

# What will you do without freedom?

What would you do without freedom\_ Will you try\_

Please click on the link above. Please listen to and watch a short 2 min clip.



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# Michael Shaw “Whose got the COG?”

Wednesday September 26th

Michael Shaw who is the founder of Freedom Advocates joins me to discuss Councils of Government (COG), regionalism, property rights councils, globalism vs. America and collectivism.

Councils of Government COGs are region-wide associations of local governments –

regional bodies, typically defined to serve an area of several counties to address issues such as regional and municipal planning, economic and community development, cartography and Government Information Systems (GIS), hazard mitigation and emergency planning, aging services, water use, pollution control, transit administration, and transportation planning.

He mentioned a series of articles on his website for the naysayers out there entitled: The Ultimate War, Globalism vs. America. His website is an encyclopedia on UN Agenda 21.

[www.freedomadvocates.org](http://www.freedomadvocates.org)



Did you know that *some* of your local elected representatives are enabling a shadow government to evolve? These people promote the reinvention of government through their support of, and appointments to, "regional" boards that act like soviet councils. These councils are funded to implement Agenda 21. Federal tax dollars fuel their appeal, but your city and county representatives do not have to go along.

Gone are the days when government was limited, where individuals were politically acknowledged to possess unalienable rights, and where money was honest. The American political structure has been transformed. This has occurred quietly for more than 50 years without public awareness of the mechanisms underlying the change.

At the core of this transformation is the political process of "regionalizing" the country. Political regionalism is the antithesis of representative government. Regionalism restructures or reinvents the

operation of American government by destroying traditional political boundaries, such as county lines, and ushers in a transformed system of governance that ultimately abolishes private property and the rights of the individual. Regionalism has infiltrated cities and counties everywhere, affecting transportation, water, farming and land use systems... literally every aspect of your life.

Let's start with an example showing how Agenda 21 programs are brought into your town via "Regionalism."

Here is an excerpt from the United Nations' Agenda 21 document concerning transportation planning:

Towns across the country are adopting these transport systems. This is because these systems are imposed upon locales by a regional level of government largely unknown and underestimated.

The large scale version of the U.S. adoption of modern regionalism is a

**federally imposed extra-constitutional layer of government covering the entire nation.**

**According to the website of the *National Association of Regional Councils (NARC)*, NARC “serves as the national voice of regionalism through effective interaction and advocacy with Congress, Federal officials and other agencies and interest groups.” NARC’s agenda includes but is not limited to: transportation, community and economic development, environment, homeland security, “regional preparedness,” and community issues...**

**In addition to NARC, citizens must know about the following regional planning and development agencies that work to implement NARC’s goals:**

- . Council of Governments (COG)**
- . Metropolitan Planning Organization (MPO)**

**Council of Governments (COG)**

COGs are region-wide associations of local governments – regional bodies, typically defined to serve an area of several counties to address issues such as regional and municipal planning, economic and community development, cartography and Government Information Systems (GIS), hazard mitigation and emergency planning, aging services, water use, pollution control, transit administration, and transportation planning.

COGs run your town and your county from behind the scenes. Federal funds allocated to COGs coordinate the local implementation of Agenda 21... [read more here](#)

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[Thursday September 1st](#)  
[William Taylor Reil](#)

## September 1st William Taylor Reil

Find some of Bill's writing on the tab on this website with his name on it.

Today we discussed nullification, the Bond v US Supreme Court ruling and involuntary slavery. Listen in to another lively conversation.

Here is the website I mentioned regarding the phone app for uploading videos.

"Qik" is the name of the phone app.

<http://www.pixiq.com/contributors/carlosmiller>

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Friday August 10th Bill Reil

# Freedom of the press...

Friday August 10th

Bill Reil joined me to discuss freedom of speech and freedom of the press. Do you care about the loss of your freedom? Well, you should. Bill has written many documents that can be found on my website under that tab with his name on it.

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# Monday May 28th Memorial Day free speakers who speak

Monday May 28th

My guest forgot she was supposed to be my guest so I took some callers and we talked about setting up your own low power fm station to help redistribute the truth.

One of my callers has a website [www.castlebroadcastingsystems.com](http://www.castlebroadcastingsystems.com) where you can get the stuff you need to help spread the word.

Here is the list of words I mentioned you are not suppose to say otherwise big brother will be watching you. Actually, big brother is already watching you, so say or write them anyway.

