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THE SPOKESMEN

Volume 3 Issue 6

The Peoples Voice



Evening Prayer

Someone has said that if Christians really understood the full extent of the power we have available through prayer, we might be speechless. Did you know that during WWII there was an advisor to Churchill who organized a group of people who dropped what they were doing every day at a prescribed hour for one minute to collectively pray for the safety of England, its people and peace?

There is now a group of people organizing the same thing here in America and Canada. If you would like to participate: Every evening at 9:00 PM Eastern Time (8:00 PM Central) (7:00 PM Mountain) (6:00 PM Pacific), stop whatever you are doing and spend one minute praying for the safety of our country, our troops, our citizens, and for a **return to a Godly nation**. If you know anyone else who would like to participate, please pass this along. Our prayers are the most powerful asset we have.

Editor's Comment: The Spokesmen has been criticized for being TOO RELIGIOUS!

Were we TOO religious we would not tolerate 99% of the political articles we publish. Who, in their right mind, can read the insanity put out by most American media?

PRAYING FOR OUR SALVATION; AND, THE SALVATION OF OUR NATION IS THE MOST IMPORTANT THING YOU CAN POSSIBLY DO WITH YOUR TIME. DO IT HOURLY, BUT, PLEASE JOIN WITH US AT 7:00 PM DAILY.

TRUMP GETS 'F' ON OUR REPORT CARD

My 80 years of observing humanity has equipped me to see the tell-tell signs of weakness that precurse the ultimate failure of both men and women. Donald Trump publicly displays most of them.

To name a few:

I brag loudly in public

I will run roughshod over every opponent

I will do away with anything I don't like

I will have my way in spite of all opposition

I will buy my way when all else fails

I hate those who stand in my pathway

I don't care what anyone else thinks

I will have my way or else

I will use any language I like to bully my way

I

Well, by now you get the point. It is obvious that he has not only sold his soul, he has become blind to the fact that there are others in the world to consider besides himself.

We have seen the results of another person with tsimilar attitudes. He is half black, half a citizen, half American; and, half a man, half christian and half muslim. The results of **his** regime has been the greatest threat to our republic since the Revolutionary war.

If you think that he has been harmful to America's health, **'YOU AIN'T SEEN NOTH'N YET!'**

Four years of Trump's bulling tactic will make Obama's narciscism pale in comparison. Narciscism



TRUMP - THE BULLY

simply expresses the view that, "Everybody loves and accepts me and my viewpoint. **I can do no wrong.**'

Whereas, bullying states boldly, **'Get in my way and your dead!'**

What has happened to the America that honored God above personal interests?

Where is the America that honored father and mother with every act and word?

Where is the America that helped a neighbor when help was needed?

Where is the America that demanded, "Give me liberty or give me death?"

Where is the America that returned a lost or wayward child to it's parents unabused before abusing it or placing it in the hands of Child welfare?

Where is the America that valued human life and abhorred abortion, considering it to be worse than first degree murder?

Where is the America whose morals precluded the use of 'hell' and 'Damn' as a public explitives, much less the 'Fxxx' and 'MxxxxxFxxxxxx' words used by dihonorable men like Trump?

Those of you who desire their children to talk like that, make their way through life lying, cheating and bulldozing their way in confrontation to every obstacle, **VOTE FOR TRUMP!**

Those of you who want to see the rest of your liberties replaced by tyrannical, immoral, leadership, **VOTE FOR TRUMP!**

Those of you who desire a global government in preference to a sovereign America, **VOTE FOR TRUMP!**

Those of you who truly believe that a great financial deal regardless of moral good and right is all that counts, **VOTE FOR TRUMP!**

As for the rest of us, **WE NOT ONLY GIVE HIM A FAILING GRADE, WE EXPELL HIM FROM OUR SCHOOL!** - Your editor, Wes Bush.

THE EXPERTS SPEAK ON MERCURY, VACCINES AND THIMEROSAL

This very important information called to our attention by Professor, Joe Gaut, Chireno, Texas

Now all childhood vaccines have at least one mercury-free version, and I urge parents to ask for those versions if they choose to vaccinate their children. Injecting mercury into children, especially infants whose immune systems are still underdeveloped (hepatitis B shots are typically given at birth, before the immune system has developed), can be an assault to the immune system.

What Your Doctor May Not Tell You About Autoimmune Disorders by Stephen B Edelson MD, page 65

In 1999 studies began to surface showing that multi-dose vial vaccines, such as the MMR and hepatitis B vaccines, contained enough thimerosal to expose vaccinated children to 62.5 ug of mercury per visit to the pediatrician. This is one hundred times the dose considered safe by the Federal Environmental

Protection Guidelines for infants! Worse yet, some infants will receive doses even higher; because thimerosal tends to settle in the vial. If it is not shaken up before being drawn, the first dose will contain low concentrations of mercury and the last dose will contain enormously high concentrations. If your baby is the unlucky one that gets the last dose, serious brain injury can result...

Continued on page 2

From Page 1

Health And Nutrition Secrets by Russell L Blaylock MD, page 166

Thousands of families say they can demonstrate with videotapes and photos that their children were normal prior to being vaccinated, reacted badly to the vaccines, and became autistic shortly thereafter. The number of vaccines given before age two has risen from 3 in 1940, when autism occurred in perhaps one case per 10,000 births, to 22 different vaccines given before the age of two in the year 2000.

Building Wellness with DMG

by Roger V Kendall PhD, page 104

We know that certain forms of mercury, such as methylmercury and phenylmercury, are highly lipid soluble, which makes the brain especially susceptible to mercury accumulation. These forms of mercury are found in vaccines as the preservative thimerosal. Once in the brain, it tends to attach itself to protein structures, especially to the cell membrane, where it can disrupt membrane functions.²³ By binding to the cell membrane, mercury changes the membrane's fluid-like quality, making it stiffer and causing the cell to age faster.²⁴ The brain is unique in that neurons depend on special microscopic tube-like structures within the cell, appropriately called neurotubules, for their function. These neurotubules are manufactured by the cell from a substance called tubulin. We know that mercury interacts with tubulin causing it to unravel. Studies in rats have shown that doses of mercury corresponding to those seen in humans can cause a 75 percent increase in tubulin inhibition.

Health And Nutrition Secrets

by Russell L Blaylock MD, page 53

In the case of the susceptible newborn infant and toddler, multiple exposures to mercury-containing and multiple antigen vaccines are highly suspect in the causation of multiple organ injury (Bernard et al. 2000). The GI tract, the liver, the pancreas, the kidneys, the immune system, and the brain are major sites of mercury absorption. Researchers have clearly shown a chronic inflammatory bowel disease due to vaccine strain measles in a subset of children with autism (Thompson et al. 1995; Wakefield et al. 1995, 1999, 2000a,b; Kawashima et al. 2000; Pardi et al. 2000; Uhlmann et al. 2002).

Disease Prevention And Treatment by Life Extension Foundation, page 153

Studies of autistic children have frequently shown very high levels of mercury, with no other source but vaccines found for the exposure. These levels are equal to those seen in adults during toxic industrial exposures. Several autism clinics have found dramatic improvements in the behavior and social interactions in children from whom the mercury was chelated. Results depended on how soon the mercury was removed following exposure, but permanent damage can be caused if the metal is not chelated soon enough. Still, even in cases of severe damage, because of the infant brain's tremendous reparative ability, improvements are possible. The problem of autism involves numerous body systems including the gastrointestinal, immune and nervous systems; as a result we see numerous infections and magnified effects of malnutrition. Intrepid workers in the shadows, that is outside the medial establishment, have worked many miracles with these

children using a multidisciplinary scientific approach completely ignored by the orthodoxy. Some children have even experienced a return to complete physiological normalcy.

Health And Nutrition Secrets

by Russell L Blaylock MD, page 166

Mercury and autism mercury toxicity is a suspected cause of a steep rise—a tenfold increase between 1984 and 1994—in diagnosed cases of autism in children around the world, according to some scientists. Specifically, the culprit is thimerosal, a mercury-based compound used as a preservative in vaccines commonly administered



AUTISTIC CHILDREN BEING FED AT PICNIC

to babies and infants. Thimerosal-free vaccines are available. If you have a child who will be receiving vaccinations, ask for and make sure thimerosal-free vaccines are used. Kelp, with its essential minerals (especially calcium and magnesium), helps remove unwanted metal deposits.

Prescription For Dietary Wellness by Phyllis A Balch, page 198

The pertussis vaccine (DPT) may cause 45,000 cases of autism per year in America, affecting 15 cases out of 10,000 vaccinations; also caused by the measles-mumps-rubella vaccine (MMR) that causes mental impairment, gastrointestinal damage, and increased mortality in 6-12 months from impaired immunity; 9 out of 10 cases were not breast-fed; eating dairy products caused parasites in the autistic (take Vermex; contact Dr. Nelson in Mexico for control of parasites in children with autism). There are now over 500,000 victims of autism residing in the United States, in 1994. The pertussis vaccination is not used in Sweden, which has virtually 0 cases of autism, as does Holland. This mental illness afflicts environmentally and socially non-reactive persons, of-withdrawn personality; with inability to speak, violent tantrums, insomnia, actions such as bolting across road with no regard for the dire consequences. May be caused infant antibiotic use in ear infections with subsequent yeast overgrowth, by cumulative genetic Brain damage, Vitamin deficiencies, or milk and additives allergies. Immune disorders in autism include white blood cellneutrophil Myeloperoxidase

enzyme deficiency for insufficient hypochlorite ions to kill yeast - genetic type from Chromosome 17 mutation or biotinidase deficiency, or acquired type from lead poisoning, Folic acid or B-12 deficiency, infection or leukemias...

Anti-Aging Manual

by Joseph B Marion, page 450

Multiple vaccinations, especially in newborns, are another major source of childhood mercury exposure because of the mercury-containing thimerosal preservative. Over twenty-two vaccinations are now recommended for children before the age of two!

Health And Nutrition Secrets by Russell L Blaylock MD, page 64

In addition, there is some anecdotal evidence that autism may be tied to diet. One theory is that, in very rare cases, a child's immune system could be weakened by the measles-mumps-rubella vaccination (MMR), which is usually administered before a child turns 2. As a result of this weakening, the theory goes, the child's digestive system is unable to break down certain food proteins, leading to abnormal brain development. Proponents of this theory believe that putting the child on a diet that eliminates certain foods, such as wheat and dairy products, could in certain cases reverse the course of the disease. This theory remains speculative, however, and research needs to be done to determine its validity. In fact, a 2001 report issued by an Institute of Medicine committee examining studies about the health effects of the MMR vaccine in young children suggests that there is no proven link between the vaccine and autism. The committee recommends that there be no change in immunization practices that require children to be immunized during early childhood.

The Immune Advantage by Ellen Mazo and Keith Berndtson MD, page 292

Rather than calling for an all-out immediate ban on thimerosal-containing vaccines, they suggested that parents continue to have their children vaccinated with mercury-contaminated vaccines until new stocks of uncontaminated vaccine could be made available. Here are two doctors' unions that had to be beat over the head with an overwhelming amount of data that mercury-contaminated vaccines were harming children far worse than the actual diseases against which the vaccine was intended to protect them, only to have them suggest that parents continue to harm their children just to satisfy their vaccination obsession. Are you surprised to discover that recent investigations have found

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You are openly invited

to offer your viewpoints, criticisms and inspirations for possible inclusion in future publications of *The Spokesmen* and become another

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From Page 2

that several doctor-members of vaccine boards were either receiving grants from vaccine manufacturers or held stock in the companies? They were willing to sacrifice the health of millions of children just to fill their pockets with cash. These people should be looking through bars, not serving on boards.

Health And Nutrition Secrets

by **Russell L Blaylock MD, page 167**

Vaccines may afflict 45,000 cases of autism per year in America, which afflicts 15 victims in every 10,000 births: there are now 500,000 of these victims in the U.S. In Sweden not using the pertussis vaccine, there is virtually no autism (and likewise in Holland).

Anti-Aging Manual

by **Joseph B Marion, page 600**

Many symptoms of autism are similar to those of mercury poisoning. Immune dysfunction, visual disturbances, and motor dysfunction are seen in both. Treating autistic children for removal of mercury and other heavy metals has shown significant improvement in their autistic symptoms. Most autistic individuals have poor liver detoxification, low antioxidant levels, and low levels of glutathione. Vaccines are effective, but the production and use of vaccines should proceed more cautiously. Currently manufactured vaccines still contain harmful substances like mercury. The link between vaccines and autism is far stronger than the medical community is willing to admit, and more research in this area should be an urgent priority.

Building Wellness with DMG

by **Roger V Kendall PhD, page 105**

Studies indicate that autism may be the result of adverse reactions to childhood vaccinations. Dr. Alan Cohen, an environmental physician from Connecticut, notes that high levels of autism and attention deficit disorder (ADD) did not occur until the mandatory use of childhood vaccinations, and suggests that there may be a connection between certain vaccines and the onset of these conditions.

Complete Encyclopedia Of Natural Healing

by **Gary Null PhD, page 46**

Almost from the inception of vaccination programs, manufacturers added a mercury preservative called thimerosal to vaccines. The practice continued until recently, and was stopped only because of the outcry from thousands of concerned parents and numerous experts in the field. The American Academy of Pediatrics and the American Academy of Family Practice did not warn parents or pediatricians that the mercury was dangerous until they were forced to. That mercury was toxic to cells had been known for over sixty years, but manufacturers apparently were more worried about lawsuits...

Health And Nutrition Secrets

by **Russell L Blaylock MD, page 165**

In fact, a 2001 report issued by an Institute of Medicine committee examining studies about the health effects of the MMR vaccine in young children suggests that there is no proven link between the vaccine and autism. The committee recommends that there be no change in immunization practices that require children to be immunized during early childhood. Another disorder affecting the brain, Alzheimer's disease, may also have an immune connection. Alzheimer's is a degenerative disease that slowly attacks nerve cells in the brain. It eventually results in the loss of all memory and mental functioning. Scientists are currently investigating the role that the immune system plays in producing an overabundance of the amino acid glutamate, a powerful nerve-cell killer. Another immune connection that researchers are investigating is the idea that Alzheimer's might be triggered, in part, by a virus.

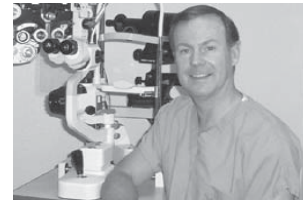
The Immune Advantage

by **Ellen Mazo and Keith Berndtson MD, page 292**

In the past 10 years, the number of autistic children has risen between 200 and 500 per cent in every state in the U.S. This sharp increase in autism followed the introduction of MMR vaccine in 1975. Representative Dan Burton's healthy grandson was given injections for 9 diseases in one day. These injections were followed by autism.

VISION FOR TODAY

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EYE HEALTH INFORMATION

Age-related Macular Degeneration

Age-related macular degeneration is the leading cause of blindness in the US. It is caused by changes in the macula, the part of the retina responsible for clear vision. As this condition advances, a distorted, dark or empty space appears in the center of view. Contact your eye doctor immediately if you have any of these symptoms.

After age 60, the American Optometric Association recommends an annual comprehensive eye examination.

Cataract

A cataract is the clouding of all or part of your eye's lens. Your lens is normally clear. This condition is most often found in people over 55 but can occur in younger individuals. The cause of cataracts is not known but the cloudy lens is a result of a chemical change in the eye. This may be due to heredity, injury or disease. If you have cataracts, your eye doctor will be able to discuss treatment options with you.

Cataracts can be removed by an eye surgeon by replacing your eye's lens with an artificial lens. See your eye doctor if you think you may have cataracts.

Diabetic Retinopathy

Diabetic retinopathy is one of the many health problems that can be caused by diabetes. This eye disease is caused by the leaking, swelling or branching of the small blood vessels in the retina. As diabetic retinopathy progresses, you may notice your vision is cloudy and you might develop blind spots or floaters.

Left untreated, diabetic retinopathy can cause blindness. Have your eyes examined regularly, especially if you or a family member has diabetes.

Laser and other eye surgery can slow the progress of the disease and decrease the risk of blindness. However, early treatment is important. If you have diabetes, follow your doctor's advice and get regular eye examinations.

Glaucoma

Glaucoma is caused by an increase in the internal pressure of the eye. The increase in pressure can damage the fibers in your optic nerve. This pressure occurs when the passages in your eye that normally drain fluid become blocked or clogged. Glaucoma is one of the leading causes of blindness in the US. Glaucoma can not be prevented, but it can be controlled through treatment if it is diagnosed early.

The American Optometric Association recommends that you have yearly examinations if you are at risk of glaucoma.

Retinitis Pigmentosa

Retinitis pigmentosa is a condition of the retina where the cells, called rods, degenerate over time. This is a condition that is inherited from your parents. As this disease progresses, individuals lose their ability to see in low light conditions and over time they may lose their peripheral vision. See your eye doctor if you think you have the retinitis pigmentosa or if you have a family history of this disease.

A PHYSICIANS GUIDE TO NATURAL HEALTH PRODUCTS THAT WORK BY JAMES HOWENSTINE MD, PAGE 267

"PROBABLY 20% OF AMERICAN CHILDREN, ONE IN FIVE, SUFFERS FROM A 'DEVELOPMENT DISABILITY', ACCORDING TO HARRIS COULTER, PH.D., FOUNDER AND DIRECTOR OF THE CENTER FOR EMPIRICAL MEDICINE, IN WASHINGTON, D.C. 'THIS IS A STUPEFYING FIGURE AND WE HAVE INFLICTED IT ON OURSELVES. 'DEVELOPMENT DISABILITIES' ARE NEARLY ALWAYS GENERATED BY ENCEPHALITIS. AND THE PRIMARY CAUSE OF ENCEPHALITIS IN THE U.S. AND OTHER INDUSTRIALIZED COUNTRIES IS THE CHILDHOOD VACCINATION PROGRAM. TO BE SPECIFIC, A LARGE PROPORTION OF THE MILLIONS OF U.S. CHILDREN AND ADULTS SUFFERING FROM AUTISM, SEIZURES, MENTAL RETARDATION, HYPERACTIVITY, DYSLEXIA, AND OTHER BRANCHES OF THE HYDRA-HEADED ENTITY CALLED 'DEVELOPMENT DISABILITIES' OWE THEIR DISORDERS TO ONE OF THE VACCINES AGAINST CHILDHOOD DISEASES."

ALTERNATIVE MEDICINE BY BURTON GOLDBERG, PAGE 1101

MARTIN NOTED THAT THE INCREASED INCIDENCE OF CHRONIC FATIGUE SYNDROME, ATTENTION DEFICIT HYPERACTIVITY DISORDER, AUTISM, AND OTHER BEHAVIOR-LINKED ILLNESSES "MAY BE AN INADVERTENT CONSEQUENCE OF STEALTH VIRUS VACCINE CONTAMINANTS."

