



## Newsletter - Friday November 18, 2022

Welcome to our **Friday News Edition**. **Memes** are at the bottom. A couple items of note up first:

**G20 Declaration: Vaccine Passports Will Be Adopted To “Facilitate” All International Travel.** Dr. Michael Yeadon says, "They want you to accept this because it's a crucial enabler of their totalitarian control." - <https://substack.com/inbox/post/85207686>

**Dr. Peter McCullough on Rose Unplugged: New Covid Strains?** - Audio podcast and summary article: <https://www.thegatewaypundit.com/2022/11/dr-peter-mccullough-rose-unplugged-new-covid-strains-audio/>

### **Rise Up NH Weekly Zoom - 11/14/22 - CHD New England Launch**

Leslie Embersits from Children's Health Defense (CHD) discussed the launch of the CHD New England chapter. Contact Leslie at [new.leslie.embersits@childrenshealthdefense.org](mailto:new.leslie.embersits@childrenshealthdefense.org). Watch here:

<https://www.brighteon.com/e4548ec4-523b-4a46-bf6c-5b7778d822ab>

This coming Monday, Ann Savastano will share the progress on 5G efforts in Keene:

1PM Monday Zoom

To victory!

John-Michael and the RiseUpNH team

*Rise Up NH and VCAL and projects of the Collaborative Communities Coalition, a 501(c)(3) nonprofit. We are a diverse non-partisan group focused on education & community resilience.*

**PLEASE DONATE TODAY to support our efforts. Thank you!**

**SOVEREIGNTY NOTICE:**

No one is telling you what to think or believe, or even what is true. Articles and videos offered here do NOT imply any kind of imprimatur of truth or finality on the part of anyone in Rise Up NH, but are offered for consideration as partial perspectives towards gaining a fuller picture of what's so. In general, we do not repeat the ubiquitous mainstream narratives, though most items reference these in their arguments. Please do your own research, suspend final conclusions in favor of continuing research, ignore what doesn't ring true for you, and always make up your own mind. Collective sense-making is a path, not a destination.

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#### CELEBRATING THE WHOLE CHILD

I have over 20 years of experience as an occupational therapy practitioner, and I am offering support to families with life skills, sensory strategies, regulation, children's yoga and mindfulness as well as strategies for visual motor and visual perception success. I offer extensive experience working with children with a wide variety of learning styles and abilities. Contact Alison [a-lovejoy@comcast.net](mailto:a-lovejoy@comcast.net) for additional information on how to receive individual consultations and supports.



# Cope Counseling & Coaching David Cope MSW, LICSW

New online counseling practice

Individual, couples,  
family counseling & mediation

34 years experience  
helping teens, adults and seniors

[www.copecounselingandcoaching.com](http://www.copecounselingandcoaching.com)  
[david@copecounselingandcoaching.com](mailto:david@copecounselingandcoaching.com)  
**603-562-8889**



## Healing/ Empowerment Sessions

with  
**John-Michael  
Dumais**

603-757-6358  
[jmdumais@gmail.com](mailto:jmdumais@gmail.com)  
[www.Quest4Emergence.com](http://www.Quest4Emergence.com)

### Meet Audra Wilson

Holistic Nurse and Health Practitioner



**RESTORING EDEN**  
— HOLISTIC HEALTH AND WELLNESS —

Restoring Eden is a Community Wellness Center for Holistic Health located in the heart of Gilsum New Hampshire. Founded by Audra Wilson, Restoring Eden focuses on whole body healing with services for all age groups.

Audra is Double Board Certified in Holistic Health, BC-Holistic Nurse Baccalaureate, and BC-Holistic Health Practitioner. She is a Member of the American Holistic Nursing Association, Sigma Theta Tau International Honor Society of Nursing (STTI), American Academy of Drugless Practitioners (AADP), Salt Therapy Association and Ozone Without Borders.

#### Certifications:

- Halotherapy
- Holistic and Integrative Health
- Meridian Stress Analysis (Bioenergetic Testing)
- NASM Personal Trainer
- Spirituality, Health and Healing
- Aromatherapy Practitioner
- Healing, Wholeness and Prayer
- Limited Obstetric Ultrasound
- Teaching Nurse Self-Care and Sleep Hygiene
- Red Cross Certified Trainer for CPR/AED/FA

626 Route 10 Gilsum NH - 603-338-8797  
[RestoringEden4NaturalHealth@gmail.com](mailto:RestoringEden4NaturalHealth@gmail.com)





*Have a business or item you'd like to share here? Contact [admin@riseupnh.org](mailto:admin@riseupnh.org).*

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## Events

### ONE-TIME EVENTS

**Tuesday Nov 22 from 5-7? pm**

Country Life free vegan Thanksgiving meal, 15 Roxbury Street., Keene

**Sunday December 11, 2022 9:00AM-3:00PM**

**A BEGINNERS PARAMEDIC COURSE w/ Corey Bonnevie**

*An introduction to First Aid, CPR, and bleeding control. A combination of skills and psychological approach to effectively managing emergency situations.*

