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Unlike last year's newsletter (Nov. 2020), this touches on current events. Because society is in many ways unraveling, this may be my *last* newsletter. Due to what I write this time, some ladies and gentlemen, who heretofore thought well of me, may now lower their opinion of me—or even lash out. A core duty and right is for each person to express what he or she thinks and feels—even if it upsets someone. No one can please everyone. For nearly 30 years I've issued newsletters—such as this. Readers who like them, return; readers who dislike them, don't. You are welcome to share your thoughts with me.

The weather. Seattle had snow in February, then record hot weather in June. Overall, it struck me as the *driest* summer I have known. To cope with the heat, I made foam window insulating panels to use in my apartment. They reduce summer heat build-up, and winter night heat-loss through windows.

My business is more busy and profitable than ever. More clients desire to hire my services than I can handle. Clients need patience to get me. When finally working for them, I supply undivided attention and the same care in work as ever.

Surplus houseplants. Part of my edible houseplants study and book writing is to get a plant, grow it, study it, taste it, then replace it to try another. *Next!* Ask me if you want a leftover plant to adopt. Also, if you have plants you care to donate, ask me. New plants obtained recently are *Acalypha Wilkesiana*, *Ficus Sur*, Turmeric, *Abelmoschus Manihot*, *Medinilla Cumingii*, *Monolena primulaeflora*, and *Leuchtenbergia principis*.

Apartment living. I've lived in my new apartment, 800 feet NE from my old house and garden, almost 3 years. So far, 106 visitors have "toured" my abode. The apartment is remarkable for how many shelves it has, and how carefully its space is used. People with *much* space or money, can afford easily being less thoughtful about acquiring and storing items. In April, I reupholstered my old sofas.

Book news. Just over 200 copies remain of *Trees of Seattle*, 2nd edition. I won't reprint it, nor update it. Over 500 copies remain of *Wild Plants of Greater Seattle*, but that title is apt to get reprinted. My *Edible Houseplants* book is still unfinished, after 11 years.

Interview. On February 19th, I was interviewed in a podcast format. To listen to it, here is its link: <https://www.buzzsprout.com/1376536/8046161>.

R.I.P. Two well known Seattle horticulture figures died in 2021: Landscape Architect Ian Robertson (July) and Prof. John Wott (August). I knew both for decades.

Plant tours. This year, I led 3 summer public tours, as well as private ones. My last public tour of the season will be Saturday October 30th—the day before Halloween. Seattle's University District will be a colorful tour area, with both autumnal leaf color and pumpkins to admire. We will walk up and down residential streets, plus part of the UW campus. You can now ride the link rail train there. Meet at the NE corner of Brooklyn Ave NE & NE 43rd St. 3:30–5:30; fee \$10. Limited to the first 15 people who get on my sign-up list. Afterward, anyone interested can join me for happy hour somewhere on the Ave. We may be choose College Inn Pub, which reopened under new ownership in July.

Food notes. My homemade turkey jerky was so pleasing that I plan to get duck meat to make jerky. I bought a corn tortilla press, to make my own tortillas, then chips. They will be fresher, healthier and less costly than store-bought ones. Also I plan to make my own version of Mary's Gone Crackers[®], being tired of paying so much for a little box of these delicious treats.

Homemade liqueurs

In 2019, I concocted 5 different home-made black currant liqueurs, and two elderberry liqueurs. In 2020, I made 18 blends. For 2021, I made 5 kinds:

- **Berry.** Black currants and black elderberries, xylitol, vodka. Flavored with anise seed, black pepper, burdock, caraway, chicory, coriander, dill, fennel, garlic, ginger, Herbes de Provence, licorice, *Rehmannia* [Chinese Foxglove], sage, shiitake, *Smilax*, star anise, Szechwan pepper, Vietnamese cinnamon, wild lettuce. My reasoning, after two summers of experience, is that since elder liqueurs taste inferior to currant ones, I should combine the two berries to get the elderberry health benefits with the delicious currant flavor; and that liqueurs using one or few flavorings are less interesting than those with many flavorings.