AIDS AND EBOLA BY LEONARD HOROWITZ, PAGE 493

JUST FOR PERSPECTIVE IF WE GO BACK TO 1971 UP TO 1980, WE SEE THAT CALIFORNIA CONSISTENTLY ADDED 100 TO 200 NEW CASES A YEAR; BUT IN THE YEAR 2002, CALIFORNIA ADDED 3,577 NEW CASES. SINCE 1980, THE DOCUMENTED START OF CALIFORNIA'S AUTISM EPIDEMIC, THE NUMBER OF NEW CASES HAS STEADILY INCREASED. IF WE BREAK DOWN THOSE STATISTICS IT MEANS THAT FROM 1994 TO 1995, CALIFORNIA ONLY ADDED ON AVERAGE 2 NEW AUTISTIC CHILDREN A DAY INTO ITS SYSTEM. IN 2001, IT WAS A RATE OF 8 NEW AUTISTIC CHILDREN ADDED A DAY; IN 2002, IT JUMPED UP TO 10 CHILDREN A DAY. MERCURY-CONTAINING VACCINES ARE STILL IN USE TODAY, INCLUDING THE MOST RECENTLY RECOMMENDED ADDITION TO THE CHILDHOOD IMMUNIZATION SCHEDULE, 2 SHOTS OF FLU VACCINE FOR INFANTS, BRINGING THE TOTAL NUMBER OF VACCINES UP TO 41 IN CALIFORNIA THAT A CHILD WILL RECEIVE BEFORE THE AGE OF TWO. IT WILL TAKE A FEW

YEARS TO START SEEING THE EFFECT OF THE PHASING OUT OF THE MERCURY-CONTAINING PRESERVATIVE THIMEROSAL FROM CHILDHOOD VACCINES ON THIS AUTISM EPIDEMIC. MANY SYMPTOMS OF AUTISM ARE SIMILAR TO THOSE OF MERCURY POISONING. IMMUNE DYSFUNCTION, VISUAL DISTURBANCES, AND MOTOR DYSFUNCTION ARE SEEN IN BOTH. TREATING AUTISTIC CHILDREN FOR REMOVAL OF MERCURY AND OTHER HEAVY METALS HAS SHOWN SIGNIFICANT IMPROVEMENT IN THEIR AUTISTIC SYMPTOMS. MOST AUTISTIC INDIVIDUALS HAVE POOR LIVER DETOXIFICATION, LOW ANTIOXIDANT LEVELS, AND LOW LEVELS OF GLUTATHIONE.

BUILDING WELLNESS WITH

DMG BY ROGER V KENDALL PHD, PAGE 105

SINCE THE 1990S, THERE HAS BEEN A TENFOLD OR 1000-PERCENT INCREASE IN AUTISM, AN INCREASE WHICH HAS BEEN LINKED BY SOME RESEARCHERS TO THE ORGANIC MERCURY PRESERVATIVE COMMONLY FOUND IN BABY VACCINES. A GREATLY INCREASED INCIDENCE OF JUVENILE DIABETES HAS BEEN CORRELATED TO SPECIFIC VACCINATION SEQUENCES AND TO THE NUMBER OF VACCINES GIVEN. IN SOME AUSTRALIAN ABORIGINAL COMMUNITIES, EVERY SECOND CHILD DIED SHORTLY AFTER VACCINATION.

THE NATURAL WAY TO HEAL BY WALTER LAST, PAGE 309

THE BEST CURRENT ESTIMATES ARE THAT AUTISM OCCURS IN 40 TO 67 CHILDREN PER 10,000 LIVE BIRTHS. THIS MEANS THAT THE PREVALENCE OF AUTISM HAS INCREASED 1,000 PERCENT IN THE LAST DECADE. ACCORDING TO THE LATEST FIGURES JUST RELEASED IN JANUARY 2003 BY THE CALIFORNIA DEPARTMENT OF DEVELOPMENTAL SERVICES, CALIFORNIA EXPERIENCED AN ASTOUNDING 31 PERCENT INCREASE IN THE NUMBER OF NEW CHILDREN... **BUILDING WELLNESS WITH DMG BY ROGER V KENDALL PHD, PAGE 104** LEARN MORE: [HTTP://WWW.NATURALNEWS.COM/011764.HTML#ixzz1MbiuHF00](http://www.naturalnews.com/011764.html#ixzz1MbiuHF00)

When the devil is messing, God is blessing..

Don't be God's weakest link!

Count your blessings! Recounts are OK—

Obama is destroying America!

IMPEACH HIM NOW!

Get off your duffs now, Congres, AND DO IT!

EVERYTHING YOU EVER WANTED TO KNOW ABOUT SESAME AND IT'S SEED

Scheherazade was the first person to give the sesame superhuman powers when she held her Arabian caliph spell-bound for one thousand and one nights with her tales of intrigue and adventure. Because sesame pods readily burst open at the slightest touch when they are ripe, Scheherazade provided Ali Baba with the magic words, "Open Sesame" to instantly open the cave, a robber's den, in her exciting story about "Ali Baba and the Forty Thieves."

History

Sesame seeds are thought to be one of the oldest condiments, and so appealing that they became an integral part of the varied cuisines throughout India, Sumer, Egypt, and Anatolia, where they were cultivated. Historians believe the original homeland of the sesame seed is the Indian subcontinent. Britannica's 11th edition places its native soil in the Indian Archipelago, an area once called the Spice Islands.

One taste of the sweet, delectable Halvah, a sesame and honey confection of Levantine origin, and you'll easily understand the allure that sesame seeds held to cultures of the ancient Middle East. The ancient cultures inhabiting Anatolia, today called Turkey, were pressing sesame seeds and using sesame oil about 900 BCE.

Before sesame seeds were appreciated for their ability to add rich nutty flavor or to garnish foods, they were used only for oil or wine. The Assyrians claim to hold the earliest records for writing, having left their stone tablets as evidence. One of the tablets describes a legend about the Assyrian gods who drank sesame wine one night, then created the earth the following day.

Archeological excavations throughout the Middle East revealed the use of sesame oil dating back to 3000 BCE, well before the time of Christ. Persia and India were also cultivating this tiny treasure for its oil.

Sesame oil was the ideal base for making exotic perfumes, a practice that dates back to the Babylonians circa 2100 to 689 BCE. The Babylonians also used the oil for cooking, sesame cakes, and medicine. They, too, made wine from sesame and even perfected a brandy employing sesame seeds. Medicinally, sesame oil played an important role as an antidote to the bite of the spotted lizard.

The Chinese used the oil not only as a light source but also to create soot from which they made their superior stick ink over 5,000 years ago. Ancient Chinese calligraphic works of art using stick ink made from sesame oil may still be in existence in museums.

Palace records of Egypt's King Nebuchadnezzar, 6th century BCE, were carefully kept on clay tablets. One of the entries mentions a purchase of sesame oil. Records show that the Egyptians prescribed the sesame as medicine about 1500 BCE and used the oil as ceremonial purification. Historians such as 4th century Theophrastus, mention that sesame seeds were cultivated in

Egypt. During that same period, Africa, too, cultivated the sesame seed in Ethiopia, the Sudan, and what was once Tanganyika.

We often hear the expression "nothing new under the sun," referring to what we tend to recognize as a new idea, only to discover that it's been done long before. Sprinkling sesame seeds on breads before baking them probably feels like a 20th century culinary innovation, but history reveals that it's not. The ancient tombs of important Egyptian nobles were decorated with colorful paintings. One tomb, dating back 4,000 years, contains a scene of a baker sprinkling sesame seeds into his dough. Dioscorides, a 1st century CE historian, tells us the Sicilian bakers were eagerly sprinkling sesame seeds on their breads centuries ago.

The Europeans encountered the sesame seeds when they were imported from India during the 1st century CE. Even the Venetian traveler, Marco Polo, was taken by the outstanding flavor of sesame oil that he tasted in Abyssinia, proclaiming it the best he had ever tasted.

Naming Sesame

Sesame . . . that engaging, mellifluous word evolved from the Arabic *simsem*, the Coptic *semsem*, and the Egyptian *semment*. A German Egyptologist, named Ebers, discovered a papyrus scroll 65 feet long that contained a listing of ancient herbs and spices, among them was *semment*. *Cookery and Dining in Imperial Rome*, by Apicius, cookbook author of the Roman era, refers to *semment* in his book. The Romans enjoyed ground sesame seeds that they mixed with cumin to make a tasty spread for their bread.

Benniseeds or benne seeds, as sesame seeds were called in the Bantu dialect, arrived in the United States with the West African slaves who brought only a few precious possessions with them. During the 17th and 18th centuries slave traders were running slave ships to the Southern States and the Caribbean. In Charleston, South Carolina and New Orleans, Louisiana, benniseeds were considered good luck and incorporated into many dishes that are still used in Southern cooking.

During the 1930s, the major vegetable oil used by Americans was sesame oil. At that time the United States was importing 58,000,000 pounds of sesame seeds a year mostly for producing oil. Two events combined to shift the importing of these huge quantities of sesame seeds to a diminished 12 million pounds by the early 1950s: World War II and the development of inexpensive soybean and cottonseed oils.

A 1956 Pillsbury Bake-off contest winner changed the course of the downward spiraling sesame seed. The Washington, D.C. homemaker created an Open Sesame Pie and started a frenzy with commercial bakers sprinkling the tasty little seeds on all sorts of breads and crackers. It was the hamburger bun, however, that put sesame seeds back into the spotlight. Today, it's difficult to find hamburger buns without sesame seeds.