**Location:** Dresden Barn, 1011 Gardiner Rd. Dresden, Maine

**Cost** will depend on # of participants, likely to range from \$30-\$60pp

**Registration or questions:** call Rosemary at 978-994-5306

**Saturday, Dec 17, 4PM-?**

**Holiday Coffeehouse and Open Mic**

Restoring Eden, 626 Route 10, Gilsum NH

*Friends! Come listen to music, poetry, and stories in the lovely hall at Restoring Eden. An extra room will be opened up for folks who need a little quiet and conversation. Bring a poem to share (your own creation or just a favorite), a story, a song, and/or an instrument. The coffeehouse part will have refreshments (potluck) and a jam session for all interested musicians.*

*Please bring a snack to share.*

*Wine/beer:* Audra has no objection to people bringing alcohol beverages as long as we are self responsible and discreet.

**Donation:** \$2 - \$5 to pay for use of space at Restoring Eden

**Questions:** Bill Rogers, 401-835-0977

## ONGOING EVENTS

### **Biweekly, Saturday 10am to 11:30am NVC Study Group, Swanzey**

*(Next class: Nov 19) - with Kristen Reynolds*

This study group for people who have either done an NVC intro with Kristen, read the book Nonviolent Communication by Marshall Rosenberg, or have had NVC training elsewhere. (Kristen will do NVC intro workshops occasionally for those who wish to start this practice. If you are interested in an introduction, please contact her to set up a time. Intros take three hours.) **Info/directions: kreynolds3000 at gmail dot com.**

### **Fridays from 4pm - 5:15pm**

#### **Energetic Vinyasa Flow Yoga class w/ Bronwyn Sims**

@ Elements MMA, Keene

Drop in rate - \$22s

To sign up please click this link: <https://www.elements-mma.com/workshops>

If you have questions please email: [justmoveyoga@protonmail.com](mailto:justmoveyoga@protonmail.com)

**Even more classes -- see [www.justmoveyogafitness.com](http://www.justmoveyogafitness.com)**

***Have an event you'd like us to post? Contact [admin@riseupnh.org](mailto:admin@riseupnh.org).***

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## The UpBeat

### **Workers' Compensation: A Pathway to Immediate Relief for COVID Vaccine Injury Victims?**

<https://childrenshealthdefense.org/defender/workers-compensation-covid-vaccine-injury-victims/>

*Folks in NH interested in pursuing this route, please write Risa at [ProQuery@protonmail.com](mailto:ProQuery@protonmail.com), who can connect you to a lawyer who is handling such claims.*

### **GNOSSIENNE No. 1 on GUITAR! (Erik Satie) - Ilona Guitar**

*Good moment of zen*

4 minutes: [https://youtu.be/5Yk\\_ZNh3FkQ](https://youtu.be/5Yk_ZNh3FkQ)

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## Free/Cool/Fun/Weird/Noteworthy

### **The Flanagan Experiments Movie**

*A movie about Patrick Flanagan (1944-2019) was widely considered a genius with a number of inventions, including several around health. He also wrote on the energetics of pyramids.*

70 Minutes: [https://youtu.be/\\_UKJBHJSrIl](https://youtu.be/_UKJBHJSrIl)

### **Video Syllabus for The Art of Creating - A Neuroplastic Approach, Gretchen Moulton**

*This Seven-Week IPAK-EDU Course will start in January 2022*

14-minute video: <https://popularrationalism.substack.com/p/video-syllabus-for-the-art-of-creating>

### **Protocol for Defending Against Post-Infection Cardiovascular Disease**

*Orthomolecular Medicine News Service, Nov 11, 2022*

<https://bit.ly/3Tt7D0H>

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## **Politics, Bills, Elections, Voting & Natural Law**

### **To All the Republicans I Triggered - Melissa Blasek**

[https://granitegrok.com/mg\\_nashua/2022/11/to-all-the-republicans-i-triggered](https://granitegrok.com/mg_nashua/2022/11/to-all-the-republicans-i-triggered)

### **[Updated (3) 11/14/22] How Did Maggie Hassan Get 1100 Votes in NH Town With a Population Under 700?**

*A typo - really?*

<https://granitegrok.com/blog/2022/11/how-did-maggie-hassan-get-1100-votes-in-nh-town-with-a-population-under-700>

### **NH HB1169 Reintroduced – “Relative to Public Comment and Inquiry During School Board Meetings”**

<https://granitegrok.com/blog/2022/11/hb1169-reintroduced-relative-to-public-comment-and-inquiry-during-school-board-meetings>

### **Republicans, now in control of the House, announce an investigation into Biden Family**

<https://www.thegatewaypundit.com/2022/11/top-republican-house-oversight-committee-hunter-biden-guilty-committing-seven-eight-serious-crimes-video/>

### **In Arizona the Election Was Slowly Stolen Day by Day - Paul Craig Roberts**

<https://www.paulcraigroberts.org/2022/11/17/in-arizona-the-election-was-slowly-stolen-day-by-day/>

### **A Smoldering Fuse - James Howard Kunstler**

*The political cesspool around FTX*

<https://kunstler.com/clusterfuck-nation/a-smoldering-fuse/>

**Lawfare with Tom Renz ft. Dr. Eric Nepute - 11/15/2022**

*A discussion of the US Govt's lawfare warfare against Dr. Nepute.*

26 minutes: <https://www.brighteon.com/7581a11d-4fbe-46b7-bef0-a644d8a5a66d>

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## Relocalization, Regenerative Practices & Prepping

**"Nuclear Waste" Batteries Last 100s of Years Without Charging - Two Bit Davinci**

*Issue is how to increase power density*

19 minutes: <https://youtu.be/tfoX-YMkTAo>

**101 Easy Ways to Prep Every Day**

*Developing a preparedness lifestyle*

<https://www.theorganicprepper.com/101-easy-ways-to-prep-every-day/>

**Monero Privacy Coin -- with Josh C. of Keene**

<https://videos.hush.is/w/a2bMJ9PHPFacaNUmBfxnyC>

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## Rebuilding Relationships, Society & Culture

**Family and Politics Workshop**

Saturday November 19th from 10:00 AM - 12:30 PM

*Braver Angels believes that we should be able to talk politics with at least some people who disagree with us. We just need the skill to keep the conversation from going off track. Family and Politics Workshop will teach you some of these skills. This free online workshop will focus on how to talk to your relatives about politics without making them feel you don't love and respect them.*

REGISTER (free): <https://www.eventbrite.com/e/family-politics-registration-424892584157>

**The Number One Reason This Generation Is Struggling: Scott Galloway**

1.5 hrs: <https://youtu.be/vHpZEMesriU>

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## Jab & Plandemic News

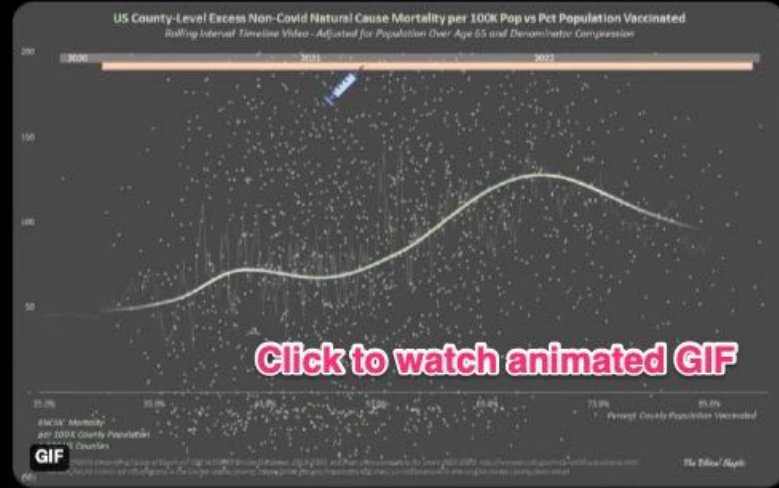


Ethical Skeptic  
@EthicalSkeptic

## Vaccine - The Movie

Excess Non-Covid Natural Cause Mortality by US County ranked from lowest to highest rate of vaccination - from Feb 28 2020 - Oct 21 2022

Notice how after the vax, excess death both elevates in aggregate and then biases towards the heavier vaxxed counties.



Ethical Skeptic · 22h

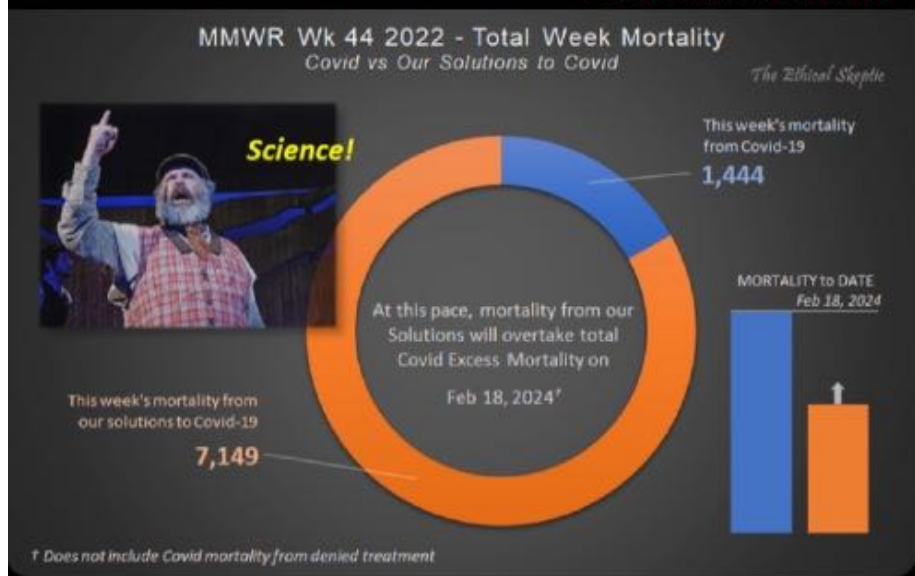
Now for the Tevye Chart for MMWR Week 44.

