BMJ* 2006;332:689-92)

And there is evidence that mammograms may, in some women, cause the very cancer they are designed to detect. Many researchers have raised concerns that the repeated exposure to radiation during yearly mammograms may raise the risk of breast cancer or other cancers. And it is because of this very important concern that doctors do not recommend mammograms for women under 40 years of age, who are at a low risk for breast cancer.

Jorgensen and Gotzsche even point out that the "...organizers of screening programs have a serious conflict of interest in wanting high uptake, which compromises their ability to provide balanced information about benefits and harms." (*BMJ* 2006;332 (25 March), doi:10.1136/bmj.332.7543) Michael Baum, who helped set up the UK's breast cancer screening program in 1987, resigned from the program committee because, "I soon learnt first hand of the 'toxic side effects' of the process and became increasingly disturbed by the failure of true informed consent among the innocent women who accepted the summons to the screening centre...things came to a head in 1997 when I found myself in a minority of one in demanding that the information leaflets expressed benefits in absolute numbers and described harms in an open and fair

way. The concern of the committee at that time was that such information would deter women from attending and the target of > 70% acceptance, on which the programme was predicated, would be missed. This perfectly illustrates the conflict of interest that Jorgensen and Gotzsche describe. At this point I did the honourable thing and resigned from the committee. As a surgeon I have a legal and ethical commitment to describe to my patients the harms and the benefits of my interventions, but a double standard clearly exists among the screening community, who seem to be in denial. Well, at least they can't deny the problem of over-diagnosis that was finally confirmed by irrefutable evidence in the online *BMJ* publication of the Malmö trial follow-up." (*BMJ*. 2006 March 25; 332(7543): 728)

US researcher and radiologist John Keen, at the John H. Stroger Hospital of Cook County, Chicago, believes that women and doctors do not have a realistic understanding of what benefits regular mammograms can actually provide. "The people who are promoting screening are not explaining it," he said. "They are pushing the wrong statistics. I am saying that women need to be told the benefits and the harms and they need to make their own decision."

Keen blasted the condescending attitude implicit in taking the decision of whether to screen out of the hands of the patients involved.

"You can use the word paternalistic, and that's what it is," he said. "We don't trust women to make their own decisions about whether to screen. We just tell them to screen. We just say mammography saves lives."

The rate of over-diagnosis, according to the *BMJ*, runs between 10% and 30%.

According to the Jorgensen and Gotzsche research, for every 1,000 women undergoing annual mammography for 10 years; 1 woman will avoid dying from breast cancer. But, 2-10 women will be over-diagnosed and treated needlessly; 10-15 women will be told they have breast cancer earlier than they would otherwise have been told, but this will not affect their prognosis; and 100-500 women will have at least one "false alarm" — about half of these women will undergo a biopsy. (*BMJ* 2009;339:b1425)

Jorgensen and Gotzsche and others have raised concerns about conflicts of interest and the "fobbing off" of women with unbalanced, insufficient information. Mammograms also carry risks; they may result in "false positives," leading healthy women to undergo traumatic biopsies or even cancer treatment. In other cases, non-aggressive cancers may still be treated aggressively, leading to unnecessary breast removal or severe side effects from drug and radiation therapy. Patients and their insurers are paying for these treatments, sometimes unnecessarily.

In addition, some health professionals warn that the compaction experienced by the breast during screening may rupture blood vessels and cause cancers to spread to other parts of the body.

So, mammograms subject a woman to radiation, which may increase a woman's chances of cancer; over-diagnosis leading to unnecessary treatment and surgery; false positives that may result in biopsies; and painful, possibly harmful compaction of the breast tissue.

"As to diseases, make a habit of two things — to help, or at least to do no harm." - Hippocrates

Georgetown University Study Concludes: Home Pesticides Linked to Childhood Cancers

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(33 percent) than did the mothers in the control group (14 percent) whose youngsters were cancer-free.

"We know pesticides, sprays, strips, or 'bombs,' are found in at least 85 percent of households, but obviously not all the children in these homes develop cancer. What this study suggests is an association between pesticide exposure and the development of childhood ALL, but this isn't a cause-and-effect finding," the study's lead investigator,

Offie Soldin, PhD, an epidemiologist at Lombardi Cancer Center, said in a statement to the media. "Future research would help us understand the exact role of pesticides in the development of cancer. We hypothesize that pre-natal exposure coupled with genetic susceptibility or an additional environmental insult after birth could be to blame."

While the scientists aren't ready to flat out say pesticides cause cancer, when you look at the big picture and see what is already known about the havoc pesticides appear to

cause in the human body, it makes sense for parents and parents-to-be to ditch pesticides — for their own health and for the health of their children. NaturalNews has previously reported on the link between residential pesticides and childhood brain cancer and the strong association between a serious pre-cancerous blood condition and exposure to pesticides.

This article and associated links can be found at NaturalNews.com. The Georgetown University study is available at <http://explore.georgetown.edu/news/>

Juice It Up!

By DR. JULIAN WHITAKER / NaturalNews

Some mornings on my way to work, I drop by the local Jamba Juice store a block from my office and down 16 ounces of carrot juice and four ounces each of wheatgrass juice and a green tea energy drink. I drink this cocktail for overall health and vitality. The wheatgrass is full of vitamin K and amino acids, the carrot juice is packed with beta-carotene, and the green tea gives me a boost of caffeine and antioxidants to get my day started.

However, this is not a story about general health maintenance. It is about "targeted" juices that have predictable and rapid therapeutic effects on specific health conditions. Let's start with a very common problem: high blood pressure.

Celery Juice Lowers Blood Pressure

When you think about lowering blood pressure, celery probably isn't the first thing that comes to mind. But this crunchy vegetable deserves some serious attention. Loaded with potassium and magnesium, celery contains something even more important: 3-n-butyl-phthalide, a compound that relaxes the smooth muscle cells in the arterial walls, allowing the arteries to dilate and effectively lowering blood pressure.

One of the physicians at Whitaker Wellness decided to put celery to the test. Every day for a month, she and her father juiced and drank one bunch of celery, mixed with a little orange juice for flavor (it's somewhat bitter on its own). Her father's systolic blood pressure went from 148 to 128 and hers went from 120 to 105. Imagine results this dramatic without dangerous prescription drugs!

Another great juice for people with hypertension is Low-Sodium V8 Juice. It works on two fronts to lower blood pressure. First, it contains a particularly high dose of potassium (840 mg per eight ounces) that helps keep blood pressure in check. Second, according to a study recently published in *JAMA*, it is an effective blood thinner, which further contributes to its antihypertensive effects. For Ted, one of my longtime patients, simply drinking 12 ounces of Low-Sodium V8 Juice daily was enough to keep his blood pressure in the normal range.

Cabbage Juice Heals the Stomach

Roman statesman Cato the Elder wrote more than 2,000 years ago that, as a digestive aid, "Cabbage surpasses all vegetables." One reason is its high content of glutamine, an amino acid that serves as a primary fuel for the rapidly dividing cells of the GI mucosa. Multiple studies support cabbage's reputation as a therapy for gastrointestinal (GI) disorders, especially ulcers, heartburn, and gastroesophageal reflux disease (GERD). In one of them, cabbage juice healed peptic and duodenal ulcers in an incredible 92 percent of cases studied!

One person who swears by cabbage juice is a patient we'll call Betty, who was recently at the clinic. Betty was plagued with inflammation of the stomach lining and severe acid reflux. Her conventional doctor tried her on all the usual drugs, but nothing alleviated her pain or reduced the frequency of her episodes until she came across an article on cabbage juice and decided to give it a shot.

Now whenever Betty has a flare-up, she drinks the juice from half a head of cabbage (yielding approximately four ounces of pleasant-tasting, slightly sweet juice) five times a day for about three days, in addition to copious amounts of water. This three day regimen keeps her problem-free for eight or nine months and I'll bet if she drank it religiously, she wouldn't have any problems at all.

Sauerkraut has also been touted for its ability to heal the stomach. In addition to the healthful compounds found in cabbage, this fermented food and its juice are also an excellent source of beneficial bacteria that nurture the GI tract. Eldon, a *Health & Healing* subscriber, eats it right from the jar to quell heartburn.



Cherry Juice Reduces Pain and Inflammation

Cherries make a mean pie, but a pain reliever? In recent years, cherries have been discovered to contain potent natural anti-inflammatory compounds called anthocyanins and other flavonoids that work on the same inflammation pathways as aspirin and NSAIDs to reduce pain. In fact, researchers from Michigan State University found that just 10 tart cherries pack the same pain-relieving punch as one or two aspirin-and offer a wallop of antioxidants to boot.

Cherries have also been shown to reduce gout. Gout is caused by a buildup of uric acid, which crystallizes in the joints and causes pain, stiffness, and inflammation. In a study conducted at the University of California, Davis, eating eight ounces of cherries significantly reduced levels of plasma urate, a marker of uric acid. Cherries also produced small but notable decreases in markers of inflammation.

Francis, a friend of mine, squelches the gout pain in his big toe by eating cherries. And J. Otto Garry, a subscriber from Tamarac, Florida, has had great success treating his arthritis with cherry juice. He drinks three ounces in the morning and another three ounces in the evening to reduce and prevent inflammation. He also includes cod liver oil in his juice and takes alfalfa tablets along with it, which add to its anti-inflammatory value.

Cranberry Juice for UTIs

Everybody knows that cranberry juice can prevent and treat urinary tract infections (UTIs), but have you ever wondered why? Cranberries contain a combination of anthocyanins (the phytonutrient that gives both cranberries and cherries their rich color) and a unique sugar called mannose. Together, these compounds are responsible for thwarting UTIs by making it impossible for bacteria to cling to the walls of the bladder and urinary tract.

Ann, a subscriber I met at a Subscriber Seminar a while back, told me she used to have frequent UTIs until she started keeping a bottle of unsweetened cranberry juice in her fridge. Now when she feels a flare-up coming on, she drinks a glass or two daily for a few days, and she never gets infections anymore.

Judicious Juicing

As a general rule of thumb, I don't recommend drinking a lot of fruit juice as it is loaded with sugar and calories. However, the juices listed above boast too many healing properties to ignore. Judicious juicing offers an easy way to drink to your health and naturally knock out many pressing health concerns. Bottoms up!

Recommendations:

*Some of the juices discussed here are already prepared. Look for Low-Sodium

V8 in your grocery store. (Do not substitute regular V8; it contains way too much sodium. If your store doesn't carry it, ask them to order it for you.) You can find unsweetened cranberry and cherry juice at your local health food store. Cherry juice is also available from King Orchards, (877) 937-5464, mi-cherries.com.

*You're going to have to make your own cabbage and celery juice-and you can make your own cranberry and cherry juice from fresh or frozen cranberries and pitted cherries, if you'd like. There are many quality juicers available in department and specialty stores. Look for one that suits your lifestyle and specific needs.

*Suggested doses, taken daily or as needed, are as follows: celery juice from one bunch; cabbage, 4 ounces from one-half head, two to five times a day; sauerkraut, one cup (if you're going to do this regularly, you're better off with cabbage juice because sauerkraut contains a lot of sodium); unsweetened cherry juice, one-half to one cup; unsweetened cranberry juice, one-half to one cup. (If any of these juices are too tart, dilute with water and add a little stevia or xylitol to sweeten.)

Reference
*Jacob RA, et al. Consumption of cherries lowers plasma urate in healthy women. *J Nutr*. 2003 Jun;133(6):1826-9.

Julian Whitaker, MD, is the author of "Health & Healing", a monthly newsletter that has reached millions of readers since 1991. He has also written 13 books and hosts *The Dr. Whitaker Show*, a popular radio program. In 1979, Dr. Whitaker founded the Whitaker Wellness Institute. Today, it is the largest alternative medicine clinic in the United States. To learn more, visit www.whitakerwellness.com or call (800) 488-1500.

Rock Creek Free Press

A FIERCELY INDEPENDENT NEWSPAPER

Americans: Serfs Ruled by Oligarchs

“In a little time [there will be] no middling sort. We shall have a few, and but a very few Lords, and all the rest beggars.” —R.L. Bushman

“Rapidly you are dividing into two classes—extreme rich and extreme poor.” —“Brutus”

BY PAUL CRAIG ROBERTS

Americans think that they have “freedom and democracy” and that politicians are held accountable by elections. The fact of the matter is that the US is ruled by powerful interest groups who control politicians with campaign contributions. Our real rulers are an oligarchy of financial and military/security interests and AIPAC, which influences US foreign policy for the benefit of Israel.

Have a look at economic policy. It is being run for the benefit of large financial concerns, such as Goldman Sachs.

It was the banks, not the millions of Americans who have lost homes, jobs, health insurance, and pensions, that received \$700 billion in TARP funds. The banks used this gift of capital to make more profits. In the middle of the worst economic downturn since the Great Depression, Goldman Sachs announced record second quarter profits and large six-figure bonuses for every employee.

The Federal Reserve’s low interest rate policy is another gift to the banks. It lowers their cost of funds and increases their profits. With the repeal of the Glass-Steagall Act in 1999, banks became high-risk investment houses that trade financial instruments such as interest rate derivatives and mortgage backed securities. With abundant funds supplied virtually free by the Federal Reserve, banks are paying depositors virtually nothing on their savings.

Despite the Federal Reserve’s low interest rate policy, beginning October 1 banks are raising the annual percentage rate (APR) on credit card purchases and cash advances and on balances that have a penalty rate because of late payment. Banks are also raising their late fee. In the midst of the worst economy since the 1930s, heavily indebted Americans, who are losing their jobs and their homes, are to be bled into bankruptcy by the very banks that are being subsidized with TARP funds and low interest rates.

