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Trump Prepares for Peace, EU Prepares for War
Can a Lasting Agreement Be Reached Between Russia and Ukraine?

Peace talks initially unraveled when Ukrain dictator Volodymyr Zelenskyy tried to publicly renegotiate a peace deal orchestrated by President Trump, while news cameras were rolling.

Zelenskyy disrespected Vice President JD Vance, by casually calling him “JD” and then under his breath called him “suka”, the Ukrainian word for bitch. Zelenskyy was sent packing without the scheduled luncheon.

Trump’s “Art of the Deal” negotiating skills were on full display with such memorable quotes as: “You don’t have the cards.”, “I’ve empowered you to act like a tough guy but once we’re out you won’t be so tough.”, and “You’ll either make a deal or we’re out. And once we’re out, you’ll fight it out.”

Zelenskyy then ran to the welcome arms of European Union leaders, and British Prime Minister Keir Starmer indicated readiness to send troops as part of a “coalition of the willing”, stating on March 2nd that the U.K. would put “boots on the ground and planes in the air” but only with U.S. backing. French President Emmanuel Macron left the door open, notably on February 25th, affirming that European leaders are “ready to send troops to verify that peace is respected,” contingent on American support, though he clarified on March 4th that no near-term deployment is planned. Leaders, such as Denmark’s Mette Frederiksen and Poland’s Donald Tusk, have shown openness to discussing troop deployments, with Tusk supporting a robust defense posture, while Germany’s Olaf Scholz and Italy’s Giorgia Meloni have expressed reluctance, citing overstretched resources and constitutional limits.

During a March 6th emergency EU summit in Brussels, European Council



President Antonio Costa declared, “Today we have shown that the European Union is rising to the challenge, building the Europe of defence and standing with Ukraine shoulder to shoulder,” while proposing joint borrowing of up to 150 billion euros (\$160 billion) to fund military enhancements. This followed French President Emmanuel Macron’s statement that “Europe faces a clear and present danger”. Polish Prime Minister Donald Tusk asserted that “Europe must take up this challenge ... and it must win,” tying victory to increased arms spending.

With Trump scaling down U.S. support, European leaders just approved billions to strengthen their own militaries. At a high-stakes summit, 26 out of 27 EU nations backed a plan to boost military funding and reaffirmed support for Ukraine. Hungary refused to sign. Macron says Europe is in a “new era” and must prepare to stand on its own, with or without the U.S.

The EU is launching the ReArm Eu-

rope Plan, an 800 billion euro defense boost to strengthen its military and reduce reliance on U.S. aid. The spending will stay in Europe, fueling massive contracts for top defense companies.

Zelenskyy is now back at the Trump bargaining table and the latest proposed ceasefire between Ukraine and Russia centers on a U.S. proposed 30-day interim ceasefire, following negotiations in Jeddah, Saudi Arabia. The joint U.S.- Ukrainian statement indicates that Ukraine has expressed readiness to accept this immediate ceasefire, which could be extended by mutual agreement, contingent on Russia’s concurrent acceptance and implementation.

However, the terms are questionable and subject to Russian reciprocity. Russian response is pivotal, but unlikely. Russian State Duma Deputy Viktor Sobolev has already rejected it, because it would allow Ukraine to re-arm and reinstate intelligence sharing between the US and Ukraine.

Social Security Fraud

Almost 20 Million Dead People in Database

Michelle King, the Acting Director of the Social Security Administration (SSA), has resigned after 30 years with the agency. This comes after the Department of Government Efficiency (DOGE) revealed nearly 20 million dead people in the Social Security database, including 2,786 who were listed as over 200 years old. Don't worry, only 18.4 million of them are not actually receiving benefits.

114 year old Naomi Whitehead of Pennsylvania, born on September 26, 1910, is the oldest person currently living in the US. So she's legitimate.

Leland Dudek has replaced King as acting SSA director, and Frank Bisigno has been nominated to head the Department, pending Senate confirmation.

The SSA also announced recently that 7,000 more employees are slated to be fired, and six of its ten regional offices will be closing. Dozens of senior officials, including associate & deputy associate commissioners, have been fired by the Trump Administration.

The SSA Office of the Inspector General and the COVID-19 Fraud Enforcement Task Force were already investigating Paycheck Protection Program loans obtained via 69,000 fabricated Social Security Numbers.

Concerns have been raised over voter registrations linked to fraudulent or unverified SSNs in Arizona, affecting 86,391 votes cast in the 2020 election, and 393,017 voter registrations in 2021. Election fraud investigator Jovan Hutton Pulitzer claims that more than 10,000 Arizona 2020 election voters are linked to the same SSN, but he owns the data and is paying for private data storage until someone is willing to start a legitimate investigation. Pulitzer worked with Cyber Ninjas on the Maricopa County Audit of the 2020 election, and presented initial findings at a televised hearing in July of 2021. You can watch it online.

A whistleblower has recently come forward and claimed that they were incentivized to qualify illegal aliens for long term Social Security Disability benefits, *"They wanted us to try to identify them in such a way that they would qualify for long-term social security disability. Now long-term social security disability is for life. So if they get identified and qualify for long-term social security disability, they are as good as set up for life"*, in a video recