



Newsletter - Monday June 5, 2023

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Welcome to our **Monday Solutions Edition** with curated news of the day and memes at bottom. Today's newsletter features our customary collection of self-reliance, gardening and energy prep resources, the latest news on the vaccines, the economy, the Ukraine, and much more.

On today's 1PM Zoom, we'll discuss the healing potentials of **Methylene Blue** and other news of the day.

[Click to Join Zoom](#)

Yes, we shall overcome!

John-Michael and the RiseUpNH team

Please support Rise Up NH

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.

Up First!

Top news and views....



It Starts 24 Hours (Today)! - Michael Cowan

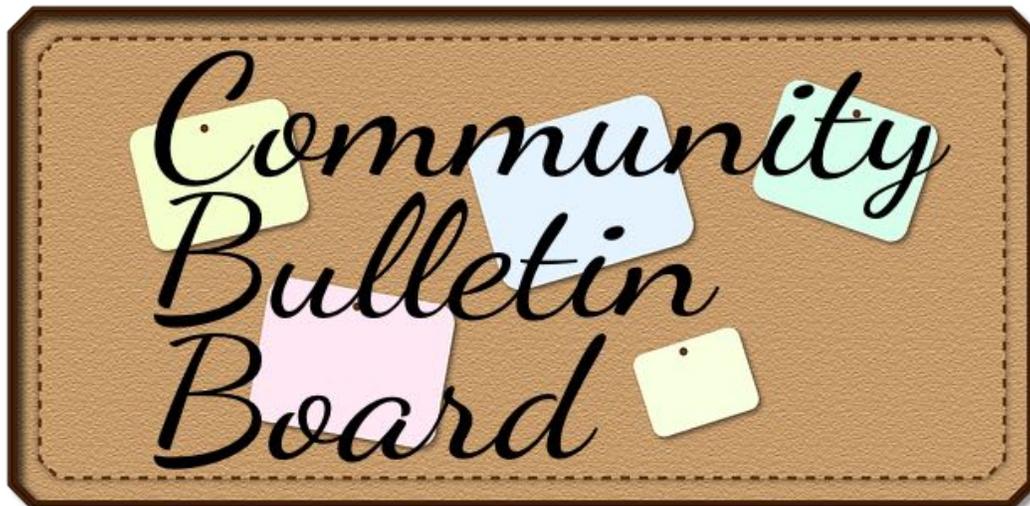
Cowan discusses the impending liquidity crisis in the economic system, which may show its cracks today.

9 minutes: https://youtu.be/_itNu-hXV-s

Judicial Watch, Catholic Vote sue FBI and DOJ over failure to hand over any and all information related to the FBI illegally spying on Catholic parishes and organizations.

<https://www.donate.catholicvote.org/suing-fbi>

A screenshot of a tweet from Dr. Jordan B. Peterson (@jordanbpeterson) posted 15 hours ago. The tweet text reads: "This is from the always reliable Deborah Soh @DrDebraSoh". Below the text is a video thumbnail showing a young girl with long blonde hair in profile, looking towards a rainbow flag. The text "Click to read" is overlaid on the bottom left of the thumbnail. At the bottom of the tweet, there is a link to "sott.net" and a snippet of text: "Norway bans child sex changes, joins Finland, Sweden, and UK in... Common sense and science are gradually prevailing. Last week, the Norwegian Healthcare Investigation Board announced it would be ...".



Organic Produce in Acworth

- Garden access will be run as a P. M. A.
- The details are still being worked out and adjustments will be made as necessary, but the newly-established gardens will be planted this spring with a variety of vegetables. Some

medicinal herb plant starts will be available as well.

•Initially either “pick your own” or order ahead to have produce ready for pick-up.

Deanne Sanville the.lilac.dragonfly@gmail.com

Get a free astrology reading with our own Celeste Longacre

She joins Dan Mitchell the 3rd Wed. of every month on AM WKBK 1290 (wbbkradio.com).

She's on from 9:05 to 10:00 AM. Give it a listen.



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 for additional information on how to receive individual consultations and supports.



Cope Counseling & Coaching David Cope MSW, LICSW

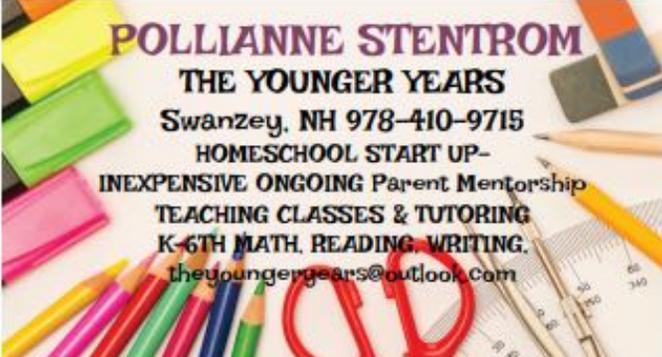
New online counseling practice

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helping teens, adults and seniors

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POLLIANNE STENTROM
THE YOUNGER YEARS
Swanzey, NH 978-410-9715
HOMESCHOOL START UP-
INEXPENSIVE ONGOING Parent Mentorship
TEACHING CLASSES & TUTORING
K-6TH MATH, READING, WRITING.
theyoungergears@outlook.com

Pollianne's Professional Cleaning Services \$40/hr

One time cleanings available (\$50/hr)

Moving Day Cleaning available (\$50/hr)

Have a business or item you'd like to share here? Contact admin@riseupnh.org.