(Sesame is good for your health)

Traditional Uses:

"The butter of the Middle East," *tahini*, a smooth, creamy paste made of toasted, ground hulled sesame seeds, is a centuries-old traditional ingredient in Middle Eastern cooking. *Hummos*, a Middle Eastern appetizer that has become a universal favorite is made of ground chickpeas, garlic, lemon juice, salt, and tahini. *Baba ghanoush*, another



favorite appetizer known throughout the Middle East, has a base of roasted eggplant seasoned with tahini, lemon juice, garlic, and salt. These sesame-based dishes have been handed down from generation to generation for centuries.

In the ancient Arab world, preparations for a caravan trip meant preparing provisions that would not only sustain them through the hot, dry desert but would offer nourishment that pleased them as well. Open sesame! They began with a pound of dry breadcrumbs, kneaded them into three-quarters of a pound each of pitted dates, almonds, and pistachios, and added a few spoonful of sesame oil to moisten the mixture. Then they formed the mixture into balls and rolled them in a coating of sesame seeds. This handy old recipe makes ideal present-day backpacking food as well.

In addition to its popular use as oil for salads or cooking, sesame oil is used in producing margarine, soap making, pharmaceuticals, paints, and lubricants. In the cosmetic field, sesame oil is used as a base in developing perfumes.

After the sesame oil is pressed out of the seed, the resulting residue is referred to as a seed cake that is very high in protein. A portion of this nutritious seed cake is used as animal feed, while the remainder is ground into sesame flour and added to health foods. Southern Indian cuisine depends on sesame oil for cooking, while in Japan it was the only cooking oil until quite recently. Today sesame oil is often combined with bland, less expensive oils.

The sesame seed plays a most important role in *shojin-ryori*, vegetarian cooking in the Japanese Buddhist monasteries. There the sesame seeds are almost always toasted before using as a sprinkle over rice dishes. *Gomashio*, a seasoning made of crushed sesame seeds and salt, is frequently served at the table in Japanese homes to be added as enhancement to the dishes served. If you are an aficionado of Japanese cuisine,

you've probably encountered the delightful sesame flavor in traditional dipping sauces served in their restaurants.

Used liberally in Chinese cooking, sesame oil is added to many dishes as a seasoning just before serving to benefit fully from its unique fragrance. Chinese confectioners have long favored the use of sesame seeds as a coating on their deep-fried sweets, still available in Oriental bakeries today. Korean cuisine combines sesame, garlic, and pimiento as a triad in many of their traditional dishes.

Growing

Sesamum indicum, sesame's Latin name, *indicum* meaning that it comes from India, likes hot climates and is native to Africa, Indonesia, India, and Afghanistan. The sesame plant is an annual herb of the *Pedaliaceae* family.

Sesame seeds grow on a plant that has a hairy single stalk, though some do have branches. The average plant grows two to four feet high, some even up to 9 feet in height. The plant blossoms with white, pink or purplish flowers that develop into elongated pods containing numerous seeds stacked horizontally, one on top of the other, within the pod. The pear-shaped seed itself is encased in a fibrous hull that offers a range of color from light tan to red, brown, and even black. Hulled seeds, those with the hulls removed, are an ivory white.

Those unfamiliar with sesame seeds are surprised that such a tiny, flat seed, only 1/8 inch in length and 1/20th of an inch thick, can be endowed with such depth of flavor. In its raw form, it is frequently described as delicately sweet and nutty. When toasted it takes on the flavor of roasted peanuts with unique overtones.

In harvesting the sesame seeds, first the plant stalks are cut and stacked vertically. Each stalk is then shaken over a cloth to catch the seeds that fly out from the mature pods.



Harvesting was a laborious task that was mostly done by hand. Since the mature seedpods are quite fragile and will burst open easily, scattering the seeds to the ground, harvesting could not be done by machine until recently. In the middle of the 20th century, horticulturists developed a hybrid variety of sesame that does not scatter, and now some of the harvesting is a machine process, though too costly to be widely used.

From page 4

Sesame seeds tend to be a commercial crop where labor is inexpensive and much of the harvesting is still done by hand. Most of today's commercially produced sesame seeds are grown throughout Central America, Mexico, and the People's Republic of China, with India and Africa a close second.

In the United States, sesame seeds are grown in Arizona and Texas. For the U.S. to become a major producer, less fragile varieties of sesame seeds will have to be developed on a large scale so machine harvesting can keep the prices competitive with the present market.

Its exact origins are unknown, though some claim it was the East Indies where it is also native. Now it is found growing in most tropical, subtropical, and southern temperate areas of the world. **Health Benefits**

Sesame oil rubbed on the skin may soothe a minor burn or sunburn as well as help in the healing process.

It's not unusual to encounter fantastic claims attributed to a single food. Sesame seed oil is said to remove wrinkles when applied to the skin in a facial massage. If this news gets out, there won't be a bottle left on the grocery shelves!

Eat some sesame seeds to relieve constipation and to remove worms from the intestinal tract. They're an aid to digestion, stimulate blood circulation, and benefit the nervous system. Sesame oil makes ideal massage oil because of its excellent emollient properties.

Applied topically, sesame oil is thought to aid in healing chronic diseases of the skin. With its vitamin E content, it's also a benefit to the heart and nervous system.

Nutrition

Sesame seeds are 25 percent protein and are especially rich in methionine and tryptophan, often lacking in adequate quantities in many plant



proteins. One ounce of decorticated or hulled seeds contains 6 grams of protein, 3.7 grams of fiber, and 14 grams of total fat. When toasted they lose nutrients, scoring 4.8 grams of protein, gaining a little fiber at 4.8 grams, and packing 13.6 grams of total fat.

The fat in sesame seeds is 38% monounsaturated, and 44% polyunsaturated which equals 82% unsaturated fatty acids.

Natural sesame seeds (unhulled) contain 5 grams of protein per ounce, 3.1 grams fiber, and 14 grams of total fat. When toasted they offer 4.8 grams of protein, 4.0 grams fiber, and 13.8 grams of total fat.

Because sesame seeds are a plant food, there's no need to worry about cholesterol. There simply isn't any to be found within the seeds or the oil.

Tahini or sesame seed paste, contains 2.9 grams of protein per tablespoon, .9 grams of fiber, and 8.1 grams of total fat. Tahini also contains the B vitamins, including 16 mcg of folic acid. That same tablespoon contains 153.6 mg calcium and 3.07 mg iron. Additional minerals include 57.9 mg magnesium and 93.12 mg potassium.

There is often concern that vegans do not get a sufficient amount of zinc in their diet. Include sesame tahini in your diet often and reap the benefit of plenty of zinc with one tablespoon supplying 1.17 mg.

Sesame oils, whether refined or unrefined, all contain about 14 grams of total fat per tablespoon. Sesame seeds are 44 to 60% oil. The seeds are prone to rancidity, but the oil is resistant to oxidation, meaning that it is not prone to rancidity because of sesamol, a natural preservative within the oil. Sesame oil is polyunsaturated and high in oleic and linoleic fatty acids that are rich in omega 6.

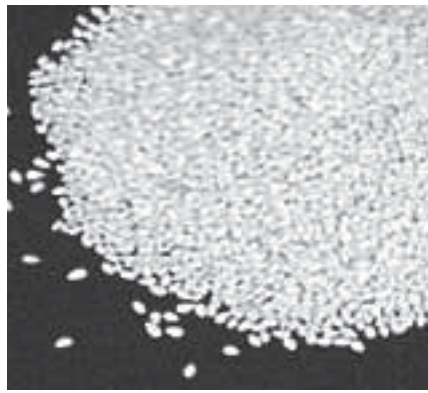
Natural sesame seeds, those that are unhulled,

are high in calcium. One tablespoon provides 87.8 mg while the hulled variety offers only 10.5 mg for that same tablespoon. Comparing sesame seeds to milk turned up some surprising figures in the calcium count. One cup of natural sesame seeds had 1404.0 mg of calcium, while one cup of non-fat milk provided 316.3 mg. and one cup of whole milk contained 291 mg of calcium.

Both natural and hulled sesame seeds contain healthy amounts of the B vitamins riboflavin, thiamine, and niacin. With natural seeds scoring 8.7 mcg of folic acid for 1 tablespoon and plenty of vitamin B6, you can count on sesame seeds for excellent nourishment.

Let's look at some of the mineral values of the sesame seed. One tablespoon of hulled seeds contains .62 mg of iron, 27.73 mg of magnesium, 32.53 mg potassium, and .82 mg of zinc. Figures for the natural, unhulled, are slightly higher. Sesame seeds also contain healthy amounts of phosphorous. If you're lacking iron, turn to the sesame seed. Its iron content is equal to that of liver.

Like all seeds, natural unhulled sesame seeds are living foods capable of producing generation after generation through the process of sprouting. They are nutrient dense in order to trigger the germination process and provide nourishment to the tiny plants as they grow from sprout to maturity.



Nutrients from the sesame seed are best absorbed in the form of sesame oil, tahini or sesame butter. The whole seeds do not break down readily and release all their nutrients.

Purchasing and Storing

Sesame butter, made of ground sesame seeds, is similar to tahini, only thicker, with a consistency similar to peanut butter. Health food markets would be the best place to purchase this specialty.

Sesame seeds are available in hulled and unhulled form. In the United States, the hulled sesame seeds appear as a traditional topping on hamburger buns. The unhulled seeds, also referred to as "natural," are used on crackers, bread sticks, and Italian breads because they have the ability to adhere better.

There are distinct advantages to purchasing the "natural" sesame seeds, those that are unhulled. The hulls act as a protective coating to prevent rancidity and keep the oil more stable. You can recognize natural sesame seeds by their mottled beige coloring. Because they require no processing, these seeds are priced a bit more reasonably. The health food market will most likely have these available.