[http://www.dailymail.co.uk/news/article-2150281/REVEALED-Hundreds-words-avoid-using-online-dont-want-government-spying-you.html?IC0=most\\_read\\_module](http://www.dailymail.co.uk/news/article-2150281/REVEALED-Hundreds-words-avoid-using-online-dont-want-government-spying-you.html?IC0=most_read_module)

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# March 20th Paul Fromm Who are the freedom haters?

March 20th Paul Fromm

My guest was Paul Fromm Director of Council of Conservative Citizens and host on Voice of Reason Radio heard live every Tuesday at 10:00 p.m. EST – <http://reasonradionetwork.com/>

We discussed the Southern Poverty Propaganda Law Center and their hatred of free speech, free thought and free association. We also discussed some examples of people targeted by freedom haters.

Paul's websites are [www.canadafirst.net](http://www.canadafirst.net) and [www.canadianfreespeech.com](http://www.canadianfreespeech.com) Canadian Association for Free Expression ( He is updating the websites).

E-mail – [paul@paulfromm.com](mailto:paul@paulfromm.com)

Please help support Canadian Political Prisoner Terry Tremaine

Send donations to: CAFE, P.O. Box 332, Rexdale, ON., M9W 5L3, CANADA.

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# February 29th Michael Shaw Food deserts are a mirage

February 29th Michael Shaw

Michael Shaw from Freedom Advocates [www.freedomadvocates.org](http://www.freedomadvocates.org) joined me to discuss regionalism and property rights councils

(which are erroneously leading some down the road to slavery). You don't create exactly what you are fighting then assume somehow your guys will be different.

We discussed food deserts, the real vs. the imagined and MPO's.

What are "food deserts"? Here is a definition from an article found [here](#) " ..West Buffalo is a "[food desert](#)," a large urban swath that contains no actual grocery stores, where residents are forced to either shop at overpriced, junk-laden convenience stores, or spend their days schlepping on public transportation just to buy apples, onions and other kitchen staples. Three million people nationwide live in these kinds of neighborhoods. New Orleans' 9th Ward hasn't had a major grocery store since Hurricane Katrina struck in 2005. The city of Camden, New Jersey, with more than 77,000 residents, has only one major grocery store. It's the most unhealthy relationship with the food system imaginable. But Growing Green is changing all that.."

Here is a map of "food deserts".

<http://www.npr.org/blogs/thesalt/2013/03/13/174112591/how-to-find-a-food-desert-near-you>

Here is an article that exposes the BS of "food deserts".

## **The food desert myth**

**It's an article of faith that poor people in the inner cities get fat because they lack fresh produce –**

# and it's dead wrong

## NEW YORK DAILY NEWS

Sunday, April 22, 2012, 4:00 AM



**SAUL LOEB/AFP/Getty Images**

**Michelle Obama alongside Patrick Burns, CEO of Fresh Grocer.**

Almost nobody has a weight problem in West Harlem.

Or at least they're not supposed to, because Fairway is smack in the heart of it, selling fresh produce at decent prices and even offering a free shuttle service for neighborhood residents. It's been there for over 15 years – that is, a generation of people have grown up alongside it.

But obesity is much more prevalent in West Harlem than in Greenwich Village. This is a problem for the idea that “food deserts” make poor people disproportionately overweight.

The story goes that supermarkets with low-priced fresh vegetables and fruit moved out of poor neighborhoods amidst white flight. This, we are told, left residents with paltry and overpriced produce from bodegas. The result: salty, fattening fast food and junk food as the only viable alternatives.

The idea is now so entrenched that undergraduates often cite it earnestly. It's on the tongues of people at any Blue America dinner party. It sticks easily in the memory and even feels good, because it entails that the obesity problem is due in part to racism. The institutional kind, mind you – maybe call it injustice.

And all of us, laudably, want to call attention to injustice, especially if we are lucky enough not to suffer from much of it.

Hence the food desert idea is now common wisdom. Yet it's impossible to live in New York and not suspect that something doesn't quite work about this thesis.

There are far too many C-Towns and Met Foods in humbler neighborhoods with low-priced produce spilling out of the bins, where, nevertheless, upper East Side-style svelteness is not exactly epidemic.

One may well see this but process each one of the supermarkets in poor neighborhoods as exceptions that somehow still preserve the rule. But the cracks in the plaster have always been more than anecdotal. The U.S. Department of Agriculture's food desert locator, for example – unveiled in 2011 – found almost no food deserts in New York City except in some of the wide-open spaces near Kennedy airport.