Moreover, it is the American public that is on the hook for the TARP money and the low interest rates. As the US government’s budget is 50% or more in the red, the TARP money has to be borrowed from abroad or monetized by the Fed. This means more pressure on the US dollar’s exchange value and a rise in import prices and also domestic inflation.

Americans will thus pay for the TARP and low interest rate subsidies to their financial rulers with erosion in the purchasing power of the dollar. What we are experiencing is a massive redistribution of income from the American public to the financial sector.

And this is occurring during a Democratic administration headed by America’s first black president, with a Democratic majority in the House and Senate.

Is there a government anywhere that less represents its citizens than the US government?

Consider America’s wars. As of the moment of writing, the out-of-pocket cost of America’s wars in Iraq and Afghanistan is \$900,000,000,000. When you add in the already incurred future costs of veterans’ benefits, interest on the debt, the forgone use of the resources for productive purposes, and such other costs as computed by Nobel economist Joseph Stiglitz and Harvard University budget expert Linda Bilmes, “our” government has wasted \$3,000,000,000,000—three thousand billion dollars—on two wars that have no benefit whatsoever for any American whose income does not derive from the military/security complex, about which five-star general President Eisenhower warned us.

It is now a proven fact that the US invasion of Iraq was based on lies and deception of the American public. The only beneficiaries were the armaments industries, Blackwater, Halliburton, military officers who enjoy higher rates of promotion during war, and Muslim extremists whose case the US government proved by its unprovoked aggression against Muslims. No one else benefitted. Iraq was a

threat to no one, and finding Saddam Hussein and executing him after a kangaroo trial had no effect whatsoever on ending the war or preventing the start of others.

The cost of America’s wars is a huge burden on a bankrupt country, but the cost incurred by veterans might be even higher. Homelessness is a prevalent condition of veterans, as is post-traumatic stress. American soldiers, who naively fought for the munitions industry’s wars, for high compensation for the munitions CEOs, and for dividends and capital gains for the munitions shareholders, paid not only with lives and lost limbs, but also with broken marriages, ruined careers, psychiatric disorders, and prison sentences for failing to make child support payments.

What did Americans gain from an unaffordable war in Iraq that lasted far longer than World War II and that put into power Shi’ites allied with Iran?

The answer is obvious: nothing whatsoever. What did the armaments industry gain? Billions of dollars in profits.

What about President Obama? “A corporate marketing creation,” sums up the distinguished British journalist John Pilger.

Obama is the presidential candidate who promised to end the war in Iraq. He hasn’t. But he has escalated the war in Afghanistan, started a new war in Pakistan, intends to repeat the Yugoslav scenario in the Caucasus, and appears determined to start a war in South America. In response to the acceptance by US puppet president of Columbia, Alvaro Uribe, of seven US military bases in Columbia, Venezuela warned South American countries that the “winds of war are beginning to blow.”

Here we have the US government, totally dependent on the generosity of foreigners to finance its red ink, which extends in large quantities as far as the eye can see, completely under the thumb of the military/security complex, which will destroy us all in order to meet Wall Street share price expectations.

Why does any American care who rules Afghanistan? The country has nothing to do with us.

Did the armed services committees of the House and Senate calculate the risk of destabilizing nuclear armed Pakistan when they acquiesced to Obama’s new war there, a war that has already displaced two million Pakistanis?

No, of course not. The whores took their orders from the same military/security oligarchy that instructed Obama.

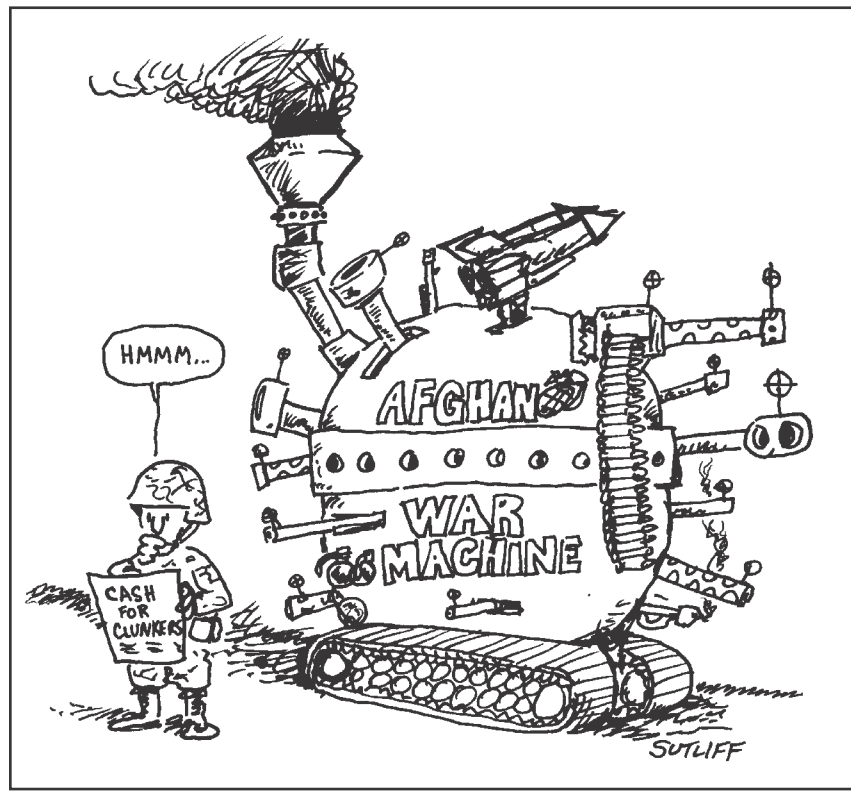
The great American superpower and its 300 million people are being driven straight into the ground by the narrow interest of the big banks and the munitions industry. People, and not only Americans, are losing their sons, husbands, brothers, and fathers for no other reason than the profits of US armaments corporations, and the gullible American people seem proud of it. Those ribbon decals on their cars, SUVs and monster trucks proclaim their naive loyalty to the armaments industries and to the whores in Washington who promote wars.

Will Americans, smashed and destroyed by “their” government’s policy, which always puts Americans last, ever understand who their real enemies are?

Will Americans realize that they are not ruled by elected representatives but by an oligarchy that owns the Washington whorehouse?

Will Americans ever understand that they are impotent serfs?

Paul Craig Roberts was Assistant Secretary of the Treasury in the Reagan administration. He was Associate Editor of the Wall Street Journal editorial page and Contributing Editor of National Review. He is coauthor of The Tyranny of Good Intentions. He has held numerous academic appointments, including the William E. Simon Chair, Center for Strategic and International Studies, Georgetown University, and Senior Research Fellow, Hoover Institution, Stanford University.



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Obama Says Dr. King Paved His Way But King Would Reject Obama’s Wars

BY SHERWOOD ROSS

In his rousing speech to the NAACP, President Obama praised the civil rights leaders of the past whose sacrifices “began the journey that has led me” (to the White House). He neglected to mention, however, that the majority of those civil rights leaders, most notably Rev. Martin Luther King Jr., opposed the war in Viet Nam and, if they were alive today, likely would decry his escalation of the war in Afghanistan.

“Painting himself as the beneficiary of the NAACP’s work, Obama cited historical figures from W.E.B. DuBois to Thurgood Marshall, Martin Luther King Jr. to Emmet Till, to explain how the path to the presidency was cleared by visionaries,” Associated Press reported. All that is true, of course.

And Obama brought the NAACP audience to its feet when he spoke about his vision for their children: “I want them aspiring to be scientists and engineers, doctors and teachers, not just ballers and rappers,” Obama said. “I want them aspiring to be a Supreme Court justice. I want them aspiring to be president of the United States.”

But there are disturbing reports of escalating civilian casualties emerging from Afghanistan, a war that is now very much Obama’s War, and distressing photos being displayed of Afghan children lying in hospitals with burned faces and bandaged limbs. We might well ask, “What about their futures?”

Civilian deaths in Afghanistan jumped 24 percent over 2008 according to the United Nations, CNN reported

July 31st. There were 1,013 civilian deaths in the first six months of this year and 30 percent of the slain were killed by Western military air strikes. The UN said the air strikes “remain responsible for the largest percentage of civilian deaths” attributed to foreign troops in Afghanistan.

Not surprisingly, Afghan President Hamid Karzai pleaded months ago “for the US to halt air strikes in his country, following attacks that Afghan officials said killed 147 people,” Reuters reported.

But President Obama isn’t listening to the president of Afghanistan. Neither is he listening to the swelling chorus of Americans who regard the attack on Afghanistan as “a mistake” and who believe, by a two-to-one margin, says Gallop poll, that the US is spending “too much” on defense. Apparently, some Americans are painfully aware that dollars spent to conquer Afghanistan will never fund education or retraining in America.

Of the five major civil rights organizations, the NAACP and the National Urban League, the two oldest and most conservative, backed US involvement in Viet Nam. The NAACP was determined to show how patriotic AfricanAmerican were, even as Pentagon records in 1966 revealed a disproportionate number of Army casualties, some 23 percent, were African Americans.

And while privately many Urban League officials opposed the Viet Nam war, the organization was reaping Federal anti-poverty grants for its job training and job-finding work from

President Johnson. This followed the Urban League’s successful voter registration campaign in 1964 that enrolled an estimated 1 million new black voters. The campaign was non-partisan, of course, but well over 90 percent of Negroes signed up would vote for LBJ over Republican challenger Sen. Barry Goldwater of Arizona.

Yet three courageous civil rights organizations attacked the war: Student Nonviolent Coordinating Committee (SNCC), the Congress of Racial Equality (CORE) and, most significantly, the Southern Christian Leadership Conference (SCLC). SCLC’s Rev. King, the Nobel Peace Prize recipient, called the Viet Nam war “blasphemy against all that America stands for,” and was criticized for his stand by Roy Wilkins of the NAACP and Whitney Young of the Urban League.

If he had not been assassinated, Rev. King likely would be highly critical of US aggression against Afghanistan and Iraq today. They are countries whose subjugation is sought, respectively, for their potential pipeline routes and rich oil resources. The US, of course, has no legal right to wage these wars.

If President Obama wants to honor Dr. King’s memory for all that he did for him, he might begin by bringing US troops home from the Middle East now. As for visions, how about an America that does not live by the sword?

Sherwood Ross is a Miami-based public relations consultant who formerly worked for major dailies and wire services. To reach him or contribute to his Anti-War News Service, email: sherwoodr1@yahoo.com



Our problem is civil obedience.

Our problem is the numbers of people all over the world who have obeyed the dictates of the leaders of their government and have gone to war, and millions have been killed because of this obedience. And our problem is that scene in ‘All Quiet on the Western Front’ where the schoolboys march off dutifully in a line to war.

Our problem is that people are obedient all over the world, in the face of poverty and starvation and stupidity, and war and cruelty. Our problem is that people are obedient while the jails are full of petty thieves, and all the while the grand thieves are running the country.

That’s our problem.”

— Howard Zinn

The Next Twelve Seconds

A poem by Jonathan H. Cole, P.E.

It was the end of the cold war, America won;
arms sales could plummet, something had to be done.
Expanding the empire, to the Mideast as a whole;
this, and the oil; for years their main goal.

Convincing the masses their first problem at hand,
to get what they wanted, they needed a plan.
Selling war to the public, the process too slow,
but with another Pearl Harbor, they’ll be willing to go.

To help find a solution was a group called PNAC,
and along with some others, they suggested attack.
The towers were losers, with asbestos galore;
kill two birds with one stone, to justify war.

And so they were leased, despite the low rents,
just a few weeks before the awful event.
So strong and well built, were those trade center towers,
to bring them all down, takes incredible power.

With security lax, explosives brought in by the ton,
some sol-gel applied, with construction spray guns.
The columns were prepped at the welds in the core,
the corners all rigged, with cutter charges and more.

Detonators were set, using remote control,
sequenced and timed from the top to below.
The tenth of September, three buildings ready and rigged,
media scripts were all written, this was gonna be big!

Each played a small part, not knowing the scope of the crime,
“Harley guy” was all ready, “structural failure” his line.
Patriot Act was all written, awaiting the terror and fear,
we’ll give up our freedoms, once fought for so dear.

Avionics all wired, replaced and re-fit,
regardless of pilot, they were vectored to hit.
The patsies were fooled, the planes ready to fly,
big money to be made, “puts” outnumbered the buys.

Then in crashed the planes! It was ruthless and cruel.
Our first “shock and awe”, those explosions of fuel.
Deep down in the basements, explosions were felt,
big heavy box columns, were beginning to melt.

As fires cooled down, smoke smoldering black,
it was time to begin the last phase of attack.
The fuses were charged, floors turned to dust with the blasts,
steel columns were cut, sequential and fast!

Explosions symmetrical, and nothing was saved,
sky lobby squibs blew, before demolition wave.
Toxic dust finally settled, molten steel in ground zero,
breathing poisonous air, in rushed the real heroes.

Cut steel whisked to China, complete and so fast,
most evidence destroyed, almost none that would last.
Investigations weren’t started for well over a year,
no criminal charges, as they kept us in fear.

And NIST halting their study at the critical time,
side stepping key evidence, that points right to the crime.
The “meteor”, the symmetry, the squibs and the spires,
stopping twelve seconds short, blaming only the fires.

Steel ejected straight out at fifty miles per hour,
orange metal that poured from the side of the tower.
Pyroclastic dust flow, the antenna first drop
all NIST ignored, “collapse initiation” they stopped.

But some were not fooled, those with courage and talent,
they knew something was wrong, there’s an energy imbalance.
Deep mysteries found, steel like Swiss cheese
NIST never addressed, perhaps thermate the key.

In the dust came more clues, so obvious and clear,
what was formerly molten, small iron rich spheres.
And active nanothermite, is there by the ton,
those spheres the spent bullets, red-grey chips are the gun.

The twelve seconds after NIST quit, is the key to it all,
no pancake floors, no progressive type fall.
Yet they smear and they call those that do know, “insane”;
but the physics, the science and truth will remain.

Official Commissions, and “experts” continue to lie,
hide the crime of the century, while loved ones still cry.
Their media continues to cloak the truth in deceit
while the elite and the guilty, have their windfalls to reap.

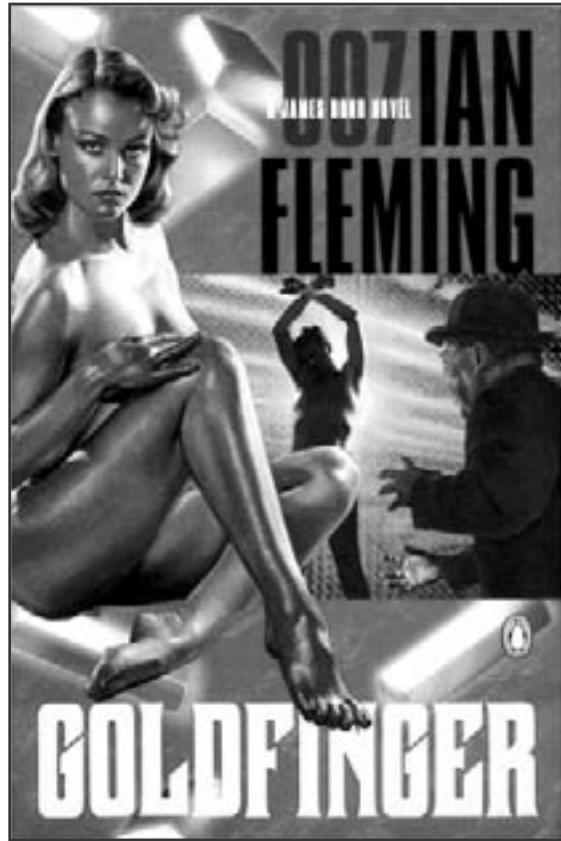
But we know what happened, on that terrible day
and sooner or later those behind it will pay.
So study those next twelve seconds; you’ll see,
corrupt to the core, our system must be.

And despite what they say, how they laugh, how they cry,
Their myths do not fit, physics and science don’t lie.
To be silent is treason, those who cover will regret,
learn the technical truth, we must never forget!

The Theft of a Nation

By STEWART DOUGHERTY

Fifty years ago, on March 23, 1959, Ian Fleming's novel, *Goldfinger* was published to great popular acclaim. In the movie released five years later, arch villain Auric Goldfinger attempts to detonate a nuclear device inside the gold depository at Fort Knox, radioactively contaminating the nation's gold reserves for decades and making them untouchable. Goldfinger's motive is to drive up the value of his personal gold holdings. He has deposited 20 million British Pounds' worth of gold in Amsterdam, Caracas, Hong Kong and Zurich, and estimates that the value of his bullion will increase ten fold after the US gold supply is neutralized. So he stands to profit by his crime in the amount of 180 million British Pounds, or \$504 million at the then conversion rate of \$2.80 per Pound.



The book and subsequent movie were blockbuster successes. The world was gripped by Goldfinger's daring scheme, dubbed "Operation Grand Slam," and its larger-than-life mastermind and villain. People viewed Goldfinger's plan as the boldest criminal adventure of all times, at least as of that time.

In the 1964 movie, Goldfinger delivered a stirring address to several US gangsters he sought to enlist as partners. He exclaimed: "Man has climbed Mount Everest, gone to the bottom of the ocean. He's fired rockets at the moon, achieved miracles in every field of human endeavor - EXCEPT CRIME!"

What a difference fifty years make. In the context of today's metastasizing epidemic of financial crime, Goldfinger's \$504 million theft could only be regarded as completely insignificant. Crime has not merely climbed Mount Everest, it has been launched to Mars.

On March 19, 2009, nearly 50 years to the day after the publication of *Goldfinger*, Neil Barofsky, Special Inspector General of the Troubled Asset Relief Programs (SIGTARP) made the following comments in testimony

social chaos, Congress did an about-face and approved the enormous \$700 billion plan.

At the time, \$700 billion appeared to be a staggering and surely-adequate amount of money to fix the nation's banking and economic problems. Only a tiny number of economic experts, including Nouriel Roubini of NYU, predicted that the cost of the bailout would ultimately be measured in many trillions of dollars, not mere hundreds of billions.

Now, only six months later, direct and indirect bailout costs exceed \$13 trillion dollars, more than eighteen times the original, then-huge amount approved for TARP 1. And bailout costs are escalating as the economy continues to contract, and, in certain sectors, crater.

To put these numbers in perspective, the United States of America, or, more precisely, The American People, are said to own 261 million ounces of gold,

disappeared. The defrauded have been fortunate to receive fractions of pennies for each lost dollar. Sadly, financial regulation in America is an after-the-fact phenomenon. So Mr. Barofsky's fraud warnings must be taken seriously.

The current cost of the bailout and associated guarantees now exceeds \$13 trillion, with no end in sight. The expenditure of every bailout dollar is 100% experimental because the nation has never before faced a financial catastrophe like this, and is therefore flying blind. Given the bailout cost, it is now clear that the equivalent of the nation's entire economy has been plundered. While in the past thieves have concentrated their criminal energies on robbing a bank, art museum, or Brink's vault, the criminals behind our current crisis decided to steal a first-world nation's entire economy. They committed the unthinkable: the theft of a nation.

Sensors in retail stores can detect a package of chewing gum being shoplifted. Payment verification systems can spot a bad check in a tenth of a second. Credit card authorization programs can instantaneously detect an irregular spending pattern and shut down a compromised account. "Eye in the sky" casino cameras can zoom in on a dealer lifting a \$1.00 chip or a blackjack player rearranging cards to personal advantage. IRS computers, watching a nation of 300 million people, can pick up in seconds a \$50.00 mismatch between 1099- and tax return-reported interest income. Fraud detection has become an advanced science and practice throughout the world that can prevent even the smallest of crimes.

But for more than a decade, a multi-trillion-dollar Wall Street fraud raged with such virulence and intensity that it has crippled not just the economy of the world's most powerful nation, but now the global economy. United States regulatory authorities, funded by taxpayers at a cost of billions of dollars per year, never spotted anything, until the entire system, according to Paulson, nearly collapsed.

Is this plausible? Is it plausible that an entire economy could be looted for a decade without regulators, politicians, or banking insiders knowing or doing anything about it? Does that make any kind of logical sense whatsoever? Or is this the colossal kind of crime that billions of dollars' worth of political contributions and lobbyist influence, combined with epic greed, criminality, money know-how and malicious intent, can buy?

In a time of crisis, it is difficult for people to see the obvious. They mourn for better days, which have disappeared. They cling to hope that their circumstances, which have collapsed, will miraculously improve. But it is false hope, because the vacuum of the future has inhaled their past, and that past is never coming back.

What is obvious is this: the creation out of thin air of billions of dollars of bailout money, "hundreds of billions of dollars" of which will be stolen by the same criminals who looted the country in the first place, cannot re-start an economy whose capital has been stolen. There is a saying: "If you keep doing what you have been doing, you will keep getting what you have been getting." And that is what is in store for America — more of the same — unless we fundamentally reassess our approach to this crisis.

If knowledge sets one free, the first thing the people need to know now is that the current economic emergency was not an accident; it was a crime. It was the theft of a nation, and the victims are its people.

Accepting this, they must respond. They must reconsider every idea they have about money, financial security, and the competence of the state to protect their welfare. This process inevitably will result in a paradigm shift on the subject of money. It will lead to the adoption by the people of a new reserve currency: the People's reserve currency. And most likely, they will gravitate to the financial security provided by money that has a 5,000 year history of international value, stability, acceptance and prestige: gold.

From the beginning of civilization, only 5 billion ounces of gold have been produced, in a world of 6.5 billion people, while hundreds of trillions of dollars' worth of paper currencies and paper assets have been produced backed by nothing: in other words, anti-money. The people are going to rediscover economic truth, and, in particular, the power of the theory of supply and demand. When they do, the paradigm shift will be enacted, as they replace currencies that have utterly failed them with true money that can restore their financial health and set them free.

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Fort Knox Gold Depository

presented to the United States House Ways and Means Committee:

"We stand on the precipice of the largest infusion of Government funds over the shortest period of time in our Nation's history. History teaches us that an outlay of so much money in such a short period of time will inevitably attract those seeking to profit criminally. If, by percentage terms, some of the estimates of fraud in recent government programs apply to the TARP programs, we are looking at the potential exposure of hundreds of billions of dollars in taxpayer money lost to fraud."

Barofsky repeated this warning in testimony before the Senate Finance Committee on March 31, 2009. Nothing had occurred in the 12 days since his prior testimony to change his mind that potential TARP fraud was in the "hundreds of billions of dollars." So much for Goldfinger and his previous arch-villain status. Time turned him into a piker, and the hurricane of history hurled him aside.

A universal fact is that all life forms seek to expand and thrive. This applies not just to the organisms of the human body and natural world, but also to the organisms of the human mind. Just as the forces of good seek to prevail, so do those of evil. Avarice, theft and corruption are life forms, just like restraint, honesty and truthfulness. They all strive for greatness, triumph and glory.

When then-Treasury Secretary Paulson first proposed the \$700 billion TARP 1 Program in September, 2008, a collective sense of incredulity gripped America and the world. The dollar amount of the request was astonishing, and Congress's initial response to the proposal was a flat out "No." Faced with defeat, Paulson arranged a closed-door session with top Congressional representatives. During that meeting, he outlined a "nuclear winter" scenario if the \$700 billion funding request were denied. Shaken by Paulson's predictions, which included bank closures, empty ATMs, mass unemployment and

supposedly stored in the same Fort Knox vault that Goldfinger found so appealing. At \$1,000 per ounce, the people's gold has a value of \$261 billion dollars. TARP 1 alone has cost 270% of the entire value of that singular, tangible American asset. The total \$13 trillion bailout cost thus far is 4,980% of the value of America's gold asset. Fort Knox has been robbed, not by Goldfinger, but by the cheats who concocted the nuclear financial waste that has crippled America's financial system and economy.

To place the numbers in additional perspective, Special Inspector General Barofsky now tells us that something close to the entire amount of TARP 1 ("hundreds of billions of dollars," in his words, and likely around \$500 billion by our estimates), will be consumed by fraud, or stolen. In other words, roughly twice the value of the nation's entire gold supply will be wiped out, not by the original fraud, but by the fraud associated with the bailout money designated to deal with the original fraud. Fraud upon fraud upon fraud, in a mind-numbing daisy chain of crime, corruption and greed.

While Mr. Barofsky spoke about anti-fraud measures the government hopes to implement to mitigate this fraud, it is difficult to have much confidence in them, particularly since he also referred in the same speech to problems the government is experiencing in hiring competent auditors and regulators to oversee bailout spending. After 25 years of regulatory failure, from the S&L crisis; to the dot com scandals; to epic fraud at Enron, Worldcom, and other major corporations; to blatant, illegal Comex precious metals short concentrations and related price manipulation, to the Madoff Ponzi scheme, to the current banking and credit emergencies, it is clear that government has simply been incapable of getting ahead of financial fraud in America. In each and every case cited above, government regulators arrived at the crime scenes long after the frauds had been committed and the money had

Podcast Listening



By MATT SULLIVAN / RCFP

I used to be a radio fanatic. I listened to radio all the time — at home, in the car, at work; I even listened to the radio as I drifted off to sleep at night. News, music, talk, I loved it all. National Public Radio (NPR) was a special favorite, in part because there is less advertising on NPR; and, as much as I love radio programming, I absolutely loath radio advertising. When listening, I would, almost reflexively, start spinning the tuner dial as soon as one of the obnoxious advertisements would come on the air.

I don't listen to the radio any more. Now I only listen to podcasts. I can hear what I want when I want with no advertisements, I can pause, fast-forward to skip ahead or rewind to hear something I missed. Podcasting has done to radio what the DVR (Digital Video Recorder) did to television. Just as Tivo liberated the TV viewer from the tyranny of the TV schedule and freed him from the propaganda of corporate commercials, so too, podcasting liberates the radio listener from the dictates of the radio dial.

With podcasts, you can hear what you want when you want with no advertising (or at least the ability to fast-forward past ads) and, unlike satellite radio, there are usually no subscription fees.

Podcasting has also democratized the radio sphere because anyone can become a podcaster. You don't need an FCC license or a big antenna or transmitter costing millions of dollars. For less than 100 bucks anyone with access to a computer can become his own internet radio station. Even a computer neophyte can be producing podcasts within a few hours. Of course producing a program that's entertaining, informative and listenable takes a bit of practice and maybe even a little talent.

What is a Podcast?

At its core, a podcast is simply an audio file, usually in MP3 format, that contains the sound and music which comprises the podcast show. The file can be played on a computer, or a portable audio device such as an iPod; even many cell phones can play MP3s.

The audio file is then posted to the internet where it can be downloaded by listeners all over the world. The concept should be familiar to anyone who surfs the internet because it is the same general principal as a blog. Podcasting is simply a form of blogging using audio posts instead of text. In fact many famous bloggers, such as Glenn Greenwald of *Salon* magazine and Robert Sheer of *TruthDig.com* and Lew Rockwell of *LewRockwell.com*, are also podcasters.

How to make a Podcast.

Making a podcast is very easy. You will need a mic that's connected to your computer. It's OK to start with one of the cheap computer mics, but eventually you will want to upgrade to a "real" mic and audio mixer, for the sake of your listeners. You also need a bit of editing software to take the raw audio clips and edit them together with music to create the finished product. Fortunately, there is a very fine audio editing program available for the PC and Mac called Audacity, and, best of all, it's free.



Audacity - Software for editing sound files

Downloading Podcasts

Podcast files can be downloaded to your computer a number of ways. For the occasional one-off download, you can just click on the file and download like you would any other type of file. Then you can listen to the file on your PC or you can copy the file to your portable audio device.

Once you have found a few podcasts that interest you, you will want to get specialized podcast client software which allows you to subscribe to the podcast shows you like and will automatically download the new episodes when they are posted. Fortunately again, there are very good free clients available for that purpose. For Apple users there is iTunes (and for PC users as well). But I find iTunes too restrictive, too tied-down. I use JUICE, which is available for both PC and Mac users, to download all my podcast shows.



But how do you find the shows you might be interested in?

In my experience, the hardest part of podcast listening is finding shows that you would be interested in listening to. The vast majority of shows out there have no appeal for me. While they may be fine shows, I have no interest in them.

The most challenging problem will be finding the few dozen podcast shows among the thousands out there that best fit your interests and tastes.

There are a number of "Podcast Directories" on the internet but unfortunately they are useless. They are all incomplete, and the "top ten" and "top hundred" lists on these sites are typically skewed toward the tastes of the young and the "hip" who make up the majority of internet listeners. One directory I can highly recommend is Radio4All.NET which has a wide ranging collection of podcasts, posted in real-time and available for immediate download.

Finding sophisticated, intelligent content among the thousands of offerings remains a challenge. Fine shows are out there, and I have a few recommendations to get you started:

Politics and History:

- The Thomas Jefferson Hour
- History Counts
- Hardcore History
- Electric Politics
- TUC Radio
- Democracy Now!

9/11 Truth / Deep Politics

- The Alex Jones Show
- Visibility 911
- Corbet Report
- Media Monarchy
- Liberty News Radio

NPR / BBC shows

- On The Media
- This American Life
- Left, Right and Center
- In Our Time (BBC)
- A Prairie Home Companion

Entertainment / Technology

- This Week in Tech (TWIT)
- Le Show
- No Agenda

Paid Content

- Meria Heller
- GCN - Alex Jones and other shows.

corbett report.com
Open Source Intelligence News

★MediaMonarchy.com★

Internet Radio Pioneer Meria Heller Congratulations on 10 Years of Talk!



Meria Heller begins her 10th year on the net this month at

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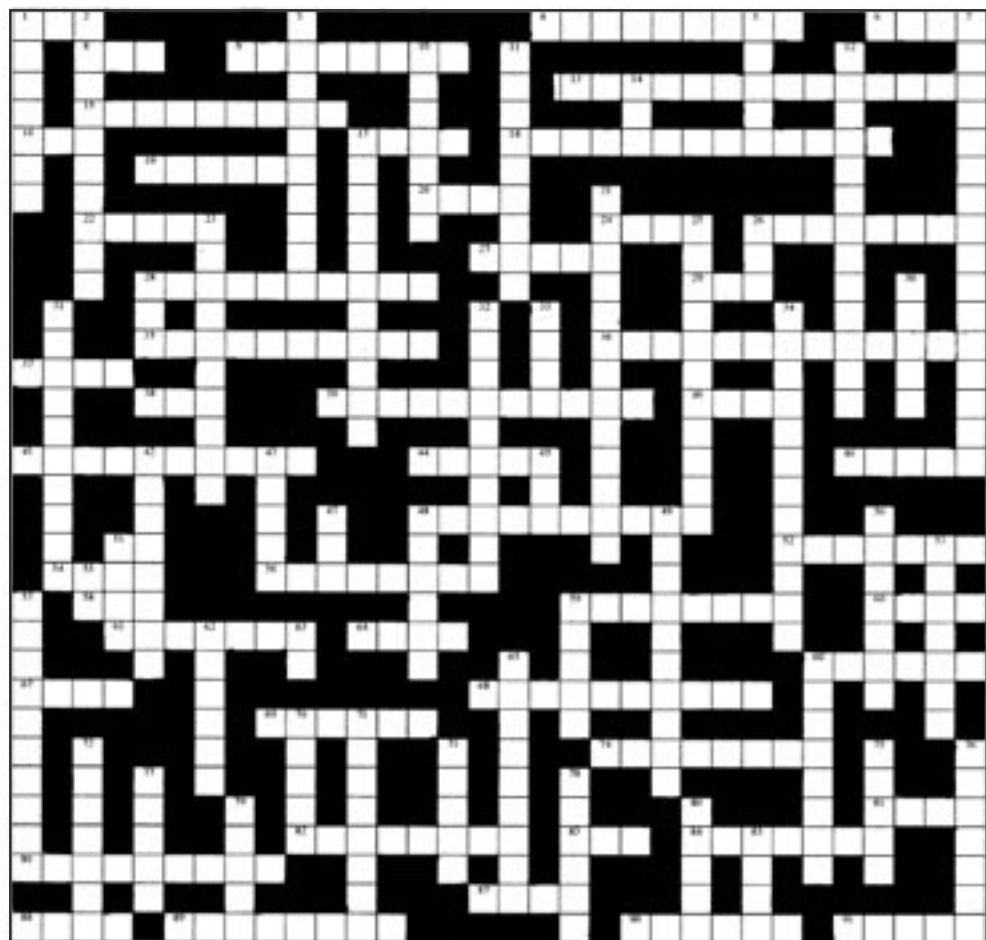
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"The Mouth That Roars"

9/11 Crossword Challenge*



- ACROSS**
1. Its budget skyrocketed after 9/11
 4. First nominated to head 9/11 investigation, but was too conflicted
 6. Flight 93 mantra used by Army, "Let's _____"
 8. Pakistan's CIA, wired \$100,000 to hijacker pre-9/11
 9. Mayor who ran on 9/11
 13. Catalyzing event for rebuilding America's defenses
 15. Bush-related firm guarding WTC complex and Dulles Airport
 16. Announced by Poppy Bush in 1991 (abbr.)
 17. Kind of execution used in torture
 18. No. 3 at CIA, insider trader, Blackwater go-between (2 wds.)
 19. Order given before collapse of Building 7 (2 wds.)
 20. Org. behind false flag terror Operation Gladio
 22. Air defense surprisingly absent on 9/11
 24. Pilgrimage to Mecca not high on hijackers' wishlist
 25. Speed at which all three buildings collapsed on 9/11
 27. Nationality of most of the hijackers
 28. Investigative body reluctantly authorized by Bush
 29. Highest terror alert
 35. Patsy control operation exposed by Rep. Curt Weldon
 36. ABC News anchor on 9/11: "You have to get at the under infrastructure to bring them down" (2 wds.)
 37. "Smoking gun" building ignored in official report
 38. Investigative team who found 13 eyewitnesses contradicting official flight path of Pentagon crash (abbr.)
 39. BBC reporter who announced collapse of Building 7 as it stood behind her
 40. Pet animal that kept Pres. Bush reading on 9/11
 41. 1962 false-flag op against Cuba mixed by JFK
 44. Private CIA firm with ties to Bush family
 46. He lied about cell phone contact with his wife on AA77
 48. Devices proven not to work at 30,000 feet
 51. Agency in NYC on 9/10 for mass casualty drill
 52. College professor on a truth jihad
 54. Section of plane not found on Pentagon lawn
 56. Defense Secretary who announced \$2.6 trillion missing on 9/10
 58. With 31 Down, oxymoronic acronym of bill in Congress prepared before 9/11
 59. FBI's Most Wanted man, but not for 9/11 (2 wds.)
 60. What has never caused steel-framed building collapses, except on 9/11
 61. Direct mail bioweapon traced to Army lab and one lone scientist who committed suicide
 64. Kind of politics denigrated by Peter Dale Scott
 66. Site of 9/11-antiwar convention on July 4th, 2007, informally
 67. Italian documentary exposing 9/11 truth (see ad, this issue)
 68. Apt description of WTC towers concrete
 69. Apt description of hot metal at Ground Zero
 74. Apt description of hole in Pentagon's C-Ring (hyph.)
 81. Country invaded because of 9/11, assumed to have WMDs
 82. Co-chair of 9/11 Commission who said "We were set up to fail"
 83. Kind of cutter with many uses, including hijacking planes
 84. Incompetent pilot who masterfully flew AA77 into the Pentagon
 85. Twentieth hijacker
 87. UL exec. who was fired after saying NIST explanation "just does not add up"
 88. Nest of neocoms calling for a "cataclysmic event" (abbr.)
 89. Operations providing cover for false-flag terrorism (2 wds.)
 90. Secretary who said Cheney let stand orders not to shoot a plane "10 miles out" from DC
 91. Current Democratic president who continues Bush war policy, citing 9/11

- DOWN**
1. Agent or material meant to mislead
 2. The cognitive experience of denial
 3. Stock market spikes in AMR's and UAL's that implied foreknowledge (2 wds.)
 5. SEC's investigation of it ended when all files were destroyed in Building 7 collapse
 7. "Lucky" guy who collected billions in insurance from purchase of WTC leasehold six weeks earlier
 10. Politically correct name for chickenhawks
 11. NBC News anchor on 9/11: "...well-placed dynamite to bring them down"
 12. Eyewitness trapped on 8th floor of Building 7 after lobby explosions (2 wds.)
 14. #1 unanswered question for 9/11 families
 17. Air phone caller who used his full name to his mom (2 wds.)
 21. Commission director who pre-outlined 9/11 report in full (2 wds.)
 23. Controlled building collapse
 25. Four young widows who pressed for truth
 26. Misanamed private megabank, with "The"
 28. Rendition org. that destroyed torture tapes
 17. Alex or Steven
 32. Describing corporate media
 33. Co-Chair with 82 Across
 34. 700+ human bone fragments found atop this building (2 wds.)
 42. What we never called our country before 9/11
 43. Delaware AFB where hijackers were ID'd by their DNA
 45. Atta's favorite kind of dance
 47. "Mastermind" who confessed to anything under torture
 48. Commander-in-Chief on morning of 9/11
 49. Eyewitness firefighters heard many of these before WTC collapses
 50. Author of book named for 13 across
 51. Wiretap law ignored by Bush
 52. See 77 Down
 53. Symbol of metal found on trucks at Ground Zero
 57. Pentagon Comptroller appointed in 2001 to track down missing \$2.6 trillion (2 wds.)
 59. Expression for heroic acts of first responders
 62. T-shirt logo on "structural failure" guy-on-the-street
 63. New name for Blackwater
 65. 9/11 Victim Compensation Fund (2 wds.)
 66. Most-protected military building not protected on 9/11
 70. Popular TV talk show hostess long overdue to cover 9/11 truth movement
 71. Unexploded nano-compound recently found in WTC dust
 72. See 77 Down
 73. First casualty of war and false-flag operations
 75. Mideast capital where 91 Across blamed 76 Down for 9/11
 76. Literally, "The Database," controlled by CIA since 1980's
 77. With 72 Down, ex-Navy SEAL and Minn. governor who questions official story
 78. What JREFers try to do
 79. Accused Bin Laden on morning of 9/11; put White House on Cipro before anthrax attacks
 80. Actor attacked for outspoken 9/11 questions in 2006
 85. Science agency using novel theory of "thermal expansion" to explain WTC collapses

9/11 Crossword Challenge by Joe Azar

*Complete the Challenge - Win a Free Subscription - Mail your completed crossword to *The Creek*. First 5 win.

Physics Teacher Forces NIST to Admit WTC Building 7 Fell at Freefall Acceleration

By DAVID CHANDLER

Galileo was the first to describe the amazing fact that, apart from air resistance, all objects fall at the same "rate." If you have not experienced this fact directly, try dropping a large rock and a pebble side-by-side. The rate we are referring to is not a "speed," because for a falling object the speed is constantly changing. The rate we are talking about is actually the "rate of increase of speed," how quickly the speed builds up, called acceleration. The acceleration achieved by all falling bodies, apart from air resistance, is called the "acceleration of gravity."

Gravity causes freely falling objects to increase their speed by about 32 ft/s per second. (The awkward unit, feet per second per second is commonly abbreviated ft/s².) When an object is dropped, the speed is initially zero, but it immediately starts speeding up. After 1 second its speed will be 32 ft/s. After 2 seconds its speed will be 64 ft/s. Etc. 32 ft/s² is an approximation. The "acceleration of gravity" actually varies slightly from place to place. In New York City, it is 32.159 ft/s².

Isaac Newton showed that the acceleration of an object is governed by its mass and the net force acting on it. (If several forces are acting at once, they are combined to give a "net" force.) If the downward acceleration of a falling object equals the acceleration of gravity, then the net force is the gravitational force alone; any other forces must add up to zero.

What if a heavy object falls through other objects, breaking them as it goes? Newton's third law says that when objects interact, they always exert equal and opposite forces on each other. Therefore, while an object is falling, if it exerts any force on objects in its path, those objects must push back, slowing the fall. If an object is observed to be in freefall, we can conclude that nothing in the path exerts a force to slow it down, and by Newton's third law, the falling object cannot be pushing on anything else either.

When the top section of a building collapses one would expect the falling section to crash into the lower section and exert a large force on it, like dropping an anvil on your toe. A typical controlled demolition exploits this fact: the crushing force of the falling section of the building contributes to the demolition, and reduces the amount of explosives that are needed. However, amazingly, this is not what happened when Building 7 "collapsed" on 9/11.

We know that the falling section of Building 7 did not crush the lower section of the building because the top section of Building 7 fell at freefall. It didn't just fall at something close to freefall. It fell for about 2.5 seconds at a rate that was indistinguishable from freefall. If the falling section of the building had crushed the lower section, the lower section would have pushed back with an equal but opposite force. But that would have slowed the fall. Since the fall was not slowed in the slightest, we can conclude that the force of interaction was zero... in both directions.

How can this be? There were explosions in Building 7 heard by many witnesses throughout the day. One such explosion is recorded in a video clip, available on YouTube (search You Tube for "Explosions on 911"), where several fire fighters are gathered around a pay phone calling home to assure their families they are alright. Suddenly they are startled by a very loud, unmistakable explosion. This is one of the Building 7 explosions that occurred long before it fell.

Shortly before the ultimate collapse of the building, the east penthouse and the columns beneath it suddenly gave way. The National Institute for Science & Technology (NIST), the government agency assigned to investigate the building collapses, attributes the collapse of the east penthouse to the failure of a single column, in a complex scenario involving thermal expansion of beams supporting the column. But it is much more likely that at least

two and possibly three supporting columns were "taken out" simultaneously. Three columns supported the east penthouse. One of our German colleagues has pointed to evidence that the east penthouse fell through the interior of the building at close to freefall, evidenced by a ripple of reflections in the windows as it fell. Yet the exterior of the building retained its integrity.

NIST claims that the collapse of one key column led to a progressive collapse of the entire interior of the building leaving only a hollow shell. The collapse of the building, seen in numerous

measure the velocity profile of the falling building using CBS video footage from a fixed camera aimed almost squarely at the north wall. A video detailing this measurement is available at YouTube/user/ae911truth.

I calibrated my measurements with the heights of two points on the building provided in the NIST Building 7 report released in August 2008, so I know the picture scale is good. My measurements indicate that with sudden onset, the building underwent approximately 2.5 seconds of literal freefall. This is equivalent to approximately 8 stories of fall in which the falling section of



Dots mark the location of building corner in each frame of the video. Analysis shows WTC7 experienced 2.25 seconds of freefall acceleration.

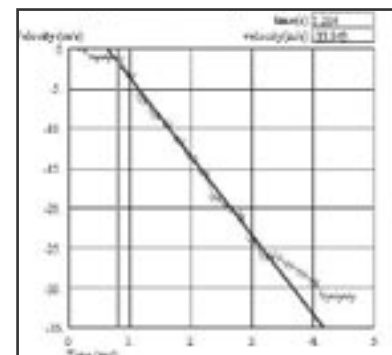
described by NIST as the collapse of the "facade," the hollow shell. They have no evidence for this scenario, however, and a great deal of evidence contradicts it. After the collapse of the east penthouse there is no visible distortion of the walls and only a few windows are broken at this time. Had the failure of interior columns propagated throughout the interior of the building, as asserted by NIST, it would surely have propagated to the much closer exterior walls and distorted or collapsed them. (Major crumpling of the exterior walls, by the way, is exactly what is shown in the animations produced by NIST's computer simulation of the collapse.)

But the actual videos of the building show that the exterior remained rigid during this early period. At the onset of collapse you can see in the videos that the building suddenly goes limp, like a dying person giving up the ghost. The limpness of the freefalling structure highlights by contrast the earlier rigidity.

Furthermore, there are huge pyroclastic flows of dust, resembling a volcanic eruption, that poured into the streets following the final collapse of the building. If what we saw was only the collapse of the facade, why was the pyroclastic flow not triggered earlier when NIST claims the collapse of the much more voluminous interior occurred? And why did the west penthouse remain to fall with the visible exterior of the building? Its supporting structure clearly remained to the very end and was "taken out" along with the rest of the building support all at once. NIST is scrambling to find a plausible scenario that will allow it to escape the consequences of what is plainly visible. (If you have not seen the collapse of Building 7, find it on YouTube and watch for yourself. For most people simply watching it collapse is all it takes. Most people are not stupid. Most people can recognize the difference between a demolition and a natural building collapse with nothing more being said. If you have never seen the collapse of Building 7 you might also stop and ask yourself why the mainstream media did not repeatedly show you this most bizarre event as it did the Twin Towers.)

After the east penthouse collapsed, several seconds elapsed, then the west penthouse began to collapse, at nearly the same time the roofline of the building developed a kink near the center, then all support across the entire width of the building was suddenly removed, a vertical swath of windows under the west penthouse was simultaneously blown out, the building suddenly went limp, and (within a fraction of a second) it transitioned from full support to freefall. I am not using the term "freefall" loosely here. I used a video analysis tool to carefully

the building encountered zero resistance. For an additional 8 stories it encountered minimal resistance, during which it continued to accelerate, but at a rate less than freefall. Only beyond those 16 stories of drop did the falling section of the building interact significantly with the underlying structure and decelerate. Freefall is an embarrassment to the official story, because freefall is impossible for a naturally collapsing building. In a natural collapse there would be an



The building fall velocity is plotted here. The diagonal line shows the expected velocities for free fall. The data exactly matches freefall acceleration.

interaction between the falling and the stationary sections of the building. This interaction would cause crushing of both sections and slowing of the falling section. I have done measurements on several known demolitions, using similar software tools, and found that they typically fall with accelerations considerably less than freefall. Building 7 was not only demolished; it was demolished with tremendous overkill.

Freefall was so embarrassing to NIST that in the August 2008 release for public comment of their quasi final report, the fact of freefall was denied and crudely covered up with the assertion that the collapse took 40% longer than "freefall time." They asserted that the actual collapse, down to the level of the 29th floor, took 5.4 seconds whereas freefall would have taken only 3.9 seconds. They arrived at their figures with only two data points: the time when the roofline reached the level of the 29th floor and an artificially early start time several seconds prior to the beginning of the obvious, sudden onset of freefall. They started their clock at a time between the collapses of the east and west penthouses when the building was not moving. They claimed they saw a change in a "single pixel" triggering what they asserted was the onset of collapse, but anyone who has worked with the actual videos will recognize that the edge artifacts in the image of the building make this an unrealistic standard. Furthermore, even if there was a tiny motion of the building at that point, it continued to stand essentially motionless for several more seconds before the dramatic onset of freefall collapse.

The fact of a cover up in NIST's measurement is underlined in

that the formula they point to as the basis for their calculation of "freefall time" is valid only under conditions of constant acceleration. They applied that equation to a situation that was far from uniform acceleration. Instead, the building remained essentially at rest for several seconds, then plunged into freefall, then slowed to a lesser acceleration. Their analysis demonstrates either gross incompetence or a crude attempt at a cover up. The scientists at NIST are clearly not incompetent, so the only reasonable conclusion is to interpret this as part of a cover up. (It is important to stand back occasionally and recognize the context of these events. This was not just a cover-up of an embarrassing fact. It was a cover-up of facts in the murder of nearly 3,000 people and part of a justification for a war in which well over a million people have since been killed.) I had an opportunity to confront NIST about the easily demonstrated fact of freefall at the technical briefing on August 26, 2008. I and several other scientists and engineers also filed official "requests for correction" in the days that followed. When they released their final report in November 2008, much to the surprise of the 9/11 Truth community, they had revised their measurements of the collapse of the building, including an admission of 2.25 seconds of absolute freefall. However, they couched the period of freefall in a framework of a supposed "three phase collapse sequence" that still occupies exactly 5.4 seconds.

As an aside, it is interesting to note that despite quibbling about 2.25 seconds rather than 2.5 seconds of freefall, NIST adopted my original estimate of 8 stories of freefall. 8 stories was derived from a freefall time of 2.5 seconds. 2.25 seconds of freefall would lead to an estimate of about 6 stories. Obviously the NIST team did not bother to do their own calculation! The quibble is just that. The exact duration is not important. Any significant period of freefall immediately rules out a natural collapse. The recurrence of 5.4 seconds, even in a completely revised analysis, is very puzzling until you realize its context. NIST's Shyam Sunder told the audience in the August 26, 2008 Technical Briefing that their computerized collapse model had predicted the collapse down to the 29th floor level would take 5.4 seconds, well beyond the 3.9 seconds required for freefall. From the events at the Technical Briefing it appears that a team headed by NIST structural engineer John Gross dutifully fabricated a 5.4 second observation to exactly match the prediction. Anyone with any experience in laboratory measurement would have expected some amount of uncertainty between the prediction and the measurement. They would have been doing extremely well to come up with a computer model that would predict the collapse time within 10%. But no. their measurement exactly matched the prediction to the tenth of a second. Keep in mind that their computer model was constructed in the absence of the actual steel, which had long since been hauled away and destroyed. According to NIST's records, none of the steel from Building 7 remains. (Pause and ponder that fact for a moment. Anyone who has watched CSI knows the importance of preserving the physical evidence in a crime scene. Destroying a crime scene is in itself a crime. Yet that is exactly what happened in the aftermath of 9/11, and it happened over the loud protests of the firefighters and others who had a stake in really finding out the truth.)

Back to our story, NIST's computer model predicted 5.4 seconds for the building to collapse down to the level of the 29th floor. John Gross and his team found the time the roofline reached the 29th floor, and then picked a start time exactly 5.4 seconds earlier to give a measurement that matched

The Deep State Does Not Respond To FOIA Requests

A Profile of 9/11 Researcher Aidan Monaghan

By SHEILA CASEY / RCFP

In an attempt to get to the bottom of what really happened on 9/11, citizen investigator Aidan Monaghan has filed dozens of Freedom of Information Act (FOIA) requests with federal agencies such as the FBI, SEC, Department of the Navy, and the Port Authority of New York & New Jersey. Agency after agency has refused to comply with his requests, instead claiming that the information cannot be found, does not exist, was never properly filed, or even, from the FAA, that it was simply "not in a position to release said records at this time."

The Freedom of Information Act was signed into law by President Johnson in 1966. It mandates that information held by federal agencies must be made available to any citizen requesting it, unless that information is exempt. The Act specifies nine reasons why any given piece of information could be exempt, such as invasion of personal privacy, trade secrets, anything related to the supervision or regulation of financial institutions, and anything that could compromise either law enforcement or national security. In addition, the FBI has put an exemption on all of their 9/11 information and will release information only if compelled to do so by a lawsuit, of which Monaghan has filed two.

Despite the persistent stonewalling, Monaghan has turned up some interesting discrepancies. While it was widely reported in the media that the flight data recorder (FDR) also known as the "black box," for American Airlines Flight 77 (the plane that allegedly hit the Pentagon on 9/11) was found at 4 am on September 14, 2001, the file containing the FDR data was dated over four hours earlier. In other words, the data from the FDR was downloaded prior to the FDR being found.

When Monaghan filed a Request for Correction with the National Transportation Safety Board (NTSB), and pointed out this disparity, his request was denied and an explanation offered that the file was created as a routine procedure prior to finding the FDR. However the FDR file indicates three parameters: date created, date modified, and date accessed. The "date created" and "date modified" fields are both listed as 11:45:38 pm

on September 13, 2001, indicating that no data was added later, after the FDR was found. The "date accessed" field is blank.

This is, Monaghan says, "sufficient reason to wonder if the information is faked."

Monaghan has also established that the NTSB does not have either serial or part numbers for the FDRs from American Airlines Flight # 77 or United Airlines Flight # 93 (which allegedly crashed in Shanksville, PA). This is highly unusual, in fact, according to Monaghan, there is only one other occasion in the past 20 years when the NTSB report for an airplane crash did not contain the part and serial numbers for the FDR. That was, oddly enough, exactly ten years earlier, on September 11, 1991, when a Continental Express flight broke up in mid-air, killing 14 people, when the horizontal stabilizer failed. The accident was blamed on the negligence of Continental's maintenance and inspection crew.

The NTSB's own handbook indicates that the part number and serial number of the FDR are required for data readout of the FDR. The NTSB did not have this information, giving us another reason to question how the FDR data was created.

Other researchers have raised serious doubts about Flight #77. The fact that the file for American Airlines Flight 77 FDR was created before the AA 77 FDR was found, was first reported on the forum for Pilots for 9/11 Truth in August of 2007, but with a timestamp of six hours earlier than reported by Monaghan. Pilots for 9/11 Truth have also concluded that the FDR data released by the NTSB has the plane flying too high to hit the Pentagon.

Monaghan also uncovered a discrepancy suggesting that either the FAA or *Popular Mechanics* writers are lying. Monaghan filed a FOIA with the FAA requesting data about the number of times the FAA had asked NORAD to intercept an aircraft in three specific years, but received a reply stating that the FAA does not track or record that information and that they "have no records responsive to your request."

See FOIA p. 7

Book Review

Questioning the War on TERROR:

A Primer for Obama Voters

by Kevin Barrett



REVIEW BY SHELTON LANKFORD

Kevin Barrett takes on the central myth from which the "War on Terror" springs and without which the entire concept collapses like an empty burka. Although the 9/11 myth has been used to justify all manner of deeds and insults inflicted upon the American people, it is as a *causis bellum* that it has paid off as a dream come true for the Neocons of the Project for a New American Century - a "New Pearl Harbor" that they wished for so fondly in their manifesto famously posted in 1998. Of course, as fate would have it, their little plan to mount the crusader's steed and romp and stomp through the Middle East, rolling up Islamic nations like so many dominoes before our hegemonic might, hit one or two snags on the way to the glorious future envisioned by PNAC and the administration. The Iraqi insurgents objected, and the Taliban in Afghanistan are begging to differ as well, to the point that doubts about our ability to prevail at all in the latter case continue to grow. The sorrows of empire are upon us, although the new administration of Barack H. Obama seems remarkably patient with the Bushian status quo, particularly in light of the impatience increasingly voiced by many of his erstwhile supporters.

Kevin Barrett is a well-known and articulate doubter of the officially-sanctioned conspiracy theory that was constructed during the 9/11/01 pageant. In this book, he asks cogent questions - some 50 of them - that address the concept of false-flag operations as provocations for war, and provide historical examples stretching back to Guy Fawkes. He spends much of the book challenging the explanation for much of what has characterized American policy in the new century - the idea that we are beset by enemies who share a common ethnic and religious orientation who "hate us for our freedom." He challenges the stated motivation for practically all of the questionable activities and initiatives of the former administration, and he does so persuasively. That isn't particularly difficult when at least the liberal part of the media have done yeoman's work in deconstructing the surface case that the administration put together to justify their adventurism. Obama seems to be saying that regardless of the bogus reasons for going to war in Iraq, it now is self-justifying that we must stay there until the "job is finished". Never mind that the precise definition of a finished job is as elusive as ever.

Afghanistan is another matter entirely, and here the reasons for going in and 9/11 are inextricably intertwined, so Mr. Obama recites the conventional connection to Osama bin Laden and al Qaeda and the heinous acts of 9/11 as received gospel, unchallenged and unchallengeable. Mr. Barrett is well practiced in taking on that neutered orthodoxy by reference to the myriad inconsistencies with fact and countless contradictions between the conspiracy theory favored by the government

and reality as represented by laws of physics and non-9/11 cause and effect. Publication was prior to additional information published this year that knocks the official explanation of the event down about the government's ears and renders speculation about what caused the towers' collapse moot, or silly. I refer to the peer-reviewed publication in the *Open Chemical Physics Journal* of the work of nine distinguished scientists that establishes the copious presence in the dust that blanketed Manhattan of a high-tech, military-grade incendiary, nano-thermite, with an added ingredient that renders it a powerful explosive. This is not your daddy's gun cotton. You need a very advanced and well equipped laboratory and a boatload of expertise in nano-chemistry. The fire and airplane explanation of the towers and Building 7 "collapse" is as dead as the dodo.

Further, on the scene comes Citizens Investigative Team, a pair of researchers from California, in cooperation with Pilotsfor911truth.org, whose interviewing of already documented eyewitnesses to the approach of the aircraft alleged to have hit the Pentagon establishes by careful documentation by those witnesses, to a moral certainty, that the aircraft could not possibly have hit that building. Oops!

The new evidence seals the already persuasive case that screams "inside job," but even without it, Mr. Barrett makes a powerful case for anyone who cares to read it. Obama remains somewhat of an enigma, particularly to those who filled in his blanks during the campaign to complete his portrait as a liberal savior and a white-hatted believer in the values that they espoused, such as peacemaker, champion of the rule of law, bringer of justice for lawbreakers, restorer of the constitution, and so on. Post-January, the picture is far from clear. Kevin Barrett maintains in Part 1 of this book that if enough people demand answers to the hard questions about the war on terror, they will get from Mr. Obama the change they voted for.

While I do not reject that view out of hand, ability to maintain any degree of belief in Mr. Obama's intentions to restore integrity and rule of law grows weaker with every affirmation of Bush appointees or statement of support for Bush policies. This book does a good job of summing up the many reasons to doubt the premises of the War on Terror, a term that has fallen out of favor in the new regime. The book is more convincing when pressing the case for disbelief of the official story of 9/11/01 than it is in holding Mr. Obama up as the real deal many people believed him to be when he ran for office. For those yearning for "Change We Can Believe In," it appears to many of us as primarily cosmetic and Mr. Obama gives every indication of doing business at the same old stand, with a disarming smile in place of the smirk to which we had grown accustomed.

It's a poor basis for hope.

Empire, Obama and America's Last Taboo

Truth-telling Journalist John Pilger Lays Out the Hard Truths Learned Over a Lifetime of Investigative Reporting in this Wide-ranging Speech.

This is an excerpt of a speech given by John Pilger at the Socialism 2009 event in San Francisco on July 4, 2009. For a complete transcript go to: www.rockcreekfreepress.com

Americanism is an ideology that is unique because its main feature is its denial that it is an ideology. It's both conservative and it's liberal. And it's right and it's left. And Barack Obama is its embodiment. Since Obama was elected, leading liberals have talked about America returning to its true status as, "a nation of moral ideals." Those are the words of Paul Krugman, the liberal columnist of *The New York Times*. In the *San Francisco Chronicle*, columnist Mark Morford wrote, "Spiritually advanced people regard the new president as a light worker who can help usher in a new way of being on the planet." Tell that to an Afghan child whose family has been blown away by Obama's bombs. Or a Pakistani child whose house has been visited by one of Obama's drones. Or a Palestinian child surveying the carnage in Gaza caused by American "smart" weapons, which, disclosed Seymour Hersh, were re-supplied to Israel for use in the slaughter, "Only after the Obama team let it be known it would not object." The man who stayed silent on Gaza is the man who now condemns Iran.

In a sense, Obama is the myth that is America's last taboo. His most consistent theme was never change; it was power. "The United States," he said, "leads the world in battling immediate evils and promoting the ultimate good. We must lead by building a 21st century military to ensure the security of our people and advance the security of all people." And there is this remarkable statement, "At moments of great peril in the past century our leaders ensured that America, by deed and by example, led and lifted the world, that we stood and fought for the freedoms sought by billions of people beyond our borders." Words like these remind me of the colonel in the village in Viet Nam, as he spun much the same nonsense.

Since 1945, by deed and by example, to use Obama's words, America has overthrown 50 governments, including democracies, and crushed some 30 liberation movements and bombed countless men, women, and children to death. I'm grateful to Bill Blum for his cataloging of that. And yet, here is the 45th [sic] president of the United States having stacked his government with war mongers and corporate fraudsters and polluters from the Bush and Clinton eras, promising, not only more of the same, but a whole new war in Pakistan, justified by the murderous clichés of Hillary Clinton-clichés like, "high value targets." Within three days of his inauguration, Obama was ordering the death of people in faraway countries: Pakistan and Afghanistan. And yet, the peace movement,

it seems, is prepared to look the other way and believe that the cool Obama will restore, as Krugman wrote, "the nation of moral ideals."

Not long ago, I visited the American Museum of History in the celebrated Smithsonian Institute in Washington. One of the most popular exhibitions was called "The Price of Freedom: Americans at War." It was holiday time and lines of happy people, including many children, shuffled through a Santa's grotto of war and conquest. When messages about their nation's great mission were lit up, these included tributes to the; "...exceptional Americans who saved a million lives..." in Viet Nam, where they were, "...determined to stop Communist expansion." In Iraq other brave Americans "employed air-strikes of unprecedented precision." What was shocking was not so much the revisionism of two of the epic crimes of modern times, but the sheer scale of omission.

Like all US presidents, Bush and Obama have very much in common. The wars of both presidents and the wars of Clinton and Reagan, Carter and Ford, Nixon and Kennedy are justified by the enduring myth of exceptional America, a myth the late Harold Pinter described as "a brilliant, witty, highly successful act of hypnosis."

The clever young man who recently made it to the White House is a very fine hypnotist, partly because it is indeed extraordinary to see an African American at the pinnacle of power in the land of slavery. However, this is the 21st century, and race together with gender, and even class, can be very seductive



tools of propaganda. For what is so often overlooked and what matters, I believe above all, is the class one serves. George Bush's inner circle from the State Department to the Supreme Court was perhaps the most multi-racial in presidential history. It was PC par excellence. Think Condoleezza Rice, Colin Powell. It was also the most reactionary. Obama's very presence in the White House appears to reaffirm the moral nation. He's a marketing dream. But like Calvin Klein or Benetton, he's a brand that promises something special, something exciting, almost risqué. As if he might be radical. As if he might enact change. He makes people feel good; he's a post-modern man with no political baggage. And all that's fake.

In his book, *Dreams From My Father*, Obama refers to the job he took after he graduated from Columbia in 1983; he describes his employer as, "...a consulting house to multi-national corporations." For some reason he doesn't say who his employer was or what he did there. The employer was Business International Corporation, which has a long history of providing cover for the CIA with covert action and infiltrating unions from the left. I know this because it was especially active in my own country, Australia. Obama doesn't say what he did at Business International, and they may be absolutely nothing sinister. But it seems worthy of inquiry and debate, as a clue to,

“At a time of universal deceit,” wrote George Orwell, “telling the truth is a revolutionary act.”

perhaps, who the man is.

During his brief period in the Senate, Obama voted to continue the wars in Iraq and Afghanistan. He voted for the Patriot Act. He refused to support a bill for single-payer health care. He supported the death penalty. As a presidential candidate he received more corporate backing than John McCain. He promised to close Guantanamo as a priority, but instead he has excused torture, reinstated military commissions, kept the Bush gulag intact, and opposed habeas corpus.

Daniel Ellsberg, the great whistleblower, was right, I believe, when he said that under Bush a military coup had taken place in the United States, giving the Pentagon unprecedented powers. These powers have been reinforced by the presence of Robert Gates — a Bush family crony and George W. Bush's powerful Secretary of Defense, and by all the Bush Pentagon officials and generals who have kept their jobs under Obama.

In the middle of a recession, with millions of Americans losing their jobs and homes, Obama has increased the military budget. In Colombia he is planning to spend 46 million dollars on a new military base that will support a regime backed by death squads and further the tragic history of

Washington's intervention in that region.

In a pseudo-event in Prague, Obama promised a world without nuclear weapons to a global audience, mostly unaware that America is building new tactical nuclear weapons designed to blur the distinction between nuclear and conventional war. Like George Bush, he used the absurdity of Europe threatened by Iran to justify building a missile system aimed at Russia and China. In another pseudo-event at the Annapolis Naval Academy, decked with flags and uniforms, Obama lied that America had gone to Iraq to bring freedom to that country. He announced that the troops were coming home. This was another deception. The head of the army, General George Casey, says, with some authority, that America will be in Iraq for up to a decade. Other generals say fifteen years.

Chris Hedges, the very fine author of *Empire of Illusion*, puts it very well; "President Obama," he wrote, "does one thing and brand Obama gets you to believe another. This is the essence of successful advertising. You buy or do what the advertisers want because of how they make you feel." And so you are kept in a perpetual state of childishness. He calls this "junk politics."

But I think the real tragedy is that Obama, the brand, appears to have crippled or absorbed much of the anti-war movement, the peace movement. Out of 256 Democrats in Congress; 30, just 30, are willing to stand up against Obama's and Nancy Pelosi's war party. On June the 16th, they voted for 106 billion dollars for more war.

The "Out of Iraq" caucus is out of action. Its members can't even come up with a form

of words of why they are silent. On March the 21st, a demonstration at the Pentagon by the once mighty United for Peace and Justice drew only a few thousand. The outgoing president of UPPJ, Lesley Kagen, says her people aren't turning up because, "It's enough for many of them that Obama has a plan to end the war and that things are moving in the right direction." And where is the mighty Move On, these days? Where is its campaign against the wars in Iraq and Afghanistan? And what, exactly, was said when Move On's executive director, Jason Ruben, met Barack Obama at the White House in February?

Yes, a lot of good people mobilized for Obama. But what did they demand of him? Working to elect the Democratic presidential candidate may seem like activism, but it isn't. Activism doesn't give up. Activism doesn't fall silent. Activism doesn't rely on the opiate of hope. Woody Allen once said, "I felt a lot better when I gave up hope." Real activism has little time for identity politics which, like exceptionalism, can be fake. These are distractions that confuse and sucker good people. And not only in the United States, I can assure you.

Transcribed by Elaine Sullivan for the Rock Creek Free Press.

Questioning the War on Terror:

A Primer for Obama Voters by Kevin Barrett

"Americans have now joined the rest of the world in regarding the war in Iraq as illegitimate because based on lies. Kevin Barrett's book shows that the same is true of the war in Afghanistan. President Obama's promise to base his administration's policies on good intelligence should, therefore, lead him to bring this war to a quick end." -David Ray Griffin, author of *The Mysterious Collapse of World Trade Center 7*

Questioning the War on Terror awakens Obama supporters, leading them gently through the minefield of official lies all the way to 9/11 truth. Special offer for Rock Creek Free Press fans: **Ten books for \$50 (includes shipping!)** Give them away to friends and media outlets! Paypal \$15 per copy, or \$50 for ten, to: khadirpress@gmail.com; or send a check or money order to POB 221, Lone Rock, WI 53556 www.questioningthewaronterror.com

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The Deep State Does Not Respond To FOIA Requests

FOIA from p. 5

But on page 22 of the 2006 Popular Mechanics book *Debunking 9/11 Myths*, the writers quote an unnamed source at the FAA as saying that scrambles were routine, but interceptions were not — especially over the continental United States. If the FAA does not track that information, how did the FAA source know this?

Another discrepancy arose when Monaghan asked the Bureau of Transportation Statistics (BTS) for the last pre-9/11 flights of the aircraft that were allegedly destroyed on 9/11. BTS responded with a spreadsheet that showed that prior to 9/11, three of the four aircraft had not flown since December 2000. (No information was given for the plane that allegedly crashed into the Pentagon.) However a searchable online database on the BTS website shows that three of the four flights (again, no information for the Pentagon plane) flew continuously until September 11, 2001.

The list of FOIAs that Monaghan has filed which have yielded no information is long.

He asked the Secret Service for documents that reveal what time former Vice President Dick Cheney entered the Presidential Emergency Operations Center (PEOC), as well as documents pertaining to the names of persons admitted to PEOC on the morning of 9/11. Reply: no records or documents pertaining to your request.

He asked the SEC for a bibliography of the investigation records that were located in the SEC's offices on floors 11-13 in World Trade Center 7, even attaching a copy of a September 17, 2001 article in the *National Law Journal* which stated that SEC and EEOC investigations had been delayed due to the loss of "substantial files" for 3,000 to 4,000 cases. The reply: "did not locate or identify any information responsive to your request."

In an attempt to shed light on what may have led to the destruction of the World Trade Center towers, Monaghan asked the Port Authority of New York & New Jersey for a complete list of outsourced contract projects performed upon World Trade Center buildings 1 and 2 from January 1, 2001 to September 11, 2001. Reply:

"no documents in Port Authority files responsive to your request." (Monaghan notes that since the Port Authority was located in WTC 1, it is possible that all files were lost that day.)

Monaghan sued the FBI to obtain "documentation revealing the process by which wreckage recovered by defendant, from the aircraft used during the terrorist attacks of September 11, 2001, was positively identified by defendant...as belonging to the said aircraft..." Reply: "...there are no responsive records. The identities of the airplanes hijacked in the September 11 attacks was never in question, and, therefore, there were no records generated..."

As reported in the April, 2008 *Rock Creek Free Press*, the aircraft were very much in question, as transponders were turned off and one plane, Flight 77, was even lost to radar over Ohio for a time. NTSB officials are on record stating that they were involved in aircraft parts identification, and bins were set up at all three crash sites labeled "aircraft parts."

The *Rock Creek Free Press* reported in May 2009 that explosive, unreacted thermite material containing nano particles of aluminum and iron oxide had recently been discovered in the dust from the World Trade Center buildings that collapsed on September 11, 2001. The Indian Head Division of the Naval Surface Warfare Center was described in 1999 as "the only reliable source for aluminum nano-powders in the United States," and in 2008 as "probably the most prominent US center for nano-thermite technology."

Monaghan asked the Naval Surface Warfare Center for records about the research and development of nano-sized aluminum powders or nano-sized iron oxide powders. Reply: "have not found any records responsive to your request."

Monaghan is currently trying to get more information from the FBI with *Aidan Monaghan v. US Dept of Justice*, et al., 09-CV-0060. When you sue the FBI, Monaghan explained, you go up against the Department of Justice, since the FBI is a division of the DOJ.

This lawsuit asks for information about the wreckage recovered from



American Airlines Flight 77 and United Airlines Flight #93, the flight management computers and multi-mode receivers used on all four aircraft, the serial numbers for the flight data recorders and cockpit voice recorders for AA77 and UA93, communications between the four hijacked aircraft, information regarding the presence of bombs in the World Trade Center towers, three days of logs of the recovery of human remains from the crash sites of AA77 and UA93, an audio copy of the cockpit voice recorder from UA93, and information about phone calls placed from AA11, UA175, AA77 and UA93, including the existence of seatback or Airfone telephones for passenger use on all four aircraft.

Monaghan admits that he is now "running out of ideas for FOIAs for file." As recently as September 2007, the FBI denied Monaghan's FOIAs under the law enforcement exemption, claiming that this is an "ongoing investigation" and that information related to identifying the aircraft used on 9/11 "could reasonably be expected to interfere with enforcement proceedings."

"I'm beginning to wonder if the FOIA is just a lot of theatre for public consumption to provide a perception that yes, government is accessible, it's transparent," said Monaghan. "For two years now I've tried to pull as much 9/11 info from the federal government as I can, and the most noteworthy thing I've found is the absence of information. Material that should be there just isn't."

Monaghan is married, lives in Las Vegas and works in risk management and public safety for a large commercial property that gets a lot of public traffic. He was educated as an electrical engineer.

Sheila Casey is a DC-based journalist. Her work has appeared in The Denver Post, Reuters, Chicago Sun-Times, Dissident Voice and Common Dreams. She blogs at http://www.sheilacasey.com

Turkish Intelligence Blackmailing Sitting Member of House of Representatives

BLACKMAIL from p. 1

an American-Turkish Council (ATC) female operative enticed a female member of the House into a lesbian sexual encounter at a Washington, DC townhouse. A Turkish intelligence surveillance team had placed surveillance bugs throughout the townhouse, including the bedroom and captured the lesbian tryst on tape, according to Edmonds's testimony.

WMR has learned that the House member in question is Representative Jan Schakowsky (D-IL), a strong supporter of AIPAC and Israel and a close political ally of President Obama and his chief of staff Rahm Emanuel.

To her credit, Schakowsky had been a vocal opponent of private military contractors and the lack of government oversight of their activities, especially in Latin American and Iraq, but since being compromised, she has "gone quiet" on all her signature issues, including private military contractors, and she has become very hawkish in support of Israel.

In January 2007, Speaker Nancy Pelosi appointed Schakowsky to be a member of the House Select Committee on Intelligence. Currently, Schakowsky is chair of the House Select Committee on Intelligence's Subcommittee on Oversight and Investigations — which puts her in a conflict-of-interest in investigating Turkish and related Israeli intelligence penetration of the FBI and State Department.

WMR has also learned from congressional sources that Illinois Governor Rod Blagojevich was aware of Schakowsky's "problems," and he resisted pressure from Obama and Emanuel to appoint Schakowsky to Obama's vacant Senate seat. When Blagojevich signaled he was going to appoint someone other than Schakowsky to the seat, the joint Israeli and Turkish lobbies, in addition to Emanuel, arranged for US Attorney Patrick Fitzgerald to receive a green light to arrest Blagojevich, even before any federal corruption indictments were handed down by a grand jury. Blagojevich was later impeached by the Illinois House and removed from office by the state senate. An indictment on multiple counts was later handed down by a federal grand jury.

WMR has previously reported that Fitzgerald dragged his feet on the investigation of the leak by the Bush White House of the covert identities of CIA officer Valerie

Plame Wilson and her Brewster Jennings & Associates cover firm. Fitzgerald was trying to limit damaging exposure to the nuclear smuggling operation that involved the Turkish and Israeli Lobbies and Turkish MIT and Israeli Mossad intelligence operations. Mrs. Wilson and her team were apparently narrowing in on the Turks and Israelis in nuclear smuggling around the world. The key US government players in outing Brewster Jennings were named by Edmonds in her deposition.

Blackwater (now Xe) has been accused of smuggling weapons through Iraq to Kurdish guerrillas in Turkey. Recent allegations that Kurdish Workers Party (PKK) terrorist attacks in Turkey have been "false flags" carried out by the "deep state" Ergenekon and the allegations by Edmonds that the ATC and its affiliates in Washington are part of the Turkish "deep state" point to possible long-time collusion between Blackwater and Turkish intelligence. The fact that Turkish intelligence successfully blackmailed Schakowsky, the major congressional opponent of Blackwater's operations, could not have come as better news to the firm.

With the CIA and Blackwater/Xe vigorously opposed to any further details of their cooperation emerging, there is the strong possibility that Turkish state intelligence has shared its "take" with the CIA and Schakowsky is, once again, being blackmailed into submission as she was when the ATC and its sister organization, the Israeli AIPAC lobby, pressured her to back down on her support for an Armenian genocide resolution in the House.

Such juicy blackmail information certainly may have ended up in the hands of those CIA officials who went to work in senior executive positions for Blackwater, including the CIA's former chief of the Counterterrorism Center Cofer Black, former chief of the CIA's Near East and South Asia Division Robert Richer, former CIA Special Operations Group official Enrique "Ric" Prado, and Alvin "Buzzy" Krongard, who, while his brother Howard "Cookie" Krongard was blocking an investigation of the State Department's contracts with Blackwater while serving as State's Inspector General, was serving on Blackwater's advisory board. In addition, Joseph Schmitz, the Pentagon's former Inspector

General, was hired on as the general counsel for the Prince Group, the parent company of Erik Prince's Blackwater.

It is also reported that after CIA director George Tenet canceled the CIA's contract with Blackwater. His replacement, Porter Goss, renewed the deal. Goss's Executive Director, Kyle "Dusty" Foggo, now jailed for fraud and corruption, would have been involved in hammering out the CIA's renewed contract with Blackwater. Foggo, had a personal and business relationship with Pamela Martin & Associates proprietor, his old friend from San Diego the late Deborah Jeane Palfrey, to provide escorts for the agency for clandestine tasks. That activity also involved providing escorts for Washington hotel "poker parties" at which Goss, Foggo, and jailed former Representative Randy "Duke" Cunningham were present. Cunningham served as chairman of the powerful House Armed Services Appropriations subcommittee, which approved Blackwater's Pentagon contracts. Blackwater, according to recent court depositions in Alexandria, Virginia, is accused of running a prostitution camp in Baghdad, which also involved the use of children.

The connections between Blackwater and the CIA now indicate that the Pentagon entity that was working closely with Langley in paramilitary assassination operations was largely composed of Blackwater contractors.

Many in Congress are demanding an explanation for the CIA's contracts with Blackwater; but with Schakowsky being blackmailed, there is little hope that her subcommittee can look into the contracts between the CIA and Blackwater/Xe, let alone the operations of the Prince Group's other murky entities, including Presidential Airways, Greystone Ltd. of Barbados, Falcon, EP Investments, Xe Airships, Total Intelligence Solutions, and Raven Development Group.

Wayne Madsen is a Washington, DC-based investigative journalist, author and syndicated columnist and a regular commentator on Russia Today TV. His columns have appeared in the Miami Herald, Houston Chronicle, Philadelphia Inquirer, Columbus Dispatch, Sacramento Bee, Atlanta Journal-Constitution, and many other papers.

What To Do If You Are Force Vaccinated

VACCINE from p. 1

1. Number one on the list, says Dr. Blaylock, is to bring a cold pack with you and place it on the site of the injection as soon as you can, as this will block the immune reaction. Once you get home, continue using a cold pack throughout the day. If you continue to have immune reactions the following day, take cold showers and continue with the cold press.

2. Take fish oil. Eicosapentaenoic acid (EPA), one of the omega 3 fatty acids found in fish oil supplements, is a potent immune suppressant. If you take high-dose EPA you will be more susceptible to infections, because it is a powerful immune suppressant. However, in the case of an immune adjuvant reaction, you want to reduce it. Studies show that if you take EPA oil one hour before injecting a very powerful adjuvant called lipopolysaccharide (LPS), it would completely block the ability of the LPS to cause brain inflammation. Take a moderate dose everyday and more if needed to tame a cytokine storm.

3. Flavonoids are third on the list, namely curcumin, quercetin, ferulic acid and ellagic acid, particularly in a mixture. The curcumin and quercetin in particular have been found to block the ability of the adjuvants to trigger a long-term immune reaction. If you take it an hour before the vaccination, it should help dampen the immune reactions says Dr. Blaylock.

4. Vitamin E, the natural form that is high in gamma-E will help dampen the immune reactions and reduces several of the inflammatory cytokines.

5. An important ingredient on the list is Vitamin C at a dose of 1,000 mg, taken four times a day between meals. It is a very potent anti-inflammatory and should be taken in a buffered form, not as ascorbic acid, says Dr. Blaylock.

6. Also use astaxanthin as it's an anti-inflammatory. According to Dr. Blaylock, fatal reactions to vaccines in aboriginal and African children occurred in those who were deficient in carotinoids, like astaxanthin. It is a good protection against the toxic

effects of the vaccine.

7. Likewise, it was found that children who were deficient in zinc had a high mortality rate. Zinc is very protective against vaccine toxicity. (Do not use zinc mixed with copper however, as copper is a major trigger of free-radical generation according to Dr. Blaylock).

8. Ensure you avoid all immune-stimulating supplements, such as mushroom extracts, whey protein and beta-glucan.

9. Take a multivitamin-mineral daily — one that does not contain iron. This multivitamin-mineral is to make sure your body has plenty of B vitamins and selenium. Selenium, said Dr. Blaylock, is very important for fighting viral infections and it reduces the inflammatory response to vaccines.

10. Magnesium citrate/malate 500 mg of elemental magnesium two capsules, three times a day. (This was not mentioned during the show, but was posted at Dr. Deagle's website, ClayandIron.com).

11. What is very important is vitamin D3, which is the only 'vitamin' the body can manufacture from sunlight (UVB). It is a neural hormone, not really a vitamin says Dr. Blaylock and helps if you are over-reacting immunologically by cooling down the reaction. Similarly, if you are under-reacting, it helps to boost your immune response. In addition, it protects against microorganism invasion.

Dark-skinned people and those in colder climates are particularly deficient, so they will almost certainly require supplementation.

Dr. Blaylock recommends that following vaccination it will help to keep the immune reaction under control if:

- All children get 5,000 units a day for two weeks after the vaccine and then 2,000 a units a day thereafter;
- Adults get 20,000 units a day



after the vaccine for two weeks, then 10,000 units a day thereafter;

iii) And with that adults should take 500-1,000 mg of calcium a day and children under the age of 12 years should take 250 mg a day, as vitamin D works more efficiently in the presence of calcium.

12. Ensure you avoid all mercury-containing seafood or any other sources of mercury, as the heavy metal is a very powerful inducer of autoimmunity, is known to make people more susceptible to viral infections and will be in H1N1 vaccines.

13. Avoid the oils that significantly suppress immunity and increase inflammation — such as corn, safflower, sunflower, soybean, canola and peanut oils.

14. Drink very concentrated white tea at least four times a day. It helps to prevent abnormal immune reactions.

15. Pop parsley and celery in a blender and drink 8 ounces of this mixture twice a day. Dr. Blaylock says the parsley is very high in a flavonoid called apigenin and that celery is high in luteolin. Both are very potent in inhibiting autoimmune diseases, particularly the apigenin, so go and plant some parsley in your garden now.

Clare Swinney wrote for Investigate Magazine from 2000-2005. Swinney currently writes for Uncensored.

Government Permission Will Be Required to Travel

PERMISSION from p. 1

agency the additional authority to decide who gets to go where reaches beyond safety into overextended governmental power. This newly minted "Secure Flight" rule fundamentally imbalances long-standing citizens' rights both to travel and to be left alone. If your name appears among hundreds of thousands on "watchlists," or you assert that the government should not require ID to fly, or you don't want to reveal your date of birth for concern about identity theft, or you don't choose to declare your gender, you can stay home.