- **Herbal.** 51 *fresh*-gathered ingredients—no black currants: western allspice, basil, bay laurel, blackcap raspberry, *Bupleurum fruticosum*, camphor laurel, cascara, centaury, cow parsnip, curry plant, fennel, *Ferula Asa-foetida*, feverfew, wild garlic, *Gentiana tibetica*, ground ivy, heal all, *Houttuynia cordata*, Puget Sound juniper, Rocky Mt. juniper (Blue Pillar), Rocky Mt. juniper (Platinum), Western juniper, prickly lettuce, licorice fern, *Magnolia grandiflora*, mayhaw, licorice mint, oregano, Szechwan pepper, Tasmanian pepper, peppermint, Yunnan pine, broadleaf plantain, English plantain, rosemary, rue, sage, sagebrush, salal, sassafras, sweet flag, teasel, thyme, vanilla leaf, vervain, water horehound, water pennywort, water pepper, wintergreen, wartress, yellow cress.

• **Star Anise.** Star anise, xylitol, vodka, wild blueberries, gentian, wormwood, shiitake mushroom, black peppercorns, Szechwan peppercorns, fresh ginger, fresh turmeric, molasses. This blend, astonishingly astringent, is intended to be a health drink, rich in anti-viral shikimic acid.

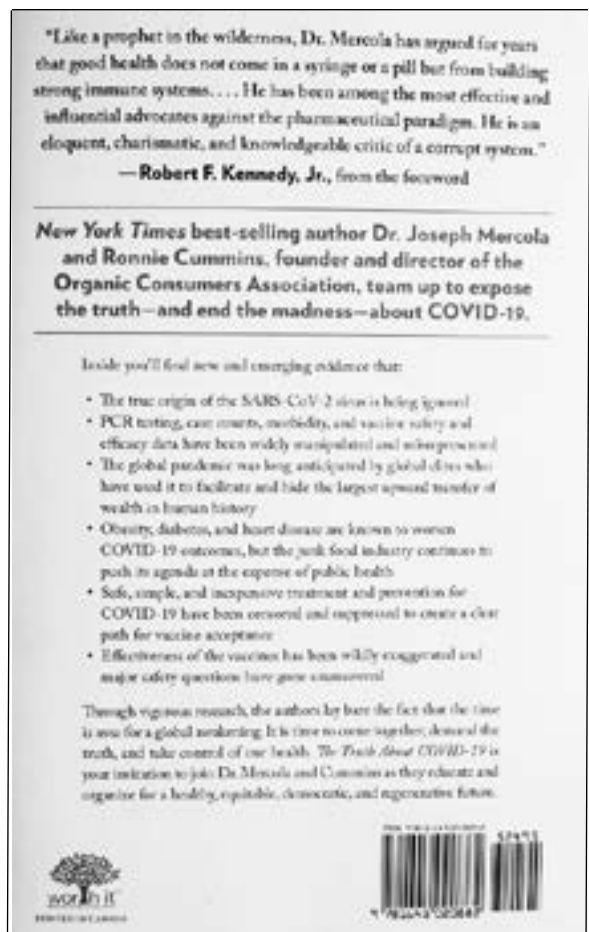
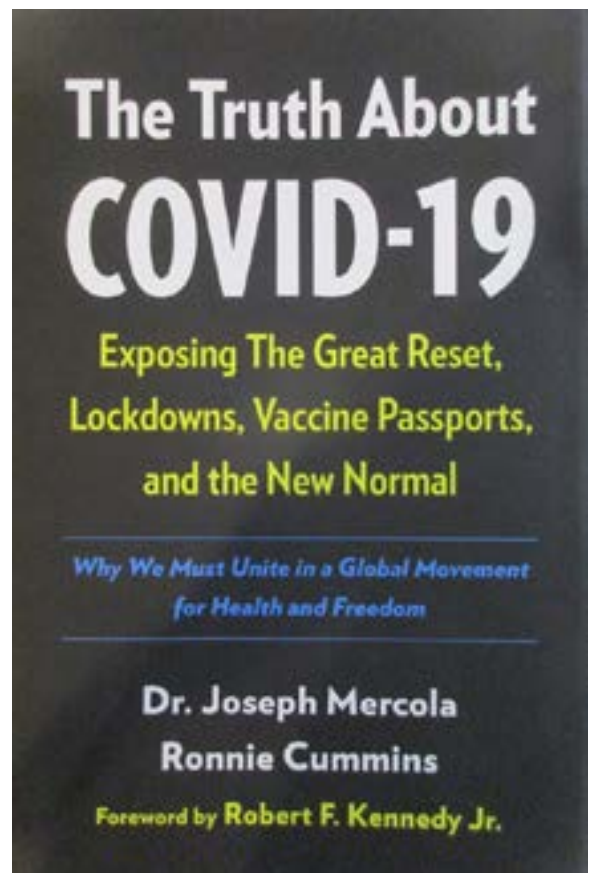
• **Black currant 6.** Black currants, xylitol, vodka, gentian, cubeb peppers, horehound, shiitake, star anise, wormwood.