Most of the sesame seeds sold in the United States are already hulled and used on baked products. Tahini or sesame seed paste is also made from hulled sesame seeds, some of which are toasted and some untoasted or "raw." Sesame aficionados feel that toasting enriches the flavor but those who advocate eating nuts and seeds raw say that heating them destroys valuable enzymes. Both are available in health food markets.

In Chinese and Japanese cuisine, black sesame seeds are prized for their flavor, though most people don't recognize any flavor difference from the ivory seeds. Black sesame seeds do add a dramatic garnish when sprinkled over foods just before serving. You can find them in Asian markets and frequently in the Asian section of large grocery stores.

Sesame oil comes in two varieties. One is cold-pressed with a color that is golden and flavor that

leans toward bland. The other is the Asian variety made from roasted sesame seeds, darker in color with intense flavor.

To prevent sesame seeds from becoming rancid, it's best to store them in the refrigerator. They can also be frozen for longer storage. Sesame oil has a long shelf life and is resistant to rancidity. However, as with any oil, it's always safest to buy it in small quantities and use it within two months to preserve its flavor.

Cooking

TO TOAST SESAME SEEDS:

Put them in an ungreased frying pan and stir over medium-high heat for a minute or two until they become lightly browned. Remove them immediately from the heat and pour them into a dish to avoid residual heat burning them.

As an alternative, you can also put the seeds on a shallow, ungreased pan and toast them in a 350 oven for 10 to 15 minutes, stirring a couple of times.

FRYING:

Because sesame oil is expensive compared to other cooking oils, you can sauté or stir fry your vegetable dishes with a peanut or safflower oil and just add a small amount of sesame oil at the end of the cooking as a flavoring agent.

When frying with sesame oil, cook foods quickly. Be cautious when cooking with the oil at high heat for prolonged periods. There is a tendency for sesame oil to release unpleasant odors.

FLAVORING:

Small amounts of sesame oil added at the end of cooking give special zest to sauces and stir-fries. Salads, too, take on a special life with a touch of sesame oil. It's important to note, however, that sesame oil is anything but bland. It's flavor and aroma is distinctly Asian, and anything seasoned with it will take on a hint of the Orient.

ASA SPRINKLE: Sprinkle toasted or untoasted sesame seeds over vegetables, noodles, eggplant dishes, stir fries, bread doughs and cookies before baking, and over fruit and nut confections. You can also coat confections, or bread sticks by rolling them in toasted sesame seeds before baking.

SESAME, SPINACH, & ARTICHOKE DIP

1 bunch of fresh spinach
1 14.75-oz. (396 g) jar or can water-packed artichoke hearts, drained
2 sprigs fresh mint, leaves only
1/4 C. (60 ml) tahini, (sesame seed paste)
Juice of 1/2 lime
1/2 t. ground cumin
3/4 t. salt
1 t. nutritional yeast
1 t. toasted sesame seeds
Dash or two of paprika
Remove stems from spinach, wash thoroughly, and spin dry in a salad spinner. Put spinach leaves into the food processor with the steel blade, and pulse chop until finely chopped.
Add artichoke hearts, mint leaves, tahini, lime juice, cumin, salt, and nutritional yeast, and process to an almost smooth puree.
Transfer to a serving bowl and sprinkle with toasted sesame seeds and a dash of paprika. Serve with toasted pita wedges. Makes 1 3/4 cups.
Credits: The foregoing article was taken from the website of "Vegetarian Paradise." Their web address is: <http://www.vegparadise.com/highestperch41.html>
Be sure to tell them that the Spokesmen Usa sent you. <http://www.spokesmenusa.com>

Although a smoker, a friend shared a "Word" of wisdom with me on the subject. It leads me to believe that he is nearing the time when he will have won the battle and have the power to quit! See if you agree. "I suddenly realized that it is the cigarette that smokes," he said, "and, I am the sucker!"

KYLE

One day, when I was a freshman in high school, I saw a kid from my class was walking home from school.

His name was Kyle. It looked like he was carrying all of his books.

I thought to myself, 'Why would anyone bring home all his books on a Friday? He must really be a nerd.'

I had quite a weekend planned (parties and a football game with my friends tomorrow afternoon), so I shrugged my shoulders and went on. As I was walking, I saw a bunch of kids running toward him. They ran at him, knocking all his books out of his arms and tripping him so he landed in the dirt. His glasses went flying, and I saw them land in the grass about ten feet from him...

He looked up and I saw this terrible sadness in his eyes My heart went out to him. So, I jogged over to him as he crawled around looking for his glasses, and I saw a tear in his eye.

As I handed him his glasses, I said, 'Those guys are jerks.' They really should get lives.

'He looked at me and said, 'Hey thanks!' There was a big smile on his face. It was one of those smiles

that showed real gratitude.

I helped him pick up his books, and asked him where he lived.

As it turned out, he lived near me, so I asked him why I had never seen him before..

He said he had gone to private school before now.

I would have never hung out with a private school kid before..

We talked all the way home, and I carried some of his books.

He turned out to be a pretty cool kid.

I asked him if he wanted to play a little football with my friends

He said yes.

We hung out all weekend and the more I got to know Kyle, the more I liked him, and my friends thought the same of him.

Monday morning came, and there was Kyle with the huge stack of books again.

I stopped him and said, 'Boy, you are gonna really build some serious muscles with this pile of books everyday!

'He just laughed and handed me half the books...

Over the next four years, Kyle and I became best friends.. When we were seniors we began to think about college.

Kyle decided on Georgetown and I was going to Duke.. I knew that we would always be friends, that the miles would never be a problem..

Continued on page 10



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SAD BUT TRUE

by
Wes Bush



THIS HAS GOT TO BE THE MOST OUTRAGEOUS STATEMENT EVER MADE BY A PUBLIC OFFICIAL, LET ALONE BY THE PRESIDENT OF THE UNITED STATES. AND THIS GUY IS OUR "COMMANDER IN CHIEF". HERE IS HIS RESPONSE WHEN HE BACKED OFF FROM HIS DECISION TO REQUIRE THE MILITARY PAY FOR THEIR WAR INJURIES.

Bad press, including major mockery of the plan by comedian Jon Stewart, led to President Obama abandoning his proposal to require veterans carry private health insurance to cover the estimated \$540 million annual cost to the federal government of treatment for injuries to military personnel received during their tours on active duty. The President admitted that he was puzzled by the magnitude of the opposition to his proposal.

"Look, it's an all volunteer force," Obama complained. "Nobody made these guys go to war. They had to have known and accepted the risks. Now they whine about bearing the costs of their choice? It doesn't compute.."

"I thought these were people who were proud to sacrifice for their country," Obama continued. "I wasn't asking for blood, just money. With the country facing the worst financial crisis in its history, I'd have thought that the patriotic thing to do would be to try to help reduce the nation's deficit. I guess I underestimated the selfishness of some of my fellow Americans."

Please pass this on to every vet and their families whom you know.

REMEMBER THIS STATEMENT... "Nobody made these guys go to war. They had to have known and accepted the risks. Now they whine about bearing the costs of their choice?"

If this jerk thinks he will ever get another vote from anyone who is or has been associated with the military service he's nuts.. If you or a family member is serving or has served their country, please send this to them.

I'm guessing that everyone, other than the 20-25 percent hardcore liberals in the US, will agree that this is another example of why Obama is the worst president in American history. Remind everyone over-and-over how this man thinks, while he bows to the Saudi Arabian king.

Editor's Comment:

What is it going to take to get this guy IMPEACHED?

How much more is it going to take to convince America that he is a mafia type traitor who hates America and all that it stands for. He should not only be impeached; he should be hanged for the treasonist actions committed from the beginning of his term.

Few men have preceded him who have been more unloyal, unconstitutional and unamerican like. His seeming need to back the baby killers, the islamists, the warmongers, the hebrew haters, the racists, the liberal tax loving blood suckers in IRS, the money hungry attorneys, the Muslim Brotherhood, the foreigner's selling oil, the screwball ecologists and every other deviant liberal, is unparalleled. It is time we rid ourselves of him if it takes deportation!

IMPEACH THE RASCAL! IMPEACH HIM!



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DON OMEY SHARES!

by **DON OMEY**
Former Coordinator of the
Otero County Tea Party



Just in case you haven't heard this before.

Some knew about the red light on cars, but not the 112. It was about 1:00 p.m. in the afternoon, and Lauren was driving to visit a friend. An UN-MARKED police car pulled up behind her and put his lights on.

Lauren's parents have always told her never to pull over for an unmarked car on the side of the road, but rather to wait until they get to a gas station, etc. Lauren had actually listened to her parents advice, and promptly called 112 on her cell phone to tell the police dispatcher that she would not pull over right away.

She proceeded to tell the dispatcher that there was an unmarked police car with a flashing red light on his rooftop behind her.

The dispatcher checked to see if there were police cars where she was and there weren't, and he told her to keep driving, remain calm and that he had back up already on the way.

Ten minutes later 4 cop cars surrounded her and the unmarked car

behind her. One policeman went to her side and the others surrounded the car behind.

They pulled the guy from the car and tackled him to the ground. The man was a convicted rapist and wanted for other crimes.

I never knew about the 112 Cell Phone Feature, but especially for a woman alone in a car, you should not pull over for an unmarked car.

Apparently police have to respect your right to keep going to a safe place. *Speaking to a service representative at Bell Mobility confirmed that 112 was a direct link to State trooper info.

So, now it's your turn to let your friends know about 112. You may want to Send this to every woman (and man) you know; it may save a life. This applies to ALL 50 states

A well written police report

Orville Smith, a store manager for Best Buy in Augusta, Georgia, told police he observed a male customer, later identified as Tyrone Jackson of Augusta, on surveillance cameras putting a laptop computer under his jacket.