Yet for a while, academic studies only had so much to tell us about whether there was a correlation between waistline size and how far away the supermarket is. But these days, the data is in.

As far back as 2006, there was sunny coverage in these parts of the Healthy Bodegas Initiative, stocking bodegas in Harlem, the Bronx and Brooklyn with fresh produce and lowfat milk. The media have been less interested in the uninspiring outcome. By 2010, people were buying more vegetables in only one in four bodegas, for example.

Also last year, a major study under the Nutrition Transition Program led by [Dr. Barry Popkin](#) showed that proximity of supermarkets has not affected people's eating habits, in several cities, over 15 years. Again, there was a mere flurry of coverage.

Of late, the evidence is becoming crushing that the emperor has no clothes. [Helen Lee](#)'s study at the Public Policy Institute now confirms the impression that a walk around New York City suggests: Nationwide, the neighborhoods with lots of bodegas and fast food joints also tend to be the ones with the most supermarkets.

Lee documents a Camden, N.J., neighborhood where residents, unaware of the "food desert" notion assumed across the river at Philadelphia cocktail parties, casually say that produce is readily available. A Pathmark and a Save-a-Lot sit right among McDonald's and Burger King franchises.

Roland Sturm at RAND studied 13,000 California children and then middle school students nationwide. He found, both times, that a supermarket close by doesn't make a kid thin and living far from one doesn't make him fat.

[Michelle Obama](#)'s Healthy Food Initiative is well intended. But her claim that "if people want to buy a head of lettuce" they have to "take two or three buses, maybe pay for a taxicab, in order to do it," just doesn't jibe with the facts.

Food carts, which have proliferated in New York City lately, are a good thing, of course. But so is flossing. So is balancing your tires. The key point is that supermarkets have

never been inaccessible to poor people in the way that we have been told.

One lesson is surely plain to everyone on some level: How you eat is due as much to cultural preferences as to how far away a supermarket is.

For black people, for instance, the problem is more a matter of history than where the Key Food is. Slavery and sharecropping didn't make healthy eating easy for black people back in the day. Salt and grease were often what they were stuck with. Southern blacks brought their culinary tastes north. [Zora Neale Hurston](#) used to bless her friend [Langston Hughes](#) with fried chicken dinners.

It's what soul food is, and it's unclear to me that anyone would deny its centrality to black culture. If I am at an event where one of the main reception snacks is fried chicken drummies, it is almost certainly a black one. The person who makes collard greens with hamhocks is usually not white.

In fact, sometimes the person is me, as I myself was raised on the soul food palate to an extent. I will spend my life resisting that taste for grease; in my heart of hearts, I'll take Cheetos over baby carrots any day.

We need to give this cultural preference a tune-up: books like [Wilbert Jones](#)' "Healthy Soul Food Cookbook" are great ways to, as it were, have your cake and eat it too.

Then, the proliferation of fast food outlets in poor neighborhoods and the array of cheap junk food in every corner store has as much to do with our problem as how far away the supermarket is. Such food tempts palates raised on too much salt, grease and processed sugar, and parents are often unaware of how unhealthy it is.

For example, another guilty pleasure of mine is Jolly Rancher Soda. Yes, it exists, and it might as well be the hard candy

itself melted down to a goo and carbonated. I allow myself one every four months – but only find it in corner stores in poorer neighborhoods.

Another thing to target is what people consider a schlep to be. One typical “food desert” piece interviews a woman of 50 who considers 12 blocks a daunting distance to the supermarket. But I’m 46 and that’s how far the nearest supermarket is from me. I think of it as a handy way to get some exercise and fresh air.

Are we who work out and pride ourselves as walking New Yorkers doing poor people a favor by calling it racism when the supermarket is a 15 minute walk down the road?

Yet a possible response will be, “Of course, but we still have to think about how far the Met Foods is from people’s houses.” To many, that will feel more important, more urgent to share, than the part about changing people’s habits.

But the studies are clearly showing that we have to put on a different pair of glasses for this issue. Sure, we must be always wary of the system holding people down. But we must do this with the welfare of the people in mind, not as a way of making ourselves feel good about our own enlightenment.