• **Black currant 51.** 51 houseplant flavorings: *Acalypha Wilkesiana*, *Alluadia procera*, *Aloë vera*, *Alpinia Galanga*, *Alternanthera* ‘Sissoo Spinach’, *Begonia* affin. *Popenoei*, *Brighamia insignis*, *Burbridgea schizocheila*, *Capsicum annuum*, *Cissus quadrangulata*, *Curcuma longa*, *Cussonia sphaerocephala*, *Cymbalaria muralis*, *Dracæna marginata*, *Dracæna reflexa*, *Drimiopsis maculata*, *Echeveria lilacina*, *Echeveria* ‘Perle von Nurnberg’, *Echeveria* sp., *Fatoua villosa*, *Fenestraria rhopalophylla aurantiaca*, *Frithia pulchra*, *Haworthia attenuata*, *Hesperantha coccinea*, *Hoya carnososa*, *Kalanchoe pinnata*, *Leuchtenbergia principis*, *Ludisia discolor*, *Monocostus uniflorus*, *Moringa oleifera*, *Odontonema tubæforme*, *Operculicarya Decaryi*, *Oxalis triangularis*, *Pachyphytum oviferum*, *Pachyphytum* × *Echeveria* 1, *Pachyphytum* × *Echeveria* 2, *Parietaria judaica*, *Pelargonium lobatum*, *Peperomia obtusifolia*, *Peperomia scandens*, *Phalænopsis*, *Pilea peperomioides*, *Pisonia grandis*, *Plumeria obtusa*, *Polyscias fruticosa*, *Portulacaria afra*, *Saintpaulia ionantha*, *Saintpaulia ionantha* ssp. *rupicola*, *Sauropus androgynus*, *Sauropus spathulifolius*, *Titanopsis calcarea* Fulleri.



To choose which houseplants to use, and how much of each, I considered the quantity I had; the flavor; the qualities of sourness, sweetness, bitterness, acidity, astringency; and even color. For example the 12 African violet flowers supply little flavor but good pigmentation. Some plants that taste revolting if sampled raw, may be good in a liqueur such as this. If—somehow— I had unlimited access to any kind of houseplant desired, grown organically, then of course I could concoct a better blend than the one that relied only on what I had on hand on one day.

Homemade liqueurs offer makers total ingredient control, and the ability to make unique drinks that no one else has, that no one can buy. They can be simply made, cheaply, or can be time consuming, complex and costly. I spent in the summer slightly over \$300 on vodka. The berries purchased cost \$127. Adding the cost of flavorings and xylitol, my total expenses were close to \$500. If a person buys the least costly vodka, picks his or her own berries, and uses cane sugar and inexpensive or free flavorings, the cost can be far less than what I paid. Also, it's true that I produced a *large* amount —as I love sharing my drinks with others.



Conditions are bad now, but will worsen. People must wake up, resist and *stop* the bad. Books such as this will help much.

ALJ Health notes

These days, when up is down, down is up, and *1984* plays out, it is hard to imagine anyone who doesn't think about *health*. Individuals exhibit a lengthy range of diverse responses to the official pandemic. If you are curious about *my health habits*, here I share them. This includes both behavior practiced before 2020, plus new things started only this year.

I try to **sleep** consistently, usually retiring at 9:30 or 10:00, then rising anywhere from 4:30 to 6:30—without an alarm clock. When entertaining visitors, I stay up later.