When confronted, the man became irate, knocked down an employee, drew a knife and ran for the door.

Outside on the sidewalk were four Marines collecting toys for the "Toys for Tots" program.

Smith said the Marines stopped the man, but he stabbed one of the Marines, Cpl. Phillip Duggan, in the back; the

injury did not appear to be severe.

After Police and an ambulance arrived at the scene, Cpl. Duggan was transported for treatment.

The subject was also transported to the local hospital with two broken arms, a broken ankle, a broken leg, several missing teeth, possible broken ribs, multiple contusions, assorted lacerations, a broken nose and a broken jaw... injuries he sustained when he slipped and fell off of the curb after stabbing the Marine. Now that was a well written Police report.

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TURMERIC - Powerful and Versatile

In the herbal kingdom there are many plants that benefit mankind in a host of different ways. This seems to be the norm as folklore, present day applications, nutritionists, grandparents and scientific research confirm.

The herb turmeric is one of these extraordinary plants that has been sought after since antiquity and forward into the present day. In fact, this herb is in demand from sea to shining sea and beyond.

Americans have a rather short history concerning this special herb created by the hand of God. It is most widely known here in the United States for its use in Asian foods such as curry, and as a food coloring.

Take a look at that bottle of pickles in the refrigerator. Did you ever see a cucumber in the garden that color. Surprise! That is turmeric, your natural food coloring with healthy benefits.

This herb has been in use for years as a food coloring. As well, most professionals in the Health and Nutrition Industry, Chiropractic, Naturopathic and other related fields in this country are familiar with this valuable, power-packed wonder spice. Turmeric has been used for several centuries in China and India in their systems of medicine where it is well known for its great benefits.

The active compound in turmeric is curcumin. This principal curcuminoid is responsible for the vibrant yellow

color. Turmeric, Curcuma Longa, is a member of the ginger family.

Turmeric is a flowering perennial with the tubular root being the greatest prize. It is noteworthy to report that turmeric contains up to 5% essential oils and up to 5% curcumin. It is this curcumin, in the yellow root, that is responsible for the greater part of turmeric's biological activity.

Historically speaking, turmeric has been used to support proper physiological health. Some of its reported uses are: supporting the function of the liver and gall bladder, aiding digestion, maintaining proper joint function, contributing to cardiovascular health, assisting stomach and intestinal integrity and it has been researched as an adjunct against certain types of cancer.

There is historical and modern research information suggesting that turmeric has powerful anti-inflammatory and anti-carcinogenic properties.

Turmeric is also a powerful anti-oxidant for the body. In the August 2006 issue of Clinical Gastroenterology and Hepatology researchers concluded that a combination of Turmeric and Quercetin, an antioxidant found in onions, reduced both the size and number of precancerous lesions in the intestinal tract.

This is very promising indeed, seeing how Turmeric has been used for centuries for stomach and intestinal support.



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Letter to the Editor:
Published as we received it.

Whosoever pretends Truth is about hatred, isn't a truthful person. Integrity goes where facts go only, self corrects to make that happen. ...How the economy works is self evident fact: wages allow people to buy extras creates healthy business creates healthy money markets creates permanent gov. surplus.

The economy works spray hose up. We have never had a full working economy, due to the fact that business owners were allowed to expand even, without compensating those who keep their business going.

This disrespect says, aver-

age I.Q. people [for instance], don't get vacations is what Jesus is good with, is not going to get into heaven to maintain that lie. You speak of the poor as if they are the culprits!

People who lie to cover up their crimes, always blame the victims. People are poor BECAUSE of wages that won't even allow them a place on earth. Our National Security is threatend by this practice of low wages.

A real stimulus puts business on welfare, compensates those bad paychecks; if the stimulus allows to buy extras, then the economy will boom literally in a month's time.

The deficit, practical cuts we all know; But without the stimulus we will go into a great depression, even if the legislatures works for free, and stops funding highways.

[A real stimulus will open up jobs; because one salary allows for extras is why one parent can afford to quit and stay home with the little ones. FAMILY VALUES.]

Who says redistribution of wealth do fully understand now, that saying that, knowing how the economy runs spray hose up, is a willful liar who skirts the fact that people work very hard, full time, for part time wages. - Sam Hildebrande.

“WELCOME HOME”

Fine Art, Gourmet Soup, Salad and Baked Potatoes
Finest Barber and Beauty Shop and Fine Antiques.

Highway 70 just West of Highway 54
in Alamogordo, NM

“Transient Homeless Welcome”

The latest meeting with Representative, Yvette herrell and others in office brought us to a physical examination of the buildings we propose to transform into “Welcome Home.”

At first glance they seem to be beyond repair; but, upon closer examination they prove to be exactly as God had

shown SWes Bush in his vision when the inspiration for “Welcome Home” began.

So, work on the project continues. Pray that the officials will quickly catch the vision and see the extreme value this can become to the community of Alamogordo as well as to the State of New Mexico. A real “feather in the cap of all of us.



Professor Joe Gaut hails from Nacogdoches, Texas. He graduated from Rice University in 1960 and served a 3-year stint in the Navy. He then worked as an engineer in the chemical industry, both in design and marketing for several years. He then returned to graduate school for degrees in math and taught for many years at SFASU in Nacogdoches. He is now retired but still teaches online math classes.

Have you ever seen the devastation from a BGM-109 Tomahawk cruise missile? It's beyond description. Standing in the impact area, it's as if nothing has ever existed there before.

It's naive to think that something with so much destructive power is unlikely to cause 'collateral damage.' I can only imagine the consequences of 159 and counting, the amount of force that has been unleashed in Libya as yet by western governments.

This morning, US Defense Secretary Robert Gates shrugged off any implication that military strikes are responsible for significant civilian casualties in Libya... while at the same time playing down America's role and the timeline for continued action.

This is insane. You are either at war, or you are not. Warfare requires clearly defined objectives, competent generals, and well-resourced fighting forces... it cannot be waged with half-measures and stammering equivocation.

Yet, here we are again, watching bureaucrats tap dance in front of voters, playing down the long-term ramifications of engagement and outright rejecting the idea of regime change as an intended objective.

They feel 100% justified in their decision to wage a half war without getting their hands dirty, rejecting any consequences to civilians, all under the auspices of protecting civilians... but only Libyan civilians.

Much praise has been heaped on Barack Obama, Nicolas Sarkozy, and the UN Security Council for their 'political courage,' taking action in the face of popular backlash to defend Libyans.

“Political courage” is an oxymoron. Everything these people do is for their professional gain, to be reelected, and the fallout of these decisions costs lives and economic misfortune. The cost of the munitions alone so far is over a quarter billion dollars, let alone the human cost.

Barack Obama himself said in 2002, “What I am opposed to is the attempt by political hacks... to distract us from a rise in the uninsured, a rise in the poverty rate, a drop in the median income — to distract us from corporate scandals and a stock market that has just gone through the worst month since the Great Depression. That's what I'm opposed to. A dumb war. A rash war. A war based not on reason but on passion, not on principle but on politics.”

Sounds great. Spoken like a true Nobel Laureate.... nevermind that the exact same thing is happening in Bahrain (which produces only 10% of Libya's oil) where the US Navy's 5th Fleet is headquartered with front row seats to the show;

... nevermind that governments have hardly uttered a word about the situation in Bahrain or Saudi Arabia;

... nevermind that the western world has proven itself incompetent at regime change after the occupations of both Iraq and Afghanistan;

... nevermind that 10-years of warfare have worn out the spirit and morale of fighting forces to the point that they are twisted into taking trophy photos of dead civilians like a 16-point buck;

... nevermind that you can't just step in, bomb some targets, step out, and expect a peaceful, stable, democratic, pro-Western society to materialize out of thin air;

... nevermind that the coalition forces lack the moral authority to cherry pick which countries to invade and which civilian populations to ignore.

When they lack moral authority, they simply create it out of thin air. Politicians and bureaucrats equate morality with legality. If something is legal, it must be just... and if it's not legal, they'll pass a law or resolution making it legal... and hence just.

This is the way they operate— using regulatory technicalities to wrap themselves in a blanket of righteousness in order to execute their agenda. **As Tacitus said, “the more corrupt the state, the more numerous the laws.”**

Keep your head and your heart pointed in the right direction and you wont have to worry about your feet. God allows “U Turns”!

Turmeric has been, and still is, used in wedding ceremonies in several countries.

Both the groom and the bride are painted with designs using this yellow colored herb.

And, turmeric is used in other external ways as well. A pinch rubbed on the cheeks to give a radiant golden-yellow glow. Turmeric seems to be safe when applied topically to the skin.

Turmeric has been used for many years as a textile coloring.

In my research, it was revealed that turmeric is also used as a ph indicator. In a ph greater then 8.6 it turns a bright red color.

Generally speaking the Great American Diet is acid forming; sugar and meat being big offenders contributing to an acidic condition in the body. Our bodies seem to be healthier in an alkaline environment.

Turmeric, supported by cruciferous vegetables (cabbage, cauliflower, broccoli, brussel sprouts, kale, turnips) in the diet, has been shown to be both beneficial and health supporting to the prostate gland in men. Add a box of turmeric to your spice shelf and use often.

To your good health and enjoying God's creation in a vast array of blessings - Brian



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Weatherproofing, Windows, Doors, SAVE MONEY!

Custom Homes and Remodeling

“Special \$99 shingle roof repair, replace missing or broken shingles.

Up to 1 bundle of quality shingles!