The UpBeat

Nature heals everything with Lorenzo, Matt, and Cambell

Everything related to health and how it can all be fixed naturally. From barefoot grounding, to dragons blood, to pearl powder, and much more.

63 minutes, chapterized: <https://youtu.be/eB2IPK7emaU>

Rob Thomas - Someday (Official Music Video)

'Cause sometimes we don't really notice

Just how good it can get

So maybe we should start all over

Start all over again

https://youtu.be/H6pODq8_FxE

Beautiful True & Divine by Karen Drucker

can you see the beauty you are

blazing like a shining star

if only you could see what i see

https://youtu.be/dC5664_mdIM

Events

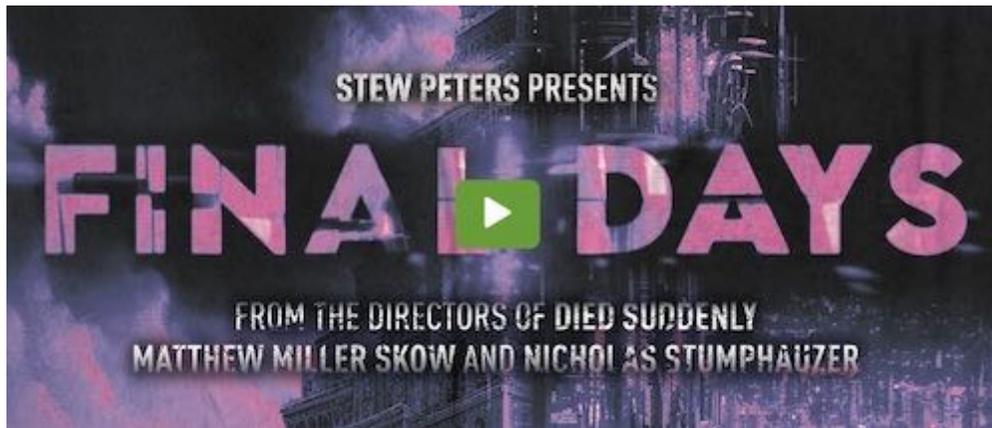
Pollinator Palooza and Plant Sale to Support CCCD's Conservation Programs

When: Thursday, June 22nd, 1:00PM-3:00PM

Where: Ashuelot River Park, Keene, NH

Free: <https://www.eventbrite.com/e/pollinator-palooza-tickets-546434669807>

Free/Cool/Fun(ny)/Weird/Noteworthy



Max Blumenthal Demolishes Woke Weapons Conference With Hilarious Questions - Jimmy Dore

12 minutes: <https://youtu.be/o6V423kHeno>

I Want to Stop CBDs – What Can I Do? - Catherine Austin Fitts and Carolyn Betts

<https://home.solari.com/i-want-to-stop-cbdcs-what-can-i-do/>

The Advocacy Hub - Children's Health Defense

Be a defender of truth, freedom and children's health. Use these advocacy resources to preserve medical freedom and parental choice, and find tools to effectively organize and advocate in your local community.

<https://bit.ly/3M4gyOK>

Politics, Elections, Voting & Natural Law



FBI Director Agrees to Show Document Alleging Biden Bribery Scheme to House Oversight Leaders - Epoch Times

The document in question, an FD-1023, supposedly contains uncorroborated allegations that President Joe Biden, while serving as vice president, engaged in a bribery conspiracy to alter U.S. policy in exchange for monetary gain for his family's businesses.

<https://tinyurl.com/2p83u4nk>

Why voters who value democracy participate in democratic backsliding

Around the world, citizens are voting away the democracies they claim to cherish. A new paper presents evidence that this behavior is driven in part by the belief that their opponents will undermine democracy first. Reducing fear between Democrats and Republicans on issues of democracy may prove to be a crucial part of any long-term strategy to shore-up democracy in the United States.

<https://socialsciences.nature.com/posts/why-voters-who-value-democracy-participate-in-democratic-backsliding>

Relocalization, Regenerative Practices & Mindset, Prepping

Self-Reliance in the 21st Century - Book by Charles Hugh Smith

Self-reliance is often confused with self-supporting (making enough money to support yourself) and self-sufficiency—the equivalent of Thoreau's a cabin on Walden Pond. But self-reliance in the 21st century isn't about piling up money or a cabin in the woods; it's about humanity's most successful innovation: cooperating with trustworthy others in productive networks. This book explores the mindset of self-reliance and 18 principles that advance self-reliance in the 21st century.

<https://a.co/d/bTeDJag>

Grow Mushrooms in Buckets! A Complete Step-by-Step Guide to the Bucket Technique (Bucket Tek / Tech) - North Spore

27 minutes: <https://youtu.be/aZMzKotFrkE>

<https://northspore.com/blogs/the-black-trumpet/growing-mushrooms-in-buckets-containers/>

13 Plants You Should ALWAYS Grow in Summer - Nextdoor Homestead

https://youtu.be/VUYacPX_edE

Is This Popular Organic Gardening Method Wasting Your Time? - Huw Richards

Why crop rotation in a kitchen garden is, in most cases, a waste of time.