Each morning is started with simple **exercises**. These are stretches mainly, some yoga, martial arts moves, and push-ups if I am in the mood. All day, I get exercise while doing work or tasks. So I walk or cycle much, never driving motor vehicles. I use stairs, not elevators; walk up and down escalators, rather than just standing there. If sitting much, I take stand-up breaks often. These are useful to run errands such as checking if the mail has arrived, putting away dishes, watering plants, or taking out garbage. Due to a hip injury, I exercise specifically to strengthen and stretch my hips.

As **airline flights** involve much cramped sitting, I sit right behind first class; board last, and get off fast. Waiting for the flight to board, I walk around the terminal. I try to schedule shorter flights. Ever since 2020, I fly less often, wear gloves on the flight, don't touch the tray, don't eat food, and drink only from my own water bottle.

My **diet** is plant-based and organic mostly; with more seafood than meat. Portions are proper. Salt is used moderately. Fermented foods such as kimchi and kombucha are eaten. Processed foods are rare. I dread GMO foods. Processed white sugar and flour are bad, but still used rarely such as to make brownies. Some milk chocolate, but more dark chocolate. Cooking rice, I add buckwheat and lentils.

I love **cooking**, take joy in eating, and keep a diverse ingredient pantry to make flavorful, healthy meals. I eat out little, mostly at friends' homes. Favored *spices*: anise, black pepper, caraway, cumin, curry blend, fennel, Italian seasoning, smoked ground paprika, red chili flakes, star anise, Szechwan pepper, turmeric, Za'atar. I buy vegetables, raise edible houseplants, and forage greens; they are eaten raw or cooked rightly—not overcooked. I don't peel apples, carrots, potatoes, kiwifruit, celery, ginger, and the like. The skin often is notably nutritional, its fiber needed. I'm not fastidious washing vegetables; some dirt is healthy. I avoid aluminum cookware.

Protein sources favored are seafood, chicken, nuts, turkey, beans, cheese, seeds, eggs, and multigrain tempeh. **Fats** and **oils** favored include Kerry Gold butter, leaf lard, duck fat, olive oil, coconut oil (cold-pressed unrefined virgin). To avoid canola oil, I bake my own corn tortilla chips, using organic blue masa.

Meals. Breakfast is small; lunch and dinner have more calories. I try—failing usually—to not eat during more than 12 hours in a day. In other words, 12 or more fasting hours is ideal. Other than my three meals, I don't snack. Dessert is rare. Some days, I get home from a “morning” job so late that I combine a late lunch/early dinner into a single big meal—skipping dinner. After each meal, I brush my teeth using water only.

Weight control. If my 30" waist belt feels too tight, I shrink meals, even if it causes marked hunger pangs, for as long as needed to fit into my belt again. I own no bathroom scale. Letting myself get chilled, to burn more calories, is also done as needed to burn fat.

When **sick**, I eat more functional foods, such as raw unfiltered honey; organic matcha (green tea), shiitake mushrooms, and high-antioxidant fruits. I cut back or even stop drinking the red wine and black beers otherwise drunk routinely. I drink more water, and rest more.

Seattle tap **water** contains fluoride. Fluoride has been linked to brittle bones, lowered IQ, dementia and cancer. I use a Berkey® water purifier to eliminate fluoride. I try to drink only filtered water; when away from home, drinking tap water, I notice the *taste* that my water lacks. I avoid bottled water and carbonated sodas. My emergency water supply is stored in glass rather than plastic bottles.

Most European **wines** have possibly dangerous doses of at least seven heavy metals. Italian wines don't. I favor Italian wines, especially inky dark, tannic ones. I use Ravenscroft Crystal lead-free wine glasses. They don't shine as pleasingly nor *clink* so precisely, as leaded glassware, and they break readily. My homemade liqueurs aim for not only flavor but *health*. Neither a teetotaler nor an alcoholic, I drink temperately. Toast to the good things in life!

Though a lifelong Seattleite, I abhor **coffee**. Even without it, I am alert every morning. Many people cannot function without morning coffee.