Deaths from our solutions are 5-fold outpacing deaths from Covid right now.

...and

- Average age of 'solution' death = 49
- Average age of Covid death = 82

Click for more





## **Highwire Breaks the Internet Again: Whistleblowers: SHOCKING Rise in Deaths in NICU Infants and Fetal Demise Post-Vaccination**

*Internal emails brought forward show these deaths were known just months after the vaccine came out.*

Links to Twitter mini-clip, summary clip and full Highwire clips:

<https://popularrationalism.substack.com/p/highwire-breaks-the-internet-again>

## **Ed Dowd and Mike Adams deep dive into EXCESS MORTALITY following covid vaccines - 11/16**

*Insurance industry data and US Dept. of Labor statistics reveal the truth: excess mortality of 32% across the general population*

51 minutes: <https://www.brighteon.com/fedc3b74-6f5b-42c8-9386-8f8abbd8ef91>

**Dowd's upcoming book: "Cause Unknown" - The Epidemic of Sudden Deaths in 2021 & 2022":** <https://www.theyliedpeoplelied.com/>

Dowd's "The Humanity Project" website:

<http://phinancetechnologies.com/HumanityProjects/Humanity%20Projects.asp>

## **Great Britain has now suffered 41,000 Excess Deaths in the past 6 Months with another 2k in the last week alone**

<https://expose-news.com/2022/11/18/gb-suffers-41k-excess-deaths-6-months/>

## **Real time obstetrician/gynecologist's data on new patients and miscarriages for 2021 and 2022 - Dr. Jessica Rose**

*It's all there in black and white*

<https://jessicar.substack.com/p/real-time-obstetriciangynecologists?>

## **COVID-19 Vaccinated People Equally Contagious as Unvaccinated Within 10 Weeks**

*Scientists Call for Wholesale Reframing of COVID-19 Vaccination as "counterproductive."*

<https://www.jeremyrhammond.com/2022/11/17/covid-19-vaccinated-people-equally-contagious-as-unvaccinated-within-10-weeks/>

## **UPDATE: The Blood Supply Is Contaminated**

*Demand for Unvaccinated Blood is Real -- Doctors Acknowledge Grumpily*

<https://www.2ndsmartestguyintheworld.com/p/update-the-blood-supply-is-contaminated>

## **Sperm Counts Plummeting Dramatically — and Faster Than Previously Thought**

*And this data is pre-COVID - things getting even worse now.*

<https://childrenshealthdefense.org/defender/global-sperm-counts-decline-male-infertility/>

## **Australian Health Officials Reject 3rd COVID Booster for All Ages**

*Despite rising cases and hospitalizations... It seems they know what's really going on though they won't directly admit it.*

<https://childrenshealthdefense.org/defender/australia-rejects-3rd-covid-vaccine-booster/>

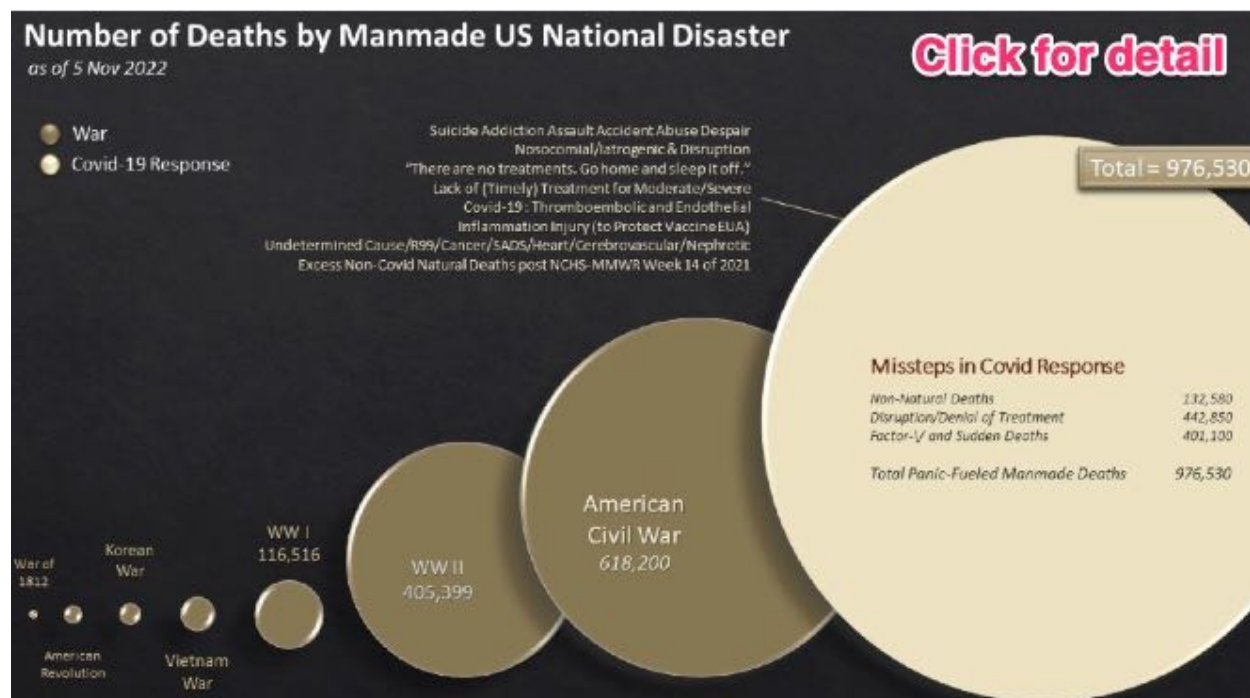
## **Fired Referees Sue NBA Over Vaccine Mandate, as Djokovic Cleared to Play in Australian Open**