9 minutes: https://youtu.be/1cB2SVU8_uc

Throw away your Antibiotic Ointment! (Make your own EASY Herbal Salve!) -

Homesteading Family

Recipe in show notes

21 minutes: <https://youtu.be/OZxPVf7Ph4A>

Pantry Tacos Even In A Zombie Apocalypse! - Fermented Homestead

7 minutes: <https://youtu.be/19TbaCoixpA>

Home Stand-By Generator....Everything You Need To Know!

19 minutes: <https://youtu.be/j7xrTnGxcZE>

Keep Your Family Warm During A Power Outage With This \$10 Part

17 minutes: <https://youtu.be/1JNuovFpCpQ>

Wall Mounted Solar, worth it?

Solar isn't just for roofs!

12 minutes: <https://youtu.be/vQhyb62CvOU>

Home Backup Power + Solar Power WITHOUT Permits!

Ecoflow systems works like a UPS for your entire home.

18 minutes: <https://youtu.be/SWbrQNHfZzc>

Bifacial Solar Fencing - Radical Transformation in Solar Energy Systems & Regenerative Agriculture

Dramatically reduce maintenance costs for both Solar and Ranch operations. Generate Power through solar fence energy generation profile & Power Production on both sides of east & West Solar panels.

52 minutes: <https://youtu.be/yDIUzC4xqFI>

Why Every Homeowner Should Consider Installing an AC Soft Starter | Micro Air Easy Start Install

14 minutes: <https://youtu.be/MDp1g8r8IVs>

Rebuilding Relationships, Society and Culture

Nonviolent Communication ~ Top 7 Key Sentences - Cup of Empathy

Simple but powerful ways to preserve respect and harmony in relationships

4 minutes: <https://youtu.be/2MExSN1GcHQ>

How to Lead with Purpose | Simon Sinek

What is the power of purpose for a team or organization?

90 minutes: <https://youtu.be/0HOaggnERIA>

Free Webinar: Improving Viewpoint Expression in Higher Education

Wednesday, June 7, 2:00 pm - 3:00 pm | Zoom

Join Kyle Vitale, the Director of Programs at Heterodox Academy, for a discussion about the recent Campus Expression Survey and a conversation about the potential solutions and data implications of students wanting to share their viewpoints but assuming their university environment doesn't allow it.

Register: <https://www.unifyamerica.org/events/reversing-viewpoint-suppression-in-higher-education>

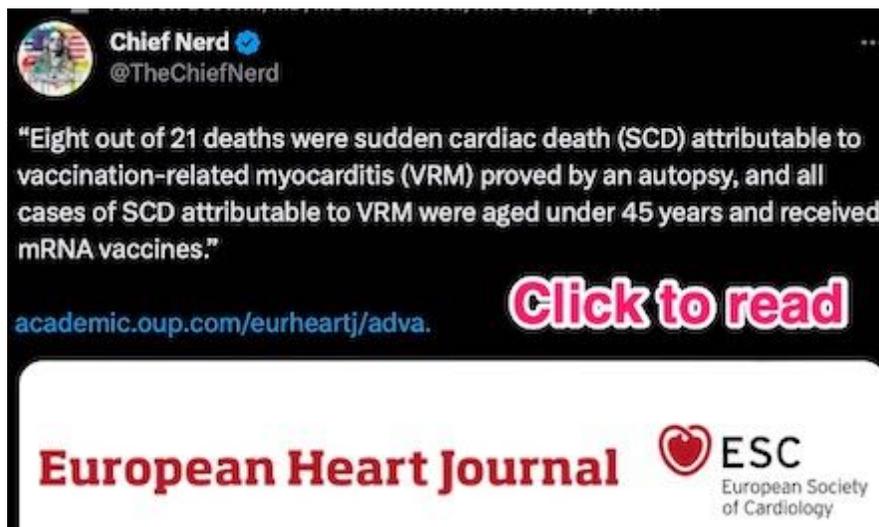
The Sanity Project Introduction - Program Starts on June 11th, 2023 - Charles Eisenstein

TSP is a 6-month community learning opportunity

5 minutes: https://youtu.be/BZ_lfvgMivQ

Program info: <https://charleseisenstein.org/courses/sanity-project/>

Job & Plandemic News

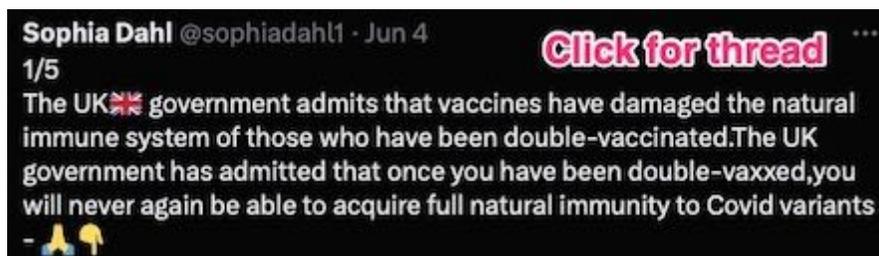


Chief Nerd 
@TheChiefNerd

“Eight out of 21 deaths were sudden cardiac death (SCD) attributable to vaccination-related myocarditis (VRM) proved by an autopsy, and all cases of SCD attributable to VRM were aged under 45 years and received mRNA vaccines.”