NO JOB TOO SMALL

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Cell (575) 812-9898

C

The world's largest army... America 's hunters!

A blogger added up the deer license sales in just a handful of states and arrived at a striking conclusion:

There were over 600,000 hunters this season in the state of Wisconsin.

Allow me to restate that number.

Over the last several months, Wisconsin 's hunters became the eighth largest army in the world.

More men under arms than in Iran.

More than in France and Germany combined.

These men deployed to the woods of a single American

state to hunt with firearms, and no one was killed.

That number pales in comparison to the 750,000 who hunted the woods of Pennsylvania and Michigan's 700,000 hunters, all of whom have now returned home.

Toss in a quarter million hunters in West Virginia and it literally establishes the fact that the hunters of those four states alone would comprise the largest army in the world.

The point?

America will forever be safe from foreign invasion with that kind of home-grown firepower.

Hunting — it's not just a way to fill the freezer. It's a matter of national security.

THE BONE YARD

HOW TO FIX CONGRESS

The 26th amendment (granting the right to vote for 18 year-olds) took only 3 months & 8 days to be ratified! Why? Simple! The people demanded it. That was in 1971...before computers, before e-mail, before cell phones, etc.

Of the 27 amendments to the Constitution, seven (7) took 1 year or less to become the law of the land...all because of public pressure. I'm asking each addressee that uses email to forward this to a minimum of twenty people on their address list; and, in turn ask each of those to do likewise.

In three days, most people in The United States of America will have the message. This is one idea that really should be passed around.

Congressional Reform Act of 2011

1. Term Limits.

12 years only, one of the possible options below..

A. Two Six-year Senate terms

B. Six Two-year House terms

C. One Six-year Senate term and three Two-Year House terms

2. No Tenure / No Pension.

A Congressman collects a salary while in office and receives no pay when they are out of office.

3. Congress (past, present & future) participates in Social Security. All funds in the Congressional retirement fund move to the Social Security system immediately. All future funds flow into the Social Security system, and Congress participates with the American people.

4. Congress can purchase their own retirement plan, just as all Americans do.

5. Congress will no longer vote themselves a pay raise. Congressional pay will rise by the lower of CPI or 3%.

6. Congress loses their current health care system and participates in the same health care system as the American people.

7. Congress must equally abide by all laws they impose on the American people.

8. All contracts with past and present Congressmen are void effective 1/1/11. The American people did not make this contract with Congressmen. Congressmen made all these contracts for themselves. Serving in Congress is an honor, not a career. **THIS IS HOW YOU FIX CONGRESS!!!!**



CITIZENS FOR PRACTICAL GOVERNMENT

Encouraging The Exposure Of Truth Concerning Local Government

The 18 top reasons why we all should vote for Obama and the Democrats

1. Vote Democrat because you believe oil companies' profits of 4% on a gallon of gas are obscene, but the government taxing the same gallon of gas at 15% isn't.

2. Vote Democrat because you believe the government will do a better job of spending the money you earn than you would.

3. Vote Democrat because Freedom of Speech is fine as long as nobody is offended by it or it applies to radical Democrats only!

4. Vote Democrat because you are way too irresponsible to own a gun, and you know that your local police are all you need to protect yourself from murderers and thieves.

5. Vote Democrat because you believe that people who can't tell us if it will rain on Friday can tell us that the polar ice caps will melt away in ten years if you don't start driving a Prius.

6. Vote Democrat because you are not concerned about millions of babies being aborted so long as we keep all death row inmates alive.

Continued from page 7

He was going to be a doctor and I was going for business on a football scholarship..

Kyle was valedictorian of our class. I teased him all the time about being a nerd..

He had to prepare a speech for graduation. I was so glad it wasn't me having to get up there and speak

Graduation day, I saw Kyle. He looked great.

He was one of those guys that really found himself during high school.

He filled out and actually looked good in glasses.

He had more dates than I had and all the girls loved him. Boy, sometimes I was jealous! Today was one of those days.

I could see that he was nervous about his speech.

So, I smacked him on the back and said, 'Hey, big guy, you'll be great!'

He looked at me with one of those looks (the really grateful one) and smiled. 'Thanks,' he said.

As he started his speech,

7. Vote Democrat because you think illegal aliens have much more of a right to free health care, education, welfare, section 8 housing and driving without insurance than American citizens.

8. Vote Democrat because you believe that business should not be allowed to make profits for themselves. They need to break even and give the rest away to the government for redistribution as the Democrats see fit.

9. Vote Democrat because you believe liberal judges need to rewrite the Constitution every few days to suit some fringe kooks who would never get their agendas past the voters.

10. Vote Democrat because you think that it's better to pay hundreds of billions to people who hate us for their oil, but not drill our own because it might upset some endangered beetle or gopher.

11. Vote Democrat because while you live in the greatest, most wonderful country in the world, you were promised "HOPE AND CHANGE".

12. Vote Democrat because you think unions should be allowed to exhort money from everyone to buy Democrat

Politicians!

13. Vote Democrat because you believe the federal government can do a much better job deciding what medicine and medical treatment you need then you or your Doctor.

14. Vote Democrat because you believe the Invading horde of illegal Aliens, Welfare leeches, Criminals and the Lazy deserve your money more than you do.

15. Vote Democrat because you think being Politically Correct is much more Important that speaking honestly and trying to find solutions and address problems in our society!

16. Vote Democrat because, if you don't, you will be called a Racist, Homophobe and a Right Wing Nut by Democrats!

17. Vote Democrat because the Democrats have cared enough about you to post signs warning you not to go into some parks and areas in this Nation because of the danger from Illegal Aliens, something the Republicans would never do.

18. Vote Democrat because your head is so firmly planted up your butt, that you are brain dead from lack of oxygen.

Syonara

"How Would You Fix the Economy?"

Dear Mr. President,

Please find below my suggestion for fixing America 's economy. Instead of giving billions of dollars to companies that will squander the money on lavish parties and unearned bonuses, use the following plan. You can call it the "Patriotic Retirement Plan":

There are about 40 million people over 50 in the work force. Pay them \$1 million apiece severance for early retirement with the following stipulations:

1) They MUST retire. Forty million job openings - Unem-

ployment fixed.

2) They MUST buy a new AMERICAN Car. Forty million cars ordered - Auto Industry fixed.

3) They MUST either buy a house or pay off their mortgage - Housing Crisis fixed.

It can't get any easier than that!! P.S. If more money is needed, have all members in Congress pay their taxes..

Mr. President, while you're at it, make Congress retire on Social Security and Medicare. I'll bet both programs would be fixed pronto!

he cleared his throat, and began 'Graduation is a time to thank those who helped you make it through those tough years. Your parents, your teachers, your siblings, maybe a coach...but mostly your friends.....

I am here to tell all of you that being a friend to someone is the best gift you can give them.

I am going to tell you a story..' I just looked at my friend with disbelief as he told the first day we met and the feelings he suffered that day.

He had planned to kill himself over the weekend. He talked of how he had cleaned out his locker so his Mom wouldn't have to do it later and was carrying his stuff home.

He looked hard at me and gave me a little smile.

'Thankfully, I was saved. My friend saved me from doing the unspeakable..'

I heard the gasp go through the crowd as this handsome, popular boy told us all about his weakest moment.

FOOD PANTRIES

Immanuel Baptist Church
1107 Adams
(575) 430-6881
Angel Food Ministry - Affordable Food

Berean Independent Baptist
2300 Puerto Rico Dr.
(575) 437-8202
Folks who attend their services may get food

Christ Community Church
2960 Scenic Dr.
(575) 473-4241
Folks who attend their services may get food

Corinth Baptist Church
409 Delaware Ave
(575) 437-0988
Tues - Wed - Thurs - 11 am to 3 pm

Cuba Ave Church of Christ
1300 Cuba Ave
(575) 437-4795
Mon and Fri 10:00 am to 11:30 am

First Assembly
10th & Florida
(575) 437-8922
Mon only 9 am to Noon Food for needy

Primera Iglesia Baptist Church
1711 Ocotillo Dr
(575) 434-8650
Wed 9am till Noon - Food/Clothes

Salvation Army
1900 1st St
(575) 443-0845
Mon thru Thur 10am till Noon & 1pm to 4pm
First 30 get boxes of dry food - Generous quantity

St John's Episcopal Church
1111 Indiana
(575) 437-3891
Tues & Thurs 5pm to 6:00 pm
Community Kitchen - Free Meals

CLOTHES - HOUSEHOLD - FURNITURE

Calvary Baptist Church
1200 Indian Wells
(575) 473-0103
Tues & Thurs 2-4-pm
Clothes

Father James B Hays Thrist Store
1640 N White Sands
(575) 434-5450
Mon - Sat 9am to 4pm (subject to availability)
Low cost clothes, household items, furniture

HELPS MINISTRIES
FOOD - RENT - UTILITIES - MEDICAL - FUNDS

Community Action
755 Granada Shopping Center, Ste 755
(575) 437-1364 - Mary Beth Reynolds
Rent, Utilities & Perscriptions - Meet guidelines
Mon thru Thurs - 8 am to 4 pm

Immaculate Conception Church
705 Delaware Ave
(575) 437-3291
Poor Fund as God provides

Grace United Methodist
1206 Greenwood Lane (16th & Cuba)
(575) 437-7640
Sat only - Meal 11:30 am to 1:00 pm
Funds for food, rent & utilities

LOVE INC (In The Name Of Christ) of Otero County
By Phone Contact Only - (575) 439-5683

Our Savior Lutheran Church
1212 Washington St
(575) 437-2970
Tues & Thurs 9am to 11am
Gas vouchers etc.