<https://childrenshealthdefense.org/defender/fired-nba-referees-lawsuit-covid-vaccine-mandate-novak-djokovic/>

## **NEJM's Disappointing Decision to Publish the Boston School Mask Study - Dr. Tracy Hoeg**

*A point-by-point analysis.... even if these results were true, they have no applicability in the present as seroprevalence has rocketed past 90% and most kids have already had COVID.*

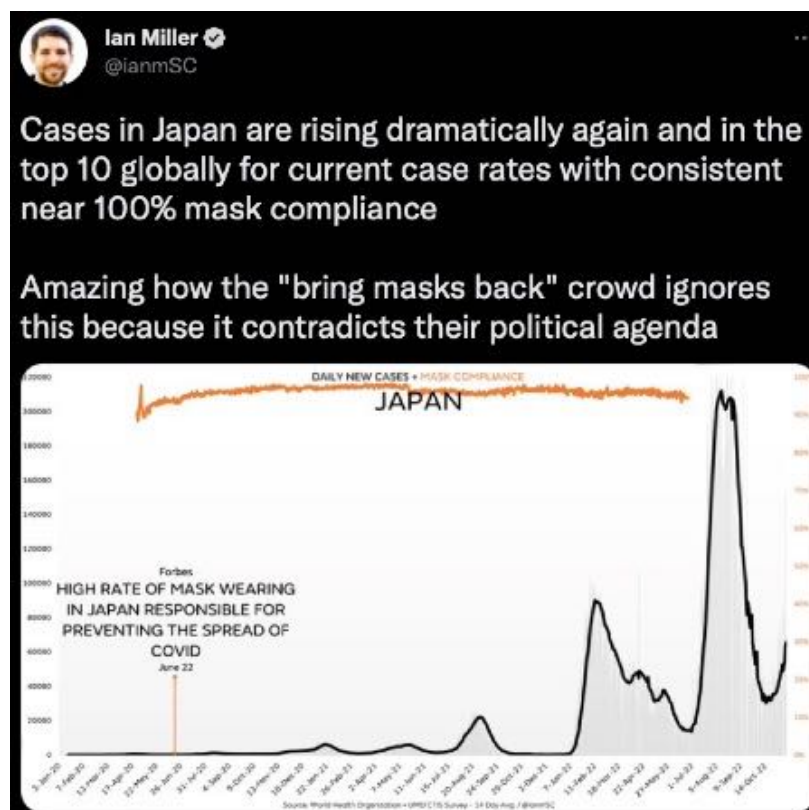
<https://sensiblemed.substack.com/p/nejms-disappointing-decision-to-publish>



**KBirb**  
@blrb\_k

What is actual ANTI-SCIENCE?  
Over 70 examples from Stanford's @DrJBhattacharya, MD, PhD and co-author of #GreatBarringtonDeclaration (gbdeclaration.org). Presented in the order he originally posted, with permission.  
(thread)

**Click to read thread**

## **'Triple Threat' of Flu, RSV and COVID-19? - FLCCC**

*Drs. Pierre Kory and Paul Marik say there is some concern, and discuss Elderberry, Vitamin C, Nitazoxanide (NTZ), Ivermectin, Zinc, N-acetylcysteine (NAC), Sunlight and Photobiomodulation, Melatonin & Symptomatic Treatments.*

76-minute Webinar (starts with news clip):

[https://odysee.com/@FrontlineCovid19CriticalCareAlliance:c/Weekly\\_Webinar\\_November16:7](https://odysee.com/@FrontlineCovid19CriticalCareAlliance:c/Weekly_Webinar_November16:7)

Slides: <https://covid19criticalcare.com/wp-content/uploads/2022/11/Triple-Threat-Overview-11-16-2022-FINAL2-.pdf>

## **100+ Scientists Claim World Health Org “is ignoring risks to human health” from “Forever Chemicals” (PFAS)**

<https://www.thenewlede.org/2022/11/scientists-speak-out-against-who-draft-guidelines-for-pfas-in-drinking-water/>

## **Saint-Gobain PFOA case argued in NH Supreme Court**

*Regarding whether company can be forced to pay the cost of monitoring residents near its plants for health ailments*