academic.oup.com/eurheartj/adva **Click to read**

European Heart Journal  **ESC**
European Society of Cardiology



Sophia Dahl @sophiadahl1 · Jun 4 **Click for thread**

1/5
The UK  government admits that vaccines have damaged the natural immune system of those who have been double-vaccinated. The UK government has admitted that once you have been double-vaxxed, you will never again be able to acquire full natural immunity to Covid variants

-  

Repeated COVID-19 Vaccination Weakens Immune System: Study - Epoch Times

Article: <https://tinyurl.com/47fe4taj>

Paper: <https://www.mdpi.com/2076-393X/11/5/991>

Debunking Viki Male: Part 1 - Dr. Ah Kahn Sayd

All the papers [in NEJM etc.] that Victoria Male uses to promote the "safe and effective in pregnancy" mantra are junk, without exception. Here's the breakdown. Sinek is the author of multiple best-selling books including Start With Why, Leaders Eat Last, Together is Better, and The Infinite Game.

<https://arkmedic.substack.com/p/debunking-viki-male-part-1>

Lockdown benefits 'a drop in the bucket compared to the costs', landmark study finds

Researchers say draconian measures taken in spring 2020 had 'negligible impact' on Covid mortality compared with lighter-touch countries

<https://tinyurl.com/3cem6jrw>

Paul Oosterhuis @dragonfishy · Jun 3

The Amish Rejected Covid Vaccines, Lockdowns and Masks,

The Result? **30X Less Deaths.**

So much for "public health", "big pHarma cures" and the "medical industrial complex"

eutimes.net/2023/05/the-am

Click for more

@stkirsch@chrismartenson@DrAseemMalhotra@RWMaloneMD
@P_McCulloughMDS [Show more](#)



eutimes.net

The Amish Rejected Covid Vaccines, Lockdowns and Masks, The R...
Amish communities rejected Covid vaccines, refused to wear masks, and went about their normal daily activities while the rest of Americ...

Healthy Babies Just Don't Die - CHD

What is the true story behind Sudden Infant Death Syndrome (SIDS)? Do babies really just die without cause in their cribs? After experiencing the tragic loss of their children, Leigh Griffin and Kari Bundy began to dig into these mysterious fatalities and discovered a shocking reality.

<https://tinyurl.com/yeyfvt9r>

The #1 Remedy for Cataracts - Dr. Eric Berg DC

11 minutes: <https://youtu.be/K114ptQ1oUQ>

Methylene Blue: The Newest Trend for Better Brain Health and More! - Dr. Neil Paulvin

7 minutes: <https://youtu.be/4GvllXokzi0>

Methylene Blue Revisited | The Common Sense MD | Dr. Tom Rogers

Improving mitochondrial respiration, and more.

14 minutes: <https://youtu.be/nHBPJ0ViXU8>

The Health Benefits of Methylene Blue, with Bryana Gregory, PharmD, RPh - Hotze Health & Wellness Center

Methylene Blue positively influences and benefits the production of electrical energy within the power plants of our cells.

20 minutes: <https://youtu.be/gaJFvIJKv00>

Schools and Education

Beverly Stoughton: Remind schools that parents are the client

https://www.unionleader.com/opinion/op-eds/beverly-stoughton-remind-schools-that-parents-are-the-client/article_79b9bd4b-281e-55fa-bf56-59d7c0c83cec.html

Randolph VT School Settles: Coach Gets His Job Back, His Family Gets \$125,000 For Having Their First Amendment Rights Violated

re: Transgender boy in girls' locker room

<https://granitegrok.com/blog/2023/06/randolph-vt-school-must-give-coach-his-job-back-pay-125000-for-violating-his-familys-first-amendment-rights>

Micah Learning
Studios



An alternative educational option for ages
6-18
Individualized learning in a social environment
Opening Sept 2023

COME TO A FREE INFO SESSION Monday, June 5th 5:30-7:00 pm Epiphany Stone Church 4 Cedar Street, Newport	For more information and to RSVP: MicahStudiosJ@gmail.com MicahStudios.org
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EMFs

[“5 Health Hazards of WiFi, EMFs & EMR” by Amy Myers MD](#)

This article discusses the dangers of electromagnetic radiation (EMR) and its effects on fertility rates, neurological side effects such as autism and ADHD, DNA changes, early onset Alzheimer’s and dementia, and neuropsychiatric effects.

[“EMF Exposure: Danger Levels, Symptoms, Protection, and More” by Healthline](#)

This article discusses the dangers of high levels of extremely low-level frequency magnetic fields (ELF-EMFs) over a long duration and its increased risk of acute myeloid leukemia (AML), a type of leukemia in adults.

[“EMF Pollution and Chronic Disease — What’s the Connection?” by Children’s Health Defense](#)

This article discusses the primary danger of EMFs and what drives the processes of chronic disease is the mitochondrial damage triggered by peroxynitrites.

Money, Food, Energy, Jobs & Resources

50,000 Retail Stores Closing + Terrible Jobs Report + Stock Market AI Super bubble - Michael Cowan

16 minutes: <https://youtu.be/OpNgCVeXyvw>

Charles Hugh Smith on Getting Ready for a Real Recession - Financial Repression Authority

The Fed is more concerned with fighting inflation than it is with preventing a recession, and so focused on the short-term that it is failing to address the long-term problems in the US economy. Discusses how inflation serves a debt-heavy government, the role of supply chain disruptions, the US trade deficit, the housing market, the stock market, deflation, CBDCs, why people are moving to other countries, and more.