Poor people do have access to healthy food: This is good news. If anyone finds it unwelcome, inconvenient or even just unengaging, we must question their motives.

jmcwhort@gmail.com

Read more:

<http://www.nydailynews.com/opinion/food-desert-myth-article-1.1065165#ixzz2SvxACKCH>

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# February 27th John Casey The Cold Sun.

[February 27th John Casey](#)

Hr 1 John Casey retired NASA Engineer and the author of Cold Sun joins me to discuss his book about the cooling sun.  
[www.coldsun.net](http://www.coldsun.net)

Hr 2 I discussed the “race card” so eloquently played by our “Presidente”, which is just one of many cards in that infamous deck.

Here is the Ron Paul video I mentioned.

<http://www.youtube.com/watch?v=nA402Gy0TGU&feature=related>

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# February 19th Droning about drones...

[February 19th](#)

I talked to myself about private spying drones shot down by bird hunters and other delightful stories.

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# February 16th Dr. Paugh Who is who?

February 16th Dr. Paugh

Hr 1 Just me, myself and I discussing, who is who. So who is it?

Hr2 Dr. Ileana Johnson Paugh joins me again to discuss riding on the "sustainability train". Oh, what a ride it will be. Take a look at this map...where do you see yourself???

<http://www.america2050.org/maps>

[www.ileanajohnson.com](http://www.ileanajohnson.com)

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# Monday February 13th Jim Harbison, Melodee, & Terri Hall Whaddya need a road for anyway?

February 13th Jim Harbison Terri Hall Melodee

Hr 1 Jim Harbison freedom fighter from New Mexico joins me to talk about the latest commie aka sustainable development maneuvers happening in his area. Jim writes an editorial every other week for Las Cruces Sun News. I also mentioned how the greenies claim roads are racist. Look here:

<http://www.ecocitycleveland.org/smartgrowth/intro/raceregional.html>

Hr 2 Terri Hall from Texans Uniting for Reform and Freedom joins me to discuss the latest attempt to toll all interstate lanes.

We need your help spreading the word about the anti-taxpayer **federal highway bill** coming before Congress **this week**. It's going to take a **GRASSROOTS-sized uproar** to **STOP Congress** from selling off our infrastructure to foreign entities using public private partnerships (same playbook as the Trans Texas Corridor), from borrowing more money from the Federal Reserve to lend to states to prop-up toll roads that can't pay for themselves, and from **imposing tolls on existing freeways in ALL 50 states!**

Tell congress NO to the bill dubbed the *American Energy & Infrastructure Jobs Act*.

Please go to her website to find out more info.  
[www.TexasTURF.org](http://www.TexasTURF.org)

Melodee host of Truth Quest [www.givemesometruth.info](http://www.givemesometruth.info) also unexpectedly joined me and we discussed the disappearing roads.

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**Sunday February 12th All roads lead to...Big Brother.**

[Sunday February 12th](#)

I talked to myself today about The FBI's latest memo telling us how to spy on our fellow Americans. Hey WOW players, beware, if you communicate to your fellow warriors YOU could be a terrorist. Ruh roh.

[fbi](#) aka we make it up as we go along

I also read from an article I found on [www.theatlanticcities.com](http://www.theatlanticcities.com) website entitled, The Death Row of Urban Highways. Green ghettos are in your future...they will drive you into it.

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## [February 7th Paul Fromm Does free speech matter?](#)

[February 7th Paul Fromm](#)

Paul Fromm joins me to discuss free speech and the lack thereof. Is denying the unalienable right to free speech denying justice? Does free speech matter? His website is being revised so check back in a couple weeks, I will update this posting when his site is back up.

[Canadian Association for Free Expression](#)

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## [Sunday February 4th strategies for the battle](#)

[Sunday February 5th](#)

No guest today, just some strategies for you to use to fight back.

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# Friday January 27th Dave Bego To work or not to work...

[January 27th Dave Bego & Bill Reil](#)

Hr1 What does “right to work” really mean? Are unions for you or are the union bosses just plotting against you. Hear from someone who spent one million dollars fighting against the union “hustle”. Dorothy, we’re not in Kansas anymore. Dave Bego author of “The Devil at Our Doorstep” joins me to discuss the latest news in his 5 year battle. [www.devilatourdoorstep.com](http://www.devilatourdoorstep.com)

Hr 2 William Taylor Reil discusses the original 13th amendment which is NOT the 13th amendment we have all come to know. What are Titles of Nobility and why did the founders seek to eliminate anyone holding those titles from holding any elected office?