By combining the requirement for government photo IDs in order to fly with checking government watchlists including potentially every passenger, "Secure Flight" puts the federal government into the business of licensing travel. All travelers will need government OK in order to board a flight, or take a cruise. What the government can allow one day, it can forbid the next. All things considered, isn't this a higher-tech and later-day version of South African domestic passports or eastern European checkpoints? In fact, because of the high technological capacity of the US version, aren't its implications for travel control of plane, train, bus and subway travel much more far reaching? It's incredible that something like this is happening relatively unrecognized in America.

While some people consider the requirement to show ID or reveal a birth date a small trade-off for security, what is at stake here is the right to travel. That fundamental freedom of movement appears in

the Articles of Confederation in the right to freely enter and leave all the states of the then small union. It was so fundamentally a part of American citizenship that the privileges and immunities clauses of the Constitution included it without explicitly mentioning it again for the more perfect union. With a large and expansive nation now ranging from Hawaii and Alaska to Washington DC, that right to travel nationally, and petition the distant government, is even more fundamental. Yet, some courts maintain that if you can walk, you don't need the right to fly. People have the right to walk around freely without carrying a national ID; why do they have to show one to travel? The Supreme Court has yet to rule on the scope of the right to travel but lower courts have tended to restrict it more narrowly than the Founding Fathers would approve.

Clearly, the air ID and "Secure Flight" rules mean you cannot travel to any destination reachable only by air without official permission. Moreover, the system can easily be extended to Amtrak as a government railroad, which already requires government ID in order to purchase a ticket. It can further be extended to urban rapid-transit networks tied to travel cards, and private inter-city buses requiring IDs to buy tickets or board coaches. These are the bases for an internal passport system in the US.

There are a lot of practical issues here, too. The assumption that any "no-fly" list includes all potential wrong doers is implausible, and

first-time criminals would by definition not appear until it's too late. Many people on these lists are there because their names are similar to those who are suspect for other reasons. There are perhaps a few hundred people whose past activities merit keeping them off the streets, let alone flights. The small group is better caught through search warrants and good police work before they come to the airport. To demand that 750 million annual passengers have to get government permissions to fly creates a needle in-a-haystack approach to locating a few potential wrongdoers (none so far have been caught by the matching). "Secure Flight" is simply an ineffective use of scarce resources that sweeps much too broadly over people's most basic rights to travel and be let alone.

What can you do? Like other regulations quickly promulgated at the end of an outgoing administration, these rules need to be delayed and reconstituted. Contact your Senators, Representatives and the White House to suspend such ill-considered regulations now. Insist that the government create a system that makes flying safe without granting federal officials the final say over permission for citizens to travel. Otherwise, the traveling public may be detoured onto a perilous downhill road to being permanently grounded.

Michael Ostrolenk is director of the Liberty Coalition. Robert Ellis Smith, Richard Sobel and Jan Towse contributed to this article.

Obama DOJ Gives Pass to CIA Torturers Goes After Detainee's Defense Lawyers

DOJ from p. 1

of the National Association of Criminal Defense Attorneys speaking to the *New York Times*, disputed that there was anything illegal with showing photos taken in public to the detainees. "If you get information in the public record, it doesn't become classified just because the government feels it is embarrassing or that they would prefer you not to show it to anyone," Mr. Dratel said. "There is no prohibition on gathering public-source information and showing it to your client."

Adams Project attorneys had previously, in April, sent a letter to CIA Director Leon Panetta requesting that the CIA "black site" buildings, interrogation cells, prisoner cells, shackles, water boards and other equipment be preserved for inspection and documentation. Panetta has ordered the closure of CIA black sites, but attorneys are concerned that the CIA intends to destroy the sites - including the buildings and the equipment used to interrogate and

torture detainees - and, in doing so, destroy the evidence of crimes since torture is a violation of numerous US and international laws. The CIA has already admitted to destroying hundreds of videos of the harsh interrogations.

Anthony D. Romero, president of the ACLU, said researching what had happened to their clients in the hands of government agents was "a normal part of criminal defense work." "Identifying who tortured our clients and what they did to them and when is an essential part of defending their interests in these sham proceedings," he said to the *Times*.

This is not the first time the DOJ has threatened lawyers in terrorism cases with prosecution for pretended crimes committed in the defense of their clients. In 2005, Lynne Stewart, the defense attorney for blind sheikh Omar Abdel Rahman, was sentenced to two and a half years for allegedly passing messages from Rahman to the outside world.

The Public Option in Banking: How We Can Beat Wall Street at Its Own Game

PUBLIC OPTION from p. 1

could take the lucrative system the private banking industry has created for itself and turn it to productive use in the public interest.

Keeping the Banks Honest with Some Public Competition

In President Obama's July 17 weekly address, he repeated his call for a public option in health care in order to "increase competition and keep insurance companies honest" and to "put an end to the worst practices of the insurance industry." The same call needs to be made for a public option in banking. In some countries, publicly-owned banks have operated alongside privately-owned banks for decades; and in those countries, the current crisis has served to show that public banks generally do a better job of serving the people and protecting their interests than their private counterparts.

In Canada, the trendsetter in public banking is the province of Alberta. Alberta's publicly-owned banking system, called Alberta Treasury Branches or ATB, was initiated during the Great Depression to give the private banks a run for the public's money. According to a government publication titled "These Are the Facts: An Authentic Record of Alberta's Progress, 1935-1948":

The Treasury Branch system enables the people to pool their financial resources and to use these resources for their mutual benefit thereby enabling them to progressively free themselves from the stranglehold of the existing financial monopoly. These Treasury Branches provide effective competition for chartered banks thereby ensuring banking services at reasonable rates.

From 1929 to 1933, the average annual income in Alberta had fallen from \$548 to \$212, a staggering 61 percent drop. Interest payments continued to bleed the farmers of cash, and taxes had increased. In 1935, Albertans decided they wanted a change and swept the Alberta Social Credit Party into power. In 1938, the system of Alberta Treasury Branches was set up literally as a branch of the provincial government. The stated goal of the ATB was to "provide the people with alternative facilities for gaining access to their credit resources." Bankers initially scoffed at Alberta's attempts to establish a competing economic system, but

Albertans had high hopes and rushed to deposit their meager savings in the Treasury Branches. The government invested in the ATB only once, contributing \$200,000 in 1938. That was all that was necessary, as the system was self-funding after that. By 1946, the ATB was turning an annual profit of \$65,000. According to a booklet titled "Albertans Investing in Alberta 1938-1998," by 1998 the ATB had remitted \$68 million to the provincial government.

In India, public sector banks also operate alongside private sector banks. Privatization has made significant inroads into India's banking system, but fully 80 percent of the country's banks are still government-owned. Before the current crisis, neoliberals criticized India's public banks for being oriented more toward serving the customer than turning a profit; but studies showed that the public sector banks were outperforming the private sector banks in terms of customer satisfaction. Today, when the credit crisis has hit the aggressive private international banks particularly hard, customers are fleeing into the safety of India's public sector banks, which have emerged largely unscathed from the credit debacle. The public banks have been credited with keeping the country's financial industry robust at a time when the private international banks are suffering their worst crisis since the 1930s.

In China, private-sector banking has also made some inroads; but state-owned banks still predominate. In a June 2009 article titled "The Chinese Puzzle: Why Is China Growing When Other Export Powerhouses Aren't?", Brad Setser noted that nearly all countries relying heavily on exports for growth have experienced major downturns and remain in the doldrums - except for China. When China's external markets fell off, the government turned its credit machine inward to domestic development. Its state-owned banks engaged in a huge increase in lending, with local governments and state enterprises borrowing on a large scale. The result was to create a real fiscal stimulus that put workers to work and got money circulating again in the economy.

In the United States, the trendsetter in public banking is the state of North Dakota, which has owned its own bank for nearly a century. North Dakota is one of

only two states (along with Montana) that are currently not facing budget shortfalls. Ever since 1919, North Dakota's revenues have been deposited in the state-owned Bank of North Dakota (BND). Under the "fractional reserve" lending scheme open to all banks, these deposits are then available for leveraging many times over as loans. Other banks in the state do not see the BND as a threat because it partners with them and backstops them, serving as a sort of central bank for the state. BND's loans are not insured by the Federal Deposit Insurance Corporation (FDIC) but are guaranteed by the state. North Dakota has plenty of money for student loans, makes low-interest loans to startup farms, has the lowest unemployment rate in the country, and is generally not feeling the pinch of the credit crisis at all.

Theory and Practice: The Proof Is in the Pudding

A bank charter brings with it the privilege of creating "credit" simply as an accounting entry on the bank's books. The flaw in the private banking scheme is that banks create the principal portion of their loans but not the interest, which is continually drawn off the top as profit. New borrowers must continually be found to take out new loans to create this extra profit, making private banking effectively a pyramid scheme; and like any pyramid scheme, it has mathematical limits. Today, those limits appear to have been reached. Personal and national debts have gotten so large relative to incomes that it is no longer possible to maintain the fiction of solvency. We soon won't have the money even to pay the interest on our existing debts, let alone to incur new ones. Public banking does not suffer from that flaw because interest is not drawn out of the system but is returned to the public coffers. Public banking is thus mathematically sound and sustainable.

That is the theory, but there is nothing so persuasive as putting it to the test. Like with the public option in health care, we need to pit the public banking option against the private banking option and see which works best. My money is on the public option.

Ellen Brown, J.D., is the author of 11 books, including Web of Debt. You may visit her at her website: Web of Debt.

Psych Ward Nightmare

New Zealand Woman Locked Up for Her Belief That 9/11 Was Inside Job

NIGHTMARE from p. 1

know this. As can be seen, it is written in layman's language on page 33 of Chapter 2 of the Mental Health (Compulsory Assessment and Treatment) Act 1992, which is on the Ministry of Health's own website:

"If you have been diagnosed with a mental illness, your symptoms might fit the definition of abnormal state of mind. But if your illness is not putting you or any other person at risk, or preventing you from looking after yourself, you do not have a mental disorder. This means you could not be made to receive treatment for your mental illness without your consent. Are there some things that can never be called a mental disorder?"

You cannot be considered to have a mental disorder just because of your: political, religious or cultural beliefs; sexual preference (for example, being gay or straight); criminal behaviour; substance abuse (this includes drug or alcohol abuse); intellectual disability."

As this Judgment shows, because of his reluctance to scrutinize the evidence related to 9/11 and his apparent ignorance of the law, nine days into my incarceration, Dr Zubaran still held the misguided belief that I suffered from a "delusional disorder" because of my political beliefs.

I was forced to take *Risperidone*, a mind-altering medication administered to treat schizophrenia. I'd read about its dangerous side effects from a website I subscribe to

called Mercola.com, so utterly resented being forced to swallow this poison by a zealous nurse who stood over me like a guard in a Soviet camp for political dissidents.

Dr. Zubaran suggested several times that I should go on antidepressants. When I yet again replied I wouldn't, he said he'd inject them intramuscularly.

The evidence that shows the official story of 9/11 was indeed a lie is now overwhelming. We now have what has been referred to as the "loaded gun" - this is the unignited nanothermite, a highly-advanced explosive substance, which was far too sophisticated a composite to have originated from a cave in Afghanistan. Think military. Think US government.

The full article, which relates to what occurred in Ward 7, was published in Issue 8 of *Uncensored* (uncensored.co.nz). Thankfully, since writing about what happened and making numerous phone calls, plus sending many letters, as well as supplying numerous DVDs to the staff of Ward 7 to show them the truth about 9/11 - and then finally threatening to protest outside the hospital, I received an apology from the Clinical Director of Mental Health & Addiction Services in Northland in August 2008.

Dr Zubaran did not apologize.

Clare Swinney wrote for Investigate Magazine from 2000-2005. Swinney currently writes for Uncensored.

Physics Teacher Forces NIST to Admit WTC Building 7 Fell at Freefall Acceleration

PHYSICS from p. 5

the model to the nearest tenth of a second. They took their start time several seconds prior to the actual start of freefall when nothing was happening. The building was just sitting there, with the clock running, for several seconds. Then it dropped, with sudden onset, and continued for 2.5 seconds of absolute freefall.

So, NIST now acknowledges that freefall did occur. How do they explain that? They don't. They simply state, without elaboration, that their three-phase-collapse analysis is consistent with their fire-induced-collapse hypothesis. The only thing about the three-phase analysis that is consistent with their collapse hypothesis is the 5.4 second total duration, measuring from their artificially chosen starting time. In other words, they make no attempt to explain the 2.25 second period of freefall.

They just walked away from it without further comment.

The fact remains that freefall is not consistent with any natural scenario involving weakening, buckling, or crushing because in any such a scenario there would be large forces of interaction with the underlying structure that would have slowed the fall. Given that even known controlled demolitions do not remove sufficient structure to allow for actual freefall, how could a natural, fire-induced process be more destructive? Add to that the synchronicity of the removal of support across the whole width of the building, evidenced by the levelness of the roofline as it came down, the suddenness of onset of collapse, and the immediate transition from full support to total freefall. Natural collapse resulting in freefall is simply not plausible. It did not happen. It could not

happen. Yet freefall did in fact happen. This means it was not a natural collapse. Forces other than the falling upper section of the building suddenly destroyed and removed the supporting columns for at least eight stories across the entire length and width of the building. The freefall of Building 7 is one of the clearest of many "smoking guns" that proves explosives were planted in the World Trade Center buildings prior to 9/11, 2001.

David Chandler received a BS degree in a hybrid physics and engineering program at Harvey Mudd College, Claremont, CA and a MS degree in mathematics from Cal Poly University, Pomona, CA. He has taught physics, mathematics, and astronomy since 1972 at both the high school and college levels. An active member of Architects and Engineers for 9/11 Truth, his 9/11-related videos are featured on AE911Truth.org and YouTube.com/user/ae911truth. His own 9/11-related web site is 911SpeakOut.org.

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