38 minutes: <https://youtu.be/0KDer6tiu7c>

Public, political resistance to CBDCs won't matter, government will sneak them in - Moss & Breedlove - w/ Michelle Makori, Kitco News

Robert Breedlove, host of the What is Money podcast and Mark Moss, host of the Mark Moss Show and partner at the Bitcoin Opportunity Fund, discuss how fiat currencies fracture the economy and are designed to 'enslave' people, why Bitcoin is the perfect sound money solution, and why governments need CBDCs as a response to Bitcoin and will push them through despite resistance. They also explore the potential downside risks to Bitcoin and its ideological and spiritual dimension.

55 minutes: https://youtu.be/_urZ8Z1O_vM

Higher Unemployment Won't Stop Wages from Rising

The net result of these dynamics is official unemployment can soar but employers will still be scrambling to find qualified, willing employees.

<https://www.oftwominds.com/blogmay23/unemployment-wages5-23.html>

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

Why NHPR Journalists Need To Worry About Censorship, Protecting the 4th Estate, and Getting Replaced by "Influencers"

https://granitegrok.com/mg_manchester/2023/06/why-nhpr-journalists-need-to-worry-about-censorship-protecting-the-4th-estate-and-getting-replaced-by-influencers

Rowan Atkinson on free speech - The Christian Institute

The Christian Institute spearheaded the successful Reform Section 5 campaign to get the word 'insulting' removed from Section 5 of the Public Order Act, as part of the Crime and Courts Bill.

9 minutes: <https://youtu.be/xUezfuy8Qpc>

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

Gregg Braden – We Are "That Close" to Losing Our Humanness to A.I. - w/ John L. Peterson

On Ray Kurzweil's 2035 vision of "synthetic humans" and the Singularity

38 minutes: https://youtu.be/_EjwXn9dUls

Ukraine, False Flags & Globalist Militarism

Scott Ritter: NATO's war on Russia has failed | Redacted with Clayton Morris

Former U.N. weapons inspector Scott Ritter joins Redacted to talk about his month long trip to Russia and what he saw in the stores, streets, and among the people. What he saw is frankly SHOCKING. Moscow was hit with another round of drone strikes by NATO and Ukrainian forces. Russia just struck Ukraine's intelligence headquarters destroying it.

27 minutes: <https://youtu.be/wFhj5ECXE1w>

Scott Ritter - Is the Biden Team Delusional about Ukraine War? - Judge Napolitano

29 minutes: <https://www.youtube.com/live/Ns6i6vi0bbc?feature=share>

The New Commons - Ukraine: Pawn in a Geopolitical Tug of War

On the most recent episode of *The New Commons*, John-Michael and Johanna interview Sarah Wilton, a former naval intelligence officer and current member of Veteran Intelligence Professionals for Sanity (<https://tinyurl.com/mufrwu2a>). We discuss Ukraine, dropping some "inconvenient truth bombs" on the official narrative. Watch the [full episode here](#) (57 minutes).

Culture Wars

Woke is a movement that invades and usurps public spaces and economic roles occupied by dominant cultural forces and group identities, displaying moral absolutism, intolerance, narcissism, victimhood, identity theft, alarmism, and the appearance of tolerance and diversity instead of their substance.

What and Why is 'Woke?' - Paul Frijters, Gigi Foster, Michael Baker, Brownstone Institute

Five elements - identity theft, illiberalness, cancel culture, victimhood, and alarmism; and three activities: territorial raid, the religious[/cult] experience, parasitism. Frijters, Foster, and Baker are the authors of "The Great Covid Panic: What Happened, Why, and What To Do Next" (2021) available at: <https://a.co/d/dnX9cu3>
<https://tinyurl.com/a9npjwcb>

California Mom Reclaims Young Daughter From Clutches of Trans Agenda in Middle School—Here's How - Epoch Bright

"Half her Girl Scout troupe [11-year-olds] came out as transgender."
<https://tinyurl.com/mr3k3yaz>

In case you missed it:

Vivek Ramaswamy and James Lindsay: The Art of the Culture War - Revealing the Strategies of the Left

In this eye-opening discussion, U.S. Presidential Candidate Vivek Ramaswamy and cultural critic James Lindsay delve into the tactics and strategies used by the left in the ongoing culture war. They discuss the challenges within the current political landscape, the rise of the ESG movement, and the strategic maneuvers used to demoralize and exhaust creative problem-solving. Together, they expose the hidden playbook of their opponents and emphasize the need to address the root causes of cultural and political issues. The conversation provides valuable insights into the long-term strategies employed by activist groups to infiltrate and subvert institutions.

72 minutes: <https://youtu.be/uXg56vmA-SM>

Paradigm Expanding

Does U. S. Space Force Have Secret Vehicles Reaching Other Stars? - Linda Moulton Howe

64 minutes: <https://youtu.be/1fX-yjKlp-l>

The Holy Universe: A Dialogue between a Seeker and his Sage

What is our place in this transition (potential 6th mass extinction) and how can we adapt to a newly emerging world? In this interview, David Christopher offers sage advice for those seeking the wisdom underlying this turbulent transition.