I am **outside** much, to earn a living, to let sunshine make vitamin D, and to experience nature. I never wear a **mask** outside, and do inside only when forced to (loose-fitting, washable cloth) because they 1) don't stop disease spreading; 2) deprive wearers of oxygen; 3) promote bacteria in the mouth, throat and lungs that may cause pneumonia and other infections; 4) block social cues and smiles, contributing to social anomie; 5) signify unquestioning obedience to overbearing authority.

Regarding **skin**, I use no sunscreen. No antiperspirant; sweating is healthy. My deodorant is baking soda (stink-causing bacteria prefer acidic conditions). I use hand lotion rarely, in winter mostly. I use no antibacterial products because they kill the good with the bad (just like antibiotics). I wash with water only—unless soap is crucial for the job.

For **hair** my shampoo is any cheap brand (such as Alberto VO5®) with sodium laureth sulfate. I don't dye my hair; many dyes contain lead—toxic.

Air. I do diaphragm breathing. I use no dryer static sheets. My carpet is wool, not synthetic. I replaced Tide® pods with Molly's Suds® laundry powder. I favor soy over paraffin candles. When the air is smoky or otherwise needs purifying, my apartment has an IQAir® HealthPro air purifier. I have friends who smoke cigarettes, but I won't even date a woman who smokes. I'd rather date a vegan if forced to choose. I own an ultrasonic essential oil diffuser. If the right oils are used, the result is healthy. My apartment humidity stays 60% or higher, even in winter, thanks to a humidifier. Over 65 houseplants live with me—an indoor garden.

Daily supplements taken, include vitamin D³; a male multivitamin (Solgar®); iodine from kelp; chlorella (helps rid the body of toxic metals such as lead); shiitake mushroom powder; quercetin; selenium; Ubiquinol; elderberries; a prostate blend. When sick, I *add* extra vitamin C and vitamin D³; plus: zinc, apple pectin, colloidal silver, melatonin, cod liver oil, krill oil, probiotics, magnesium, and traditional Chinese medicinal herbs. This diversity has been termed “a shotgun approach.” It works! In theory, a person's diet alone ought to supply all the nutrients needed for sound health. But we all need winter vitamin D³ supplements.

Contentment. People suffer stress from discontent. It can be due to their location, their home, their livelihood, their monetary condition, their status, their significant others. Well, I *love* my place (Seattle), my home (a cozy nest), my job (plant expert), my income (more than enough), my status (SWM, eligible bachelor, with an extensive *real*—not virtual—social life).

Medical centers and hospitals are like magnets that attract sick people, many germs, and are costly, so I use them minimally. For prescriptions such as hydroxychloroquine, I used to go monthly to a pharmacy; now I do mail-order, or get a 90-day supply in-person.

From Washington Health Benefits Exchange, I buy “Obamacare” **health insurance**. I've been well served at Pacific Medical Centers since 2003. Also I use Wu Hsing classical five element acupuncture. As needed, I use chiropractic, naturopathy, homeopathy, and similar “alternative” healing practices.

To minimize exposure to harmful **electromagnetic field radiation** (radiofrequency and microwave), I don't use a cellular telephone, and use my microwave oven to store, not cook food. Using a 200 MHz – 8 GHz Broadband RF meter, I found those parts in my apartment with high levels, then took steps to reduce my exposure and shield myself from the highest pulses. I learned recently that flying at noon exposes planes to more radiation than at night, so in the future I'll schedule accordingly.

Safety equipment used as needed includes leather gloves, hearing protection, condoms, chainsaw chaps, eye protection, oven mitts, and reflective vests and a helmet for cycling.

Stress minimization and **balance** is vital since as stress is the silent and stealthy killer. Moreover, my autoimmune condition (relapsing polychondritis) is triggered by stress. To minimize stress, I *indulge* my urges, so listen to mood-lifting music; nap if desired; maintain a humorous attitude; select the amount of work, and of socializing, that *feels right* at the time. Our attitudes affect bodily health. Anyone who's been in love knows this. My conscious mind *trusts*—though can't explain—the urges and cravings of my subconscious. Who I socialize with bears directly on my contentment and health. I prefer being with upbeat, strong, good-natured friends, while spending less time with weak, negative people who drain me. But I do not cut anyone off wholly.