[https://www.unionleader.com/news/environment/saint-gobain-pfoa-case-argued-in-supreme-court/article\\_01bceddb-8dd8-5958-8cad-dd2595214142.html?bl](https://www.unionleader.com/news/environment/saint-gobain-pfoa-case-argued-in-supreme-court/article_01bceddb-8dd8-5958-8cad-dd2595214142.html?bl)

## **The Truth Floodgates Are Open, And It's Coming Like A Freight Train - Dr. Amandha Vollmer**

*The relationship between the mind and emotions (especially when weaponized against us) and our state of health - plus the healing power of DMSO - and lots of other plandemic tidbits.*

40 minutes: <https://youtu.be/mq50wDSgBTQ>

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## **EMFs**

### **Arthur Firstenberg: Wireless Technology And Climate Change - Report from COP 27**

*On the blind spot that must be filled*

<http://cellphonetaskforce.org/wireless-technology-and-climate-change-report-from-the-cop-27/>

### **FAA Has Documented 100+ Incidents of Potential 5G Aviation Interference**

Article, videos: <https://www.activistpost.com/2022/11/faa-has-documented-100-incidents-of-potential-5g-aviation-interference.html>

### **ART's EMF Advocate's Tool Kit**



<https://www.americansforresponsibletech.org/tool-kit>

## **5G - An Undeniable Risk Webinar**

96 minutes: [https://youtu.be/\\_ltJdtmsA58](https://youtu.be/_ltJdtmsA58)

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## **Money, Food, Energy, Jobs & Resources**

### **New England's Shortsightedness on Energy Isn't Just Bad for You, It is Bad for The Green Agenda**

<https://granitegrok.com/blog/2022/11/new-englands-shortsightedness-on-energy-isnt-just-bad-for-you-its-bad-for-the-green-agenda>

### **FTX & Crypto-Implosion**

*The FTX guy (a WEF partner -- since erased on WEF website) is going down, but the SEC will NEVER prosecute the banks.*

<https://www.armstrongeconomics.com/world-news/cryptocurrency/ftx-crypto-implosion/>

### **From Crypto Carnage To A Financial Crash?**

<https://www.zerohedge.com/markets/crypto-carnage-financial-crash>

### **Potential Nationwide US Rail Strike May Spark Chaos Ahead Of Christmas**

*All twelve rail unions must agree or the deal is a no-go*

<https://www.zerohedge.com/markets/nationwide-rail-strike-looms-christmas>

### **FDA Announces LAB GROWN MEAT That Was Served at COP27 Climate Conference Is 'SAFE TO EAT': 'The World Is Experiencing A Food Revolution'**

<https://www.thegatewaypundit.com/2022/11/fda-announces-lab-grown-meat-served-cop27-climate-conference-safe-eat-world-experiencing-food-revolution/>

### **Corporations Dodge \$90 Billion in Taxes Every Year — Here's How They Do It**

*An analysis released Tuesday found that rich countries are allowing multinational corporations to dodge at least \$89 billion in taxes every year by not requiring firms to publicly disclose how much of their profits they are shifting to tax havens.*

<https://childrenshealthdefense.org/defender/multinational-corporations-tax-havens-cd/>

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## **Technocracy, AI/Transhumanism, Eugenics, Geoengineering & The Deep/Surveillance State**

**Unelected World Leader Klaus Schwab Shows Up To At G20 In Indonesia To Give The Orders For The 'Deep Systemic Restructuring Of Our World'**

<https://www.nowtheendbegins.com/klaus-schwab-at-g20-great-reset-new-world-order/>

**Australia's Banks have introduced a Social Credit System by linking Publics transactions to their Carbon Footprint**

<https://expose-news.com/2022/11/15/australia-social-credit-bank-carbon-footprint/>

**Was the Pandemic Orchestrated as a Trial Run for Responding to a Biological Attack?**  
by Will Jones

*With important contextualizing by Michael Senger:*

<https://michaelpsenger.substack.com/p/the-earliest-events-of-the-covid>

**Changing Climate, Geoengineering and Weather Modification**

*Prof. Mark Skidmore discusses both natural and man-made causes of "climate change" and examines weather modification and geoengineering techniques and their applications worldwide.*

30-minute video, summary article with detailed references: <https://expose-news.com/2022/11/16/climate-geoengineering-weather-modification/>

**Seventeen-Year Locusts and Eighty-Year Wokists - International Man**

*Totalitarians keep trying to take over the world, right on schedule*

<https://internationalman.com/articles/seventeen-year-locusts-and-eighty-year-wokists/>

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## **Schools & Education**

**The Strange Death of the University, Part 3: The Strange Death of Science - James Lindsay**

*How Agenda 2030 and its notion of "sustainability" is killing higher ed.*

2.5 hours: <https://youtu.be/g2vAk4YJSzg>

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## **Ukraine, False Flags & Globalist Militarism**

**Zelensky 'lying' to drag US into WW3 – Tucker Carlson**

*The Ukrainian leader's insistence that a Russian missile hit Poland "could get millions" killed, says Carlson*