25 minutes: <https://youtu.be/d1uJ9uy9tls>

Undreaming Wetiko: Breaking the Spell of the Nightmare Mind-Virus

Book release video with author Paul Levy. "In exposing this psychic counterfeiting operation, this book is outing the biggest psyops in the history of the world, an order of magnitude bigger than any psyops that people think might (and may actually) be taking place in our world's body politic. This psyops is taking place within our very minds, and in our unknowing collusion with this operation we are the ones who are perpetrating this nightmare upon ourselves." Wetiko is a Native American term for a destructive spirit that can possess individuals and groups. It is a force that can take hold of people's minds and hearts, leading them to act in destructive ways. Wetiko can manifest itself in many different ways, including violence, addiction, greed, and environmental destruction.

1 hour: <https://youtu.be/ik0u6Ctwvc0>

Book: <https://www.amazon.com/Undreaming-Wetiko-Breaking-Nightmare-Mind-Virus/dp/1644115662/>

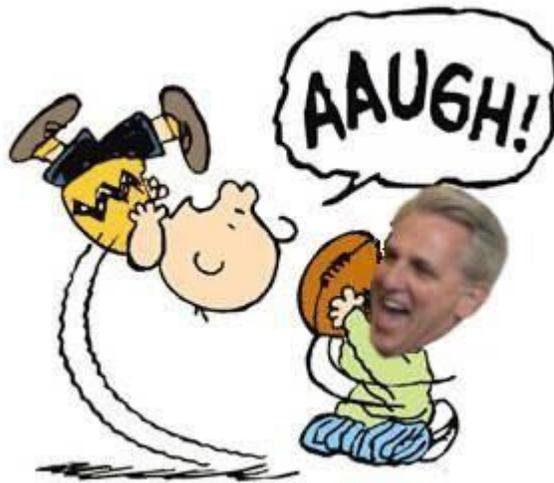
Levy's Website: <https://www.awakeninthedream.com/>

Monday Memes





**Scientists are baffled by
Kevin McCarthy's
ability to stand upright
without a spine.**



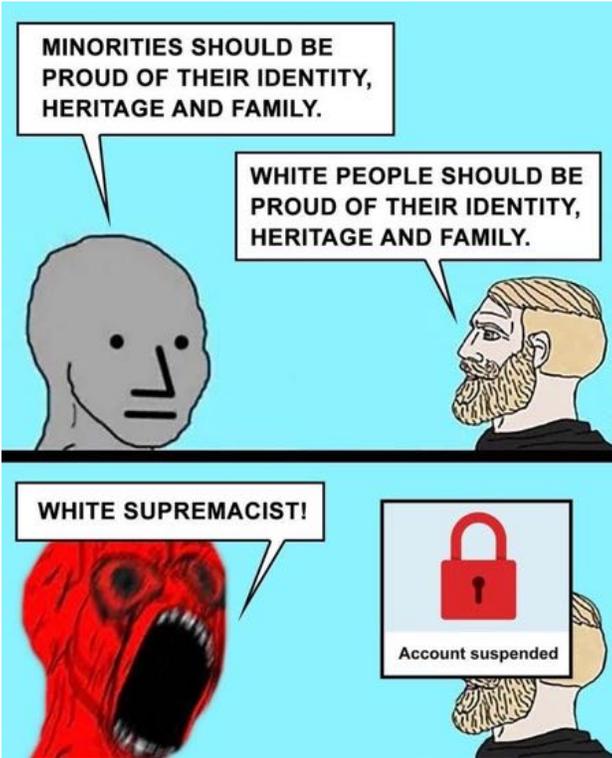
U.S. Tax revenue= \$ 2,170,000,000,000
Fed Budget= \$ 3,820,000,000,000
New Debt= \$ 1,650,000,000,000
National Debt= \$ 29,271,000,000,000
Recent Budget Cuts = \$ 38,500,000,000

Let's remove "8 Zeros" from each and pretend it's a household budget:

Annual Family Income= \$ 21,700
Money Spent By Family= \$ 38,200
New Debt on Credit Card= \$ 16,500
Outstanding Balance On Credit Card = \$ 292,710
Total Household Budget Cuts So Far..= \$ 385