Mental health and acuity is also vital. I *work* my brain—not only my body. As an example, before using a laser range-finder to measure a tree's height, I estimate it. Before looking at my watch to see the time, I guess. Doing this for years has resulted in consistent, accurate estimates.

To avoid becoming addicted, reducing my attention span, and similar negative effects, I do *no* online social media or gaming. No video conferencing, Facetime® or Zoom®. I am *real*—not virtual! That Facebook®, YouTube®, Twitter®, Google®, and the like *ensor* some news and thereby deceive users, is too little known.

In April, I wrote and put on my website **Why I will not get the shot** (<https://www.arthurleej.com/a-shot.html>). During the six months since written, additional information has come to light, serving to underscore how I made the prudent decision. For example, a 2021 book *The Truth About COVID-19* by Dr. Joseph Mercola and Ronnie Cummings. The injections [gene therapies that are **NOT** vaccines] are unsafe and ineffective; they force a person to get “booster” shots for as long as he or she survives. Each shot weakens your immune system more. Sadly, almost everyone I know took the jabs; fewer than a dozen have not. Covid-19, while bad, is not *really* as bad it has been portrayed as, and *can* be treated otherwise more safely. The longterm injection side effects such as antibody-dependent enhancement, are far worse. Natural immunity is a safe, sane course.

Summary. The above regimen is intended to maintain my healthy norm—especially an *active natural and innate immune system*. My approach is aiming for natural health.

These health notes show that I am careful and thoughtful about health. Robust health is more valuable than a brick of gold. I was not always so attentive. But after less-healthy lifestyle choices almost killed me in 2006, I *changed* my ways . . . People can *change*; we can heal and improve. It does require awareness, will, discipline and time.

The remarkable Alex Jones, radio/TV journalist / talk-show host

To get informed about current news events, way back in 8th grade—if not earlier—I read the *Seattle PI* and *Seattle Times* newspapers. These days, though a mere flimsy shadow of its former size and heft, I still read the *Times*, wincing. In college, I majored in history, which supplied a valuable, broad, global perspective.

To know what's going on —fully and really— a person *must* search beyond mainstream media, examples of which are wikipedia, the *New York Times*, *Washington Post*, MSNBC, CNN, and NPR. These sources largely are owned by a few corporate behemoths who bid them to parrot the approved narrative propaganda of the powers that be, whether governmental or billion-dollar advertisers such as big Pharma. Hence, my routine reading is augmented by listening to or reading *diverse online* news sources. Of these sources, doubtless the most infamous is InfoWars. Its slogan is tomorrow's news—*today!*

For readers already familiar with Alex Jones, I need write nothing. But for any knowing little or nothing, here is an introduction. Alex was born 47 years ago in Texas. His parents were well educated, his dad an M.D., his mom a history professor. He was born with an extra high IQ, and became an exceptional reader as a child. He grew excited to find interesting but little-known or better yet *hidden* news. By the time he was 21, he did a local radio show, sharing his findings. Now, decades later, his husky voice, deep and raspy as a raven's, reaches millions globally, by way of radio, TV, public speaking, and his websites such as <https://www.InfoWars.com>, FreeWorld.TV, and Banned.video. So, he has earned worldwide fame.

As a person, Alex comes across as passionate, sharp-witted, earnest, powerful, shrewd, humorous, and charismatic. His understanding of both history and current world events is *deep*. His contacts and friends vast, from everyday people calling his talk show, to heads of state. When young, he was a weight lifter and body builder. Decades of sitting and talking have transformed him into a heavyweight, hoarse-voiced man, older looking than his calendar years. But he remains caring, energetic and exuberant.

Since he exposes inconvenient truths that powerful people prefer kept hidden, he has been persecuted, censored, slandered, threatened, de-platformed, and sued repeatedly. He is forced to fund his own website, servers, and staff. To raise money for this, he sells vitamins, storable food, books, videos, things such as air purifiers, satellite phones, T shirts, and so forth, online at InfoWaresStore.com. I love his stickers such as *Legalize Freedom!* and have used some, with smiling satisfaction.