13 minutes: <https://youtu.be/HMHBsHtoICA>

**The Grayzone: Poland WWII scare shows why top US general wants peace - w/ Doug Macgregor**

40 minutes: <https://youtu.be/obi849eRuN4>

**Taiwan readies missile defenses after Chinese military vessels cross ADIZ: report**  
*China continues to conduct wargames in the region near Taiwan to test its latest military technologies*

<https://www.foxnews.com/world/taiwan-readies-missile-defenses-after-chinese-military-vessels-cross-adiz-report>

**The Gambler**

*The tale of a Vegas gambler, failed politician, and professional Nazi groupie and the Ukraine propaganda machine*

<https://covertactionmagazine.com/2022/11/17/the-gambler/>

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## 1st & 2nd Amendments, Psy-Ops, Propaganda, Censorship & Critical Thinking



**"Election Denial" for Me, But Not for Thee: YouTube Censors TK-Produced Videos, Again, Despite Factual Accuracy**

*Matt Orfalea didn't lie, alter clips, or remove key context. He made edits faithful to reality and just got a strike for it. Welcome to post-Trump America, where truth is a censorable offense*

<https://taibbi.substack.com/p/election-denial-for-me-but-not-for>

## **Stern Rebuke: Auburn University Hit With Punitive Damages in Free Speech Case**

*A substantial victory for free speech*

<https://jonathanturley.org/2022/11/18/stern-rebuke-auburn-university-hit-with-punitive-damages-in-free-speech-case/>

## **Ninety Seven Percent**

*Epistemic status: gun policy fiction based on that embarrassingly awful 97% zoom call yesterday*

<https://hwfo.substack.com/p/ninety-seven-percent>

## **‘P’ for Public or Propaganda? How NPR Morphed Into a Voice for the ‘Elite Establishment’**

<https://childrenshealthdefense.org/defender/npr-national-public-radio-propaganda/>

## **Covid PsyOp Tactics Are Now Being Used for Climate Change**

<https://expose-news.com/2022/11/14/covid-psyops-are-now-being-used-for-climate-change/>

## **The Fourth Branch — How Local Newspapers Can Rewrite Our Fragmented World - Heterodox Academy**

*Could local newspapers change the course of political division in America for the better?*

*Heterodox Academy member Matthew Hitt, Monfort Professor and Associate Professor of Political Science at Colorado State University, discusses his research into the profound and unexpected ways local newspapers could potentially heal America’s political chasms.*

43 minutes: <https://youtu.be/-nk1cGhwz30>

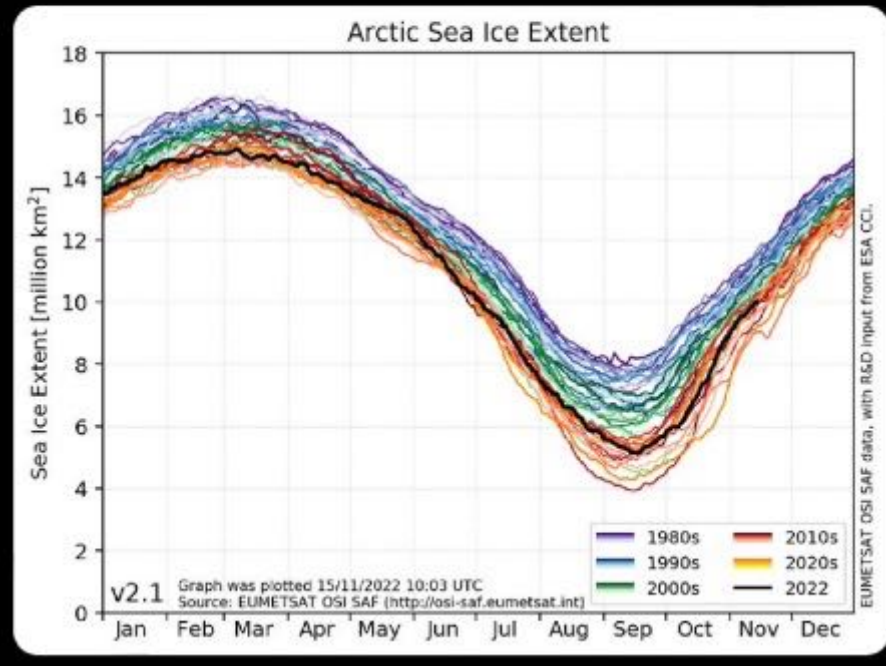




Tony Heller  
@TonyClimate

The Arctic sea ice minimum in September was up more than 30% since ten years ago. I'm not aware of a single press outlet which has reported this.

[osisaf-hl.met.no/archive/osisaf..](https://osisaf-hl.met.no/archive/osisaf..)