When politicians are "threatening" a total government shutdown







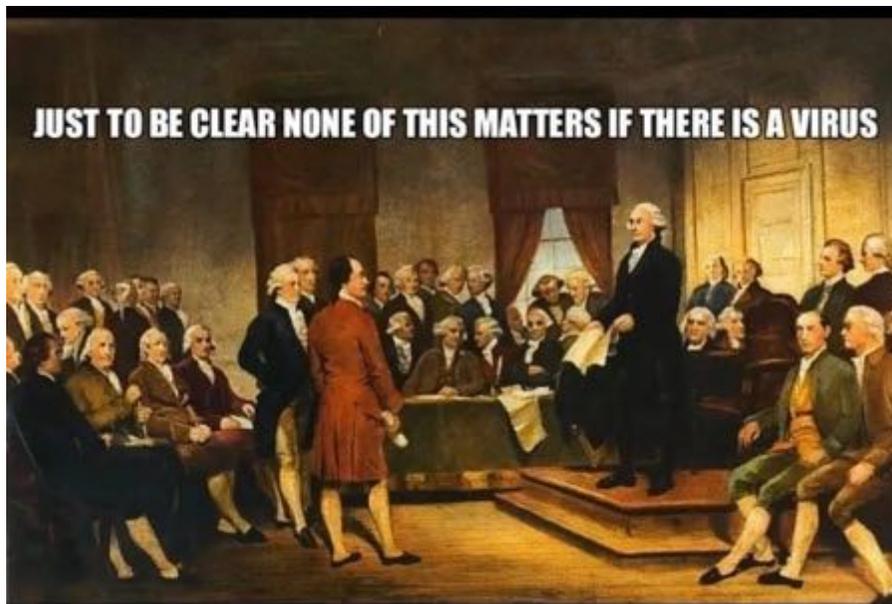
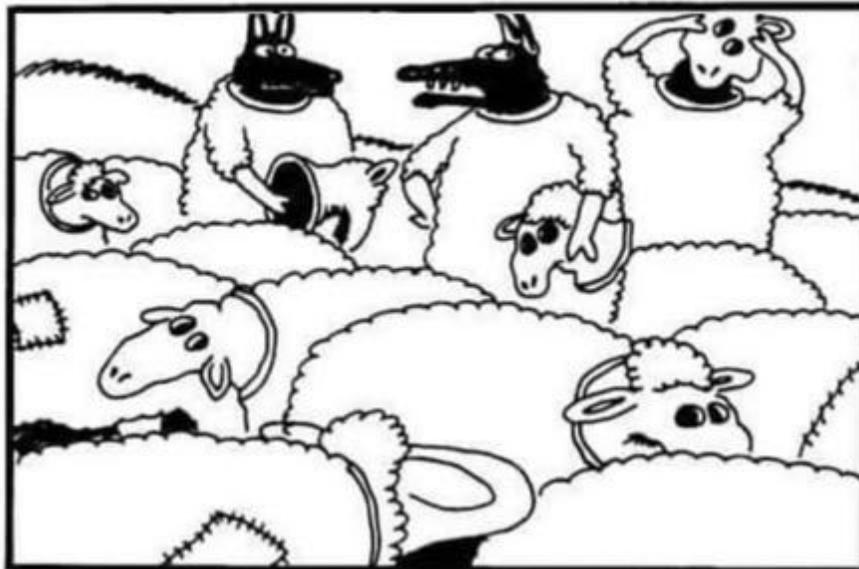
BREAKING

Leftist activists loot Target to protest right-wing boycott of Target

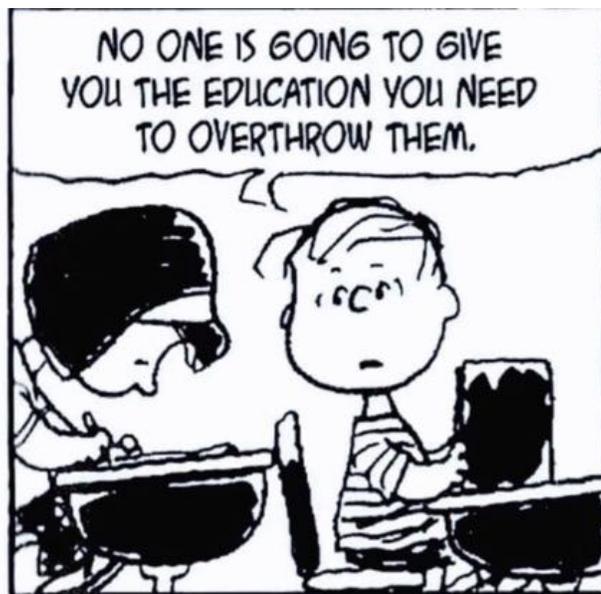




Wait a minute. Is anyone here NOT an FBI agent?



When you start to suspect maybe it's not a coincidence that literally everything happening in current events seems to lead to increased government power and surveillance while suppressing individual privacy and autonomy:



Americans are retiring to Vietnam, for cheap healthcare and a decent standard of living





Lockdowns!



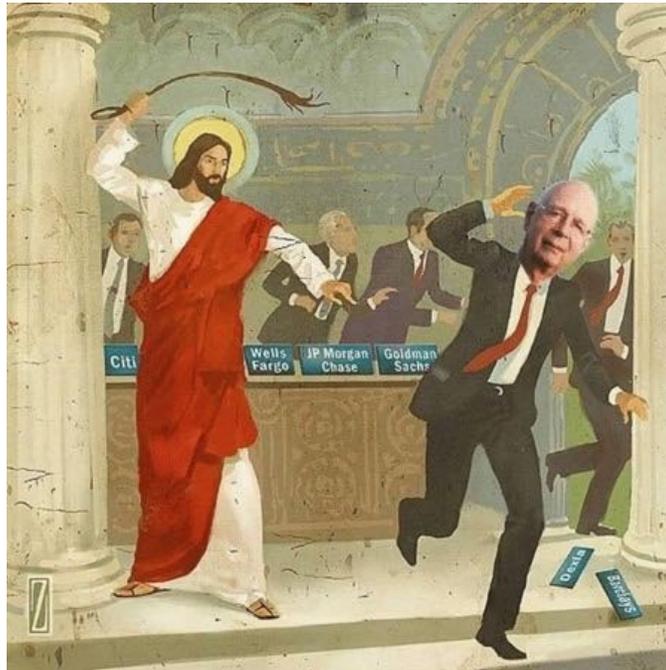
**Climate taxes and
Green energy subsidies!**