Despite major opposition, his business has grown enough and prospered to let him employ other full- and part-time journalists, such as Harrison Smith, Paul Joseph Watson, and Owen Shroyer. These young men in their 30s lack his gravitas, color, learning,

polished delivery, and experience, but are as fearless, committed and passionate. Older than Alex, is Gerald Celente, an abrasive, angry, profanity-prone, pugna-cious New Yorker. Stew Peters is a square-jawed, urgent sounding, forceful commentator with decades of life behind him.

Though impressively hard working, well informed, well spoken, and empathetic, it may be Alex's *emotional directness*, dramatic sense, his humor, and his blow-ups, that to many listeners is the biggest attraction. He varies in mood from as svelte as a contented cat to as enraged as a wounded grizzly bear. He will cry on air—real tears. People cherish and trust his unscripted humanity. He's a husband and a father (children ages 4 to



19). It *shows*; and his concern is obvious and moving. Thus, he is vastly, refreshingly more real than a mere bland, pretty-faced, talking head corporate reporter reading rote off a teleprompter. He is a beautiful breath of fresh air for people sick of being lied to, and yearning to hear the truth.

His values include freedom, morality, Christianity, free and open elections, secure borders, populism, patriotism; pro-constitution, anti-elitist, anti-communist, anti-GMO, anti-Satanism, anti-woke, and anti-globalist. He does not fawn over movie stars or sports celebrities, preferring to seek out “interesting” people—especially the censored and whistle-blowers. He believes silence is acceptance, that evil prospers when good people do nothing, so is dedicated 100% to exposing the lies and selfish evils of the New World Order's attempts at a global Great Reset. That is, he exposes and fights the World Economic Forum that aims (using divide-and-conquer schemes, lies, fear, censorship, *operation lockstep*, and panic) to replace free independent nations with a global totalitarian surveillance authority run by billionaire technocrats and multi-national corporations such as Vanguard®. Whew!

Using honest, direct, uncorruptible delivery, spiced with Texan colloquialisms, Bible quotes, and apt cultural allusions such as Star Wars, Gilligan's Island, Harry Potter, Batman, and pop music lyrics, Alex discusses examples of psychological warfare, government corruption, misdeeds and coverups, unethical data manipulation, media lies, voter fraud, big Tech censorship, big Pharma corruption, and on and on.

He and his associated journalists interview many and diverse people. This is vital, proving it is not merely Alex Jones and his findings; but a significant number of other people, whose information and viewpoints are valuable—even potent. These people, whether guest hosting his show or interviewed, lend credence to or validate Alex Jones. Guests of note are numerous, for example Mike Adams, Robert Barnes, Del Bigtree, Simeon Boikov, Tucker Carlson, Kate Dalley, Dr. Richard Fleming, Dr. Peter McCullough, Dr. Joseph Mercola, Dr. Lee Merrit, Dr. Judy Mikovits, Larry Pinkney, Thomas Renz, Joe Rogan, Chris Sky, Monica Smit, Pastor Tony Spell, and Dr. Vladimir Zelenko. He also often interviews everyday, non-famous people.

On the debit side, his frequent commercials are annoying (I like commercial-free versions put up after his live broadcasts). Also, being human, and no saint, he can lose patience, interrupt, bully, insult, mock and sneer. Sometimes he swears. He overuses the word *incredible*. But still, I admire his voice control and ability to imitate voices of Tony Fauci, Klaus Schwab, and Bill Gates, for example. Overall, I love his virtues far more than I dislike his faults.

He is best known and liked in Red areas, and most disliked in Blue ones—such as Seattle. Most mainstream media, plus Hollywood, denigrate, lie about and ridicule him as a ranting nut job conspiracy theorist, while also cheering when he is banned, sued, or otherwise hindered. His ongoing, growing success and strength piss and scare them. He believes, and it may be true, that God favors his cause. “No weapon that is formed against thee shall prosper.”

Despite his detractors’ best efforts, Alex Jones and InfoWars now reach more people, and are more persuasive, than ever. *Hurrah!* Listeners worldwide appreciate his acute awareness, flowing eloquence, utter honesty, courage, and unmasked passion. He is the main individual, the spearhead, shining the spotlight of truth to defeat the globalists’ dark designs.