## Culture Wars



### **Science: Force Kids To Mask To Defeat Systemic Racism - William Briggs**

*Yes, the paper really says that.*

<https://www.wmbriggs.com/post/43478/>

### **Obama-Appointed Judge Blocks Governor DeSantis' "Stop Woke Act" For Colleges**

<https://www.thegatewaypundit.com/2022/11/obama-appointed-judge-blocks-governor-desantis-stop-woke-act-colleges/>

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## **Paradigm Expanding**

### **Gregg Braden - ALL Data EVER Created by Humans Can be Stored in the DNA...**

**Scientists Say YES!**

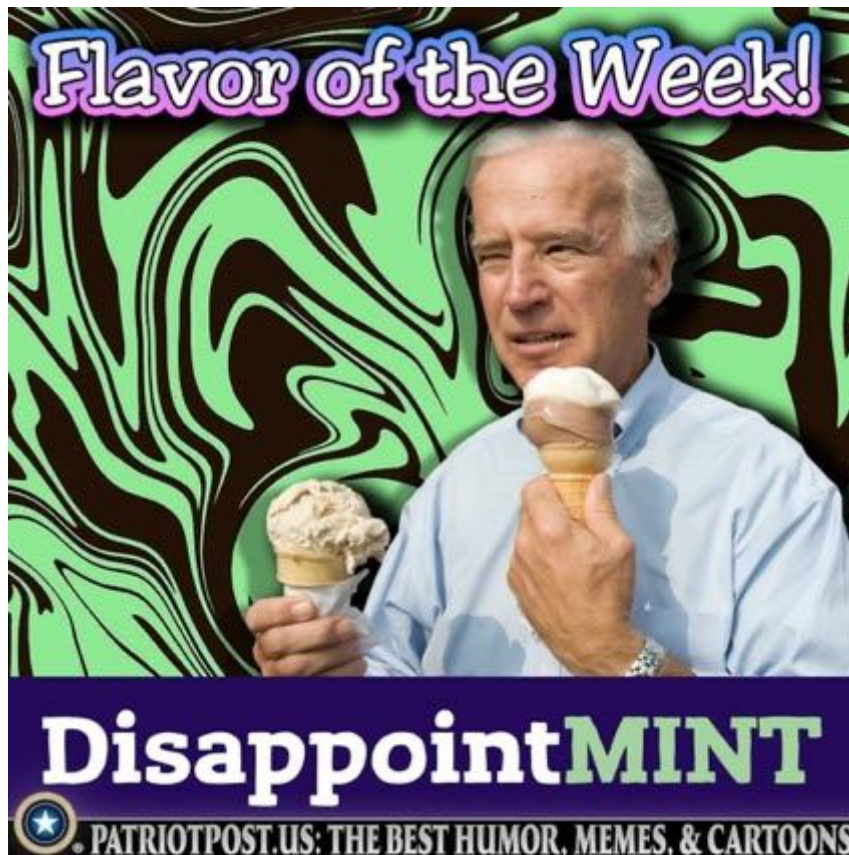
30 minutes: <https://youtu.be/ecLXmaLSmGA>

### **Is the Universe CONNECTED at ALL Levels?**

<https://youtu.be/kWLSu5P6BjE>

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## **Friday Memes**



## Working On The Build-Back-Better Plan



Nailed it









**BREAKING: Ukrainian soldier who  
fired missiles into Poland identified**



**IMAGINE IF YOU WILL...**

**...A WORLD WHERE MEMES  
ARE FACT-CHECKED  
BUT *BALLOTS* AREN'T.**





## AMERICAN HEALTHCARE SYSTEM



## CANADIAN HEALTHCARE SYSTEM







Me to myself: This is annoying. This conversation is annoying, this person is annoying. I hope I'm hiding it well.  
My face:





When it's so cold the ghost trying to haunt  
you freezes to death.





**Matt Kibbe** ✓

@mkibbe

## Rules for Liberty:

1. Don't Hurt People
  2. Don't Take Their Stuff
  3. Take Responsibility
  4. Work For It
  5. Mind Your Own Business
  6. Fight The Power
- 



**Deep listening is the kind of listening that can help relieve the suffering of another person. You can call it compassionate listening. You listen with only one purpose: to help him or her to empty his heart.**

**- Thich Nhat Hanh**



*"May all that has been reduced to  
noise in you,  
Become music again"*



Out Of the Broom Closet

Let's avoid a hellish dystopian nightmare by remembering the  
**RULES OF CIVIL CONVERSATION**

- |  |  |
|--|--|
| 1 I will try to reach a shared understanding rather than 'win the argument'.                   | 2 I will clarify with others to make sure I genuinely understand their perspective.    |
| 3 I shall endeavor to avoid committing logical fallacies in support of my claims.              | 4 I will attempt to account for my own biases and try to be intellectually humble.     |
| 5 I will also try to be reasonable, rational, and create coherent arguments.                   | 6 I may challenge ideas, but will refrain from personal attacks and mean-spiritedness. |
| 7 I will use the 'Principle of Charity' to interpret others' points of view in the best light. | 8 I promise to remain genuinely receptive to changing my mind.                         |

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[TheRulesOfCivilConversation.org](https://TheRulesOfCivilConversation.org)