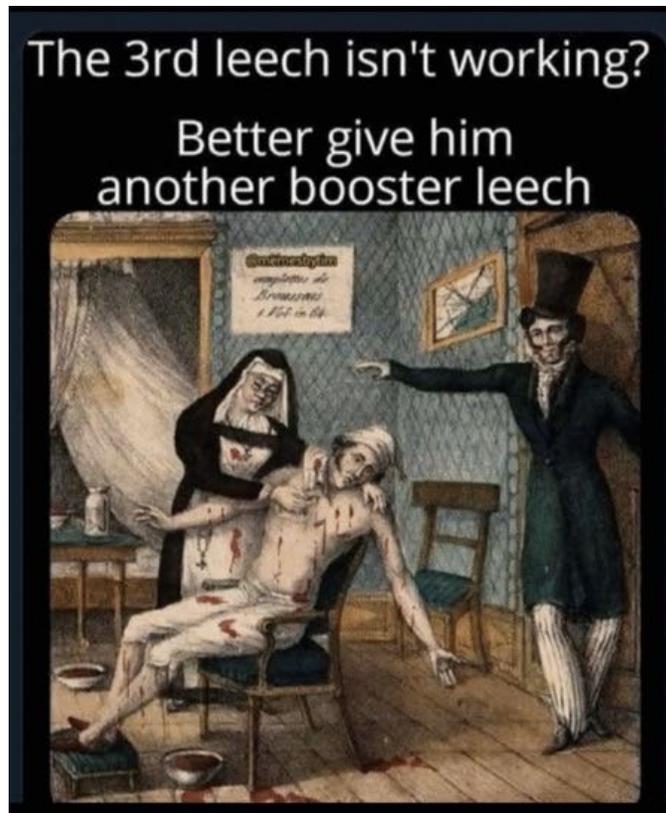


**Send aid to Ukraine
Sanction Russia!**



**Why is
everything
so expensive?**





If this gets worse I will
start demonstrating!

BE QUIET
NUMBER 8492!



THE TRUTH IS NO LONGER HIDDEN.



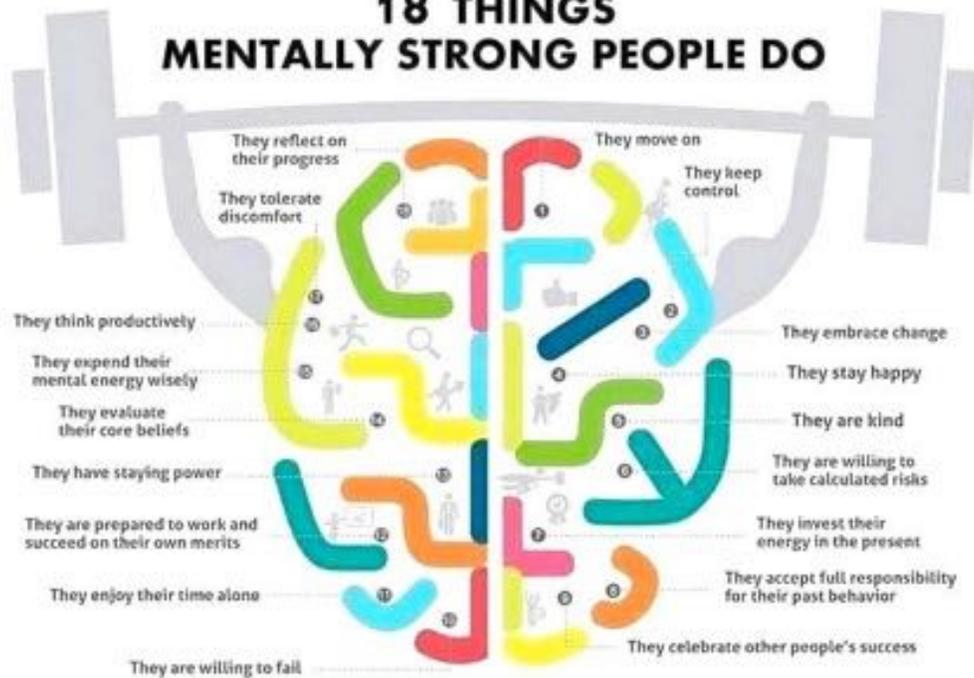
NOW PEOPLE ARE HIDING FROM THE TRUTH.

'So, do you ever go down any rabbit holes?'

Me:



18 THINGS MENTALLY STRONG PEOPLE DO



Two Words, One Plan.

by Prof. Dr. Stefan Homburg, April 2023



Corona		Climate
Extinction of a Global Virus	Alleged Policy Aim	Reduction of the Global Temperature
Zero	Success Probability	Zero
Lockdowns and Vaccine Mandates	Implementation	Prohibitions and Taxes
Servitude and Poverty	Social Effects	Servitude and Poverty
PCR Tests	Primary Instrument	CO ₂ Measurements
Computer Simulations	Secondary Instrument	Computer Simulations

Find more from Stefan Homburg here: twitter.com/SHomburg



/ If anyone on the verge of action should judge himself according to the outcome, he would never begin. Even though the result may gladden the whole world, that cannot help the hero; for he knows the result only when the whole thing is over, and that is not how he became a hero, but by virtue of the fact that he began. /