St. Judes Mission
1404 College Ave
(575) 437-0238
Tues 10am to Noon
Assistance according to need

OUR COMMUNITY RESOURCES
Agencies Providing Assistance

Trinity Lutheran Church
1505 College
(575) 437-1482 - Pastor Bill Heithuld
Benevolence Fund

Tularosa United Methodist Church
(575) 585-2314 - (575) 585-3204 (emergency)
Tues only 9am till 11am
MUST LIVE IN TULAROSA

PERSONAL HYGIENE

Eternity Baptist Church
1205 E 25th St
(575) 439-1734
2nd Tuesday of each Month 10 am to 12 Noon
- Needy get a supply of shampoo, bath soap, toothpaste, dish soap, laundry soap, toilet tissue and paper towels.

HOMELESS ONLY

House of Prayer
601 Delaware Ave
(575) 437-7880
Hot meal, clothing, shower, washer, dryer

COMMODITIES FROM LAS CRUCES
(575) 532-4390 - Qualifying & Information

PLACE YOUR FREE LISTING HERE
Let the Spokesmen help you help the needy of Alamogordo. (575) 551-1771

Jesus said, "In as much as ye have done it unto the least of these, my brothers, ye have done it unto Me."

OTHER RESOURCES

Ben Archer Health Center
2150 Hwy 54 South - (575) 443-8133
M - F 8am - 5pm
Will take any medical insurance as well as people without insurance. We go to sliding scale fee.

Childbirth Class
Conference Room at GCMRC
(575) 443-7640

CHINS
(575) 443-3013
Counseling for family and children

COPE
(575) 434-3622 - 24 hr crisis line
(575) 437-2673 Toll Free 1 (866) -350-2673
Counseling

Counseling Center
1900 E 10th St
(575) 437-8630
(575) 437-7404 (Crisis Line)

Disability Resource Center
(575) 439-1112
Michael Murphy - Rita Martinez

Low Income Phone Service
Contact Local Telephone Service

English as a second language

1328 Scenic Dr
(575) 437-9987
Free Classes for improving verbal skills

FEMA Disaster Assistance
Apply by phone 1 (800) 621-3362

Health Office
1207 8th St
(575) 437-9340
Birth Certificates

Human Resources Department
901 Alaska
(575) 437-9210

Housing Authority
(575) 437-5621
Rent assistance when funds available
(575) 585-9848 (Tularosa)

Income Support Division
(575) 437-9260 ext. 116
Utilities
1(800) 637-3134 LIHEAP

Lions Club
Help with glasses
Frank Simpkins 437-2602

Parenting Classes

(575) 437-3040 - ZIA Therapy
(575) 585-4818 - Head Start - Tularosa

Pregnancy Help Center
1222 N White Sands
(575) 437-9800

Social Security Administration
(575) 523-0771 - Las Cruces Office
1 (800) 772-1213

Social Services
2200 Indian Wells
(575) 434-9770 - CYFD Day Care Services
1 (800) 797-3260 - Child Abuse

Freedom Gate Opportunity Center
323 N Delaware Ave
(575) 551-1771
Help taking the first steps to freedom from addiction

POTLUCK CENTER
816 East 16th Street
(575) 551-1771 - A perfect place for wedding receptions, funeral gatherings, family reunions, parties (no drinking, etc.), quilting bees, political rallies, or any other wholesome get together. The cost is minimal. Just a \$20.00 minimum plus \$1.00 per person over 20 persons.

I saw his Mom and dad looking at me and smiling that same grateful smile. Not until that moment did I realize it's depth. Never underestimate the power of your actions..

With one small gesture you can change a person's life. For better or for worse....

God puts us all in each others lives to impact one another in some way. Look for God in others.

'Friends are angels who lift us to our feet when our wings have trouble remembering how to fly.' There is no beginning or end.. Yesterday is history..

Tomorrow is a mystery.

Today is a gift..

Editor's Comment:


Each of us have someone looking at us as a role model. We often forget that we are the only 'Christ' that some who watch us will ever see.

Are you setting the example for your kids, your friends, your family and those you meet in the market place?

Remember, God knows the thoughts and intents of your heart; so, Keep it pure!

TROPICAL SNO
In Mall Next To K-Mart Entrance
Soon to also be in Lowe's on 10th
"The taste and feel you *WON'T* forget!"

Located at Classy Cats Thrift Store
921 New York Ave **Animal Food Bank**
Alamogordo, NM 88310
575-437-8108
D'Ann Dunigan, Manager
Open Mon-Sat 10AM - 4PM
A Kitty City sponsored animal food program assisting the needy in feeding their family companions.




CAPITAN'S FINEST
CLASSIC MEXICAN FOOD
"At It's Very Best"

El Paisano Restaurant
In Capitan, New Mexico offers friendly service with the finest of New Mexico fare.
Feed your spirit as you Satisfy your appetite!

The Cochus Patch



There's an old sea story about a ship's Captain who inspected his sailors, and afterward told the first mate that his men smelled bad.

The Captain suggested perhaps it would help if the sailors would change underwear occasionally.

The first mate responded, "Aye, aye sir, I'll see to it immediately!"

The first mate went straight to the sailors berth deck and announced, "The Captain thinks you guys smell bad and wants you to change your underwear."

He continued, "Leo you change with Jerry, Tony you change with Bert



and Bob you change with Ed." **THE MORAL OF THE STORY**

Someone may come along and promise "Change", but don't count on things smelling any better.

HOW DRY IS IT IN TEXAS?

It's so dry in Texas that the Baptists are starting to baptize by sprinkling, the Methodists are using wet-wipes, the Presbyterians are giving out rain-checks, and the Catholics are praying for the wine to turn back into water.



DEAF WIFE....."priceless" A man feared his wife wasn't hearing as well as she used to and he thought she might need a hearing aid.

Not quite sure how to approach her, he called the family doctor to discuss the problem.

The Doctor told him there is a simple informal test the husband could perform to give the doctor a better idea about her hearing loss.

Here's what you do," said the Doctor, "stand about 40 feet away from her, and in a normal conversational speaking ask her a question and see if she hears you.

If not, go to 30 feet, then 20 feet, and so on until you get a response.."

That evening, the wife is in the kitchen cooking dinner, and he was in the den. He says to himself, "I'm about 40 feet away, let's see what happens."

Then in a normal tone he asks, "Honey, what's for dinner?"

No response..

So the husband moves closer to the kitchen, about 30 feet from his wife and repeats, "Honey, what's for dinner?"

Still no response.

Next he moves into the dining room where he is about 20 feet from his wife and asks, "Honey, what's for dinner?"

Again he gets no response.

So, he walks up to the kitchen door, about 10 feet away. "Honey, what's for dinner?"

Again there is no response.

So he walks right up behind her. "Honey, what's for dinner?"

(I just love this)



"Ralph,... for the friggin' FIFTH time,.... CHICKEN!"

- simplicity.....
- A. Back off and let those men who want to marry men, marry men.
 - B. Allow those women who want to marry women, marry women.
 - C. Allow those folks who want to abort their babies, abort their babies.
 - D. In three generations, there will be no Democrats. Darn-I love it when a plan comes together.

Don't miss the coroner's report. This should happen more often...you kill a policeman it means no arrest..no Miranda rights...no negotiations....nothing but as many bullets as we can shoot into you.....PERIOD



POLK COUNTY FLORIDA SHERIFF, GRADY JUDD

An illegal alien, in Polk County , Florida , who got pulled over in a routine traffic stop, ended up "executing" the deputy who stopped him.

The deputy was shot eight times, including once behind his right ear at close range. Another deputy was wounded and a police dog killed.

A state-wide manhunt ensued. The murderer was found hiding in a wooded area. As soon as he took a shot at the SWAT team, officers opened fire on him. They hit the guy 68 times.

Naturally, the liberal media went nuts and asked why they had to shoot the poor, undocumented immigrant 68 times.Sheriff Grady Judd told the Orlando Sentinel: "Because that's all the ammunition we had."

History lesson.

I was eating lunch today with my 10 year old grandson when his mom asked him

"What is tomorrow?"

He said "It's President's Day"

She asked "What does that mean?" I was waiting for something profound...

He said , "President's Day is when Obama steps out of the White House and if he sees his shadow, we have 2 more years of unemployment."

I almost snorted my iced tea.



lando Sentinel: "Because that's all the ammunition we had."

Now, is that just about the all-time greatest answer or what!

The Coroner also reported that the illegal alien died of natural causes.

When asked by a reporter how that could be, since there were 68 bullet wounds in his body, he simply replied: (BEST QUOTE of 2009) . . .

"When you are shot 68 times you are naturally gonna die."

I think Congressmen should wear uniforms like NASCAR drivers so we could identify their corporate sponsors. Or better yet, 'SHOOT 'EM ALL!'

Hellmann's Mayonnaise

Most people don't know that back in 1912, Hellmann's mayonnaise was manufactured in England. In fact, the Titanic was carrying 12,000 jars of the condiment scheduled for delivery in Vera Cruz, Mexico, which was to be the next port of call for the great ship after its stop in New York. This would have been the largest single shipment of mayonnaise ever delivered to Mexico. But as we know, the great ship did not make it to New York. The ship hit an iceberg and sank, and the cargo was forever lost. The people of Mexico, who were crazy about mayonnaise, and were eagerly awaiting its delivery, were disconsolate at the loss. Their anguish was so great, that they declared a National Day of Mourning, which they still observe to this day. The National Day of Mourning occurs each year on May 5th and is known, of course, as - Sinko De Mayo.

WHAT??? You expected something educational from me? You need a shot of Tequila after that don't you?