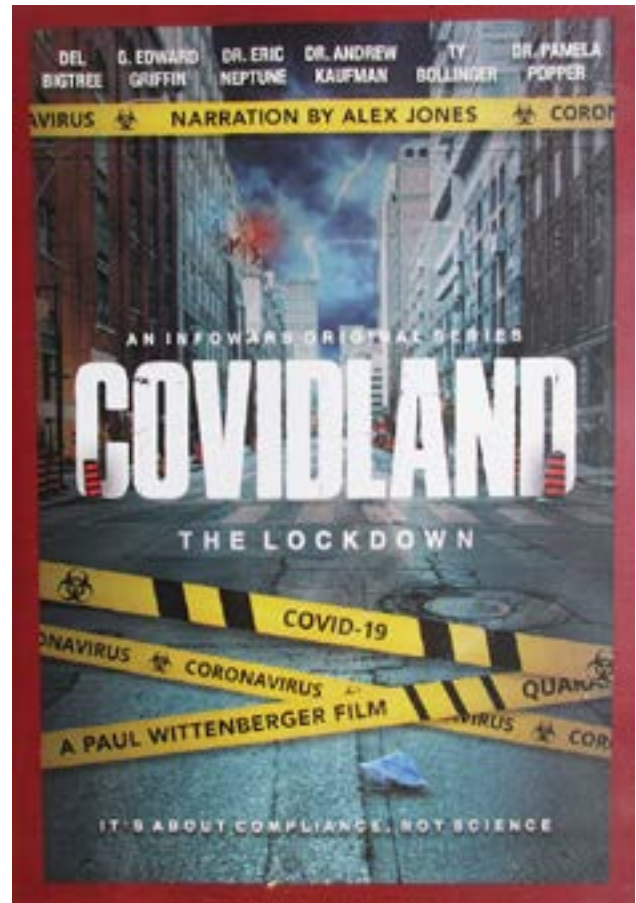
An unofficial general motivating, empowering, and leading the army of everyday people, Alex Jones symbolizes **uncensored truth**. Alex is fully willing to die a martyr for the truth. He exhorts we the people to unite in peaceful noncompliance. He’s got my approbation, “vote,” and action. That’s *why* I write this. The truth he unveils is *important!* If you Google® Alex Jones, you will be supplied negative accounts mostly; positive accounts are suppressed. If you wish to learn what Alex is really like, don’t trust me, don’t trust Google®, just tune in to Alex yourself and listen to him directly.

If you cannot stand Alex Jones, but are curious about censored news, *other* alternative news sources include:

- <https://AllnewsPipeline.com>
- <https://www.censored.news>
- <https://ChildrensHealthDefense.org>
- <https://ClubOrlov.Wordpress.com>
- <https://www.theEpochTimes.com>
- <https://NaturalNews.com>
- <https://www.ProjectVeritas.com>
- <https://www.OANN.com>
- <https://www.SGTreport.com>

Learn about the tyranny in Australia . . .

Mainstream media are like junk food. Independent, uncensored media run the gamut from health food to utter poison. If a publisher permits *free* speech, then the content likely includes some falsehoods. People lacking the brains to think and analyze critically, can be deceived readily by either mainstream or independent media.



Part one of a five-part film series.

Peer pressure affects most people much; it affects some people little; me—scarcely at all. As a result, “unliking” me or badgering me, is apt to effect no material change in my thoughts or behavior. As with Alex Jones, I was, am, and shall remain an *independent* thinker, and a study of contradictions—compared to “average.” How about you?

Care to **contact me**? Please feel welcome to write, e-mail, or telephone. Texts don’t work; I never even am *aware* if anyone texts me. My website has over 500 articles and essays, over 1,000 photos. No ads nor pop-up windows! It was designed for desktop computers. For years, a friend has been trying to find time to make it user-friendly for smart phones, tablets and the like. Material that doesn’t fit in my newsletters may be put into the website’s Articles section. Also, worthwhile writing from old newsletters gets archived there.

About this **newsletter**. I’ve issued newsletters for nearly 30 years. Readers choose paper or e-mail. *This* is the website PDF; the printed b & w and e-mail versions are a bit different. *Thanks* to my family, friends, fans, clients, neighbors, associates, and readers—*thank-you!* I have been, am, and expect to remain, *very* fortunate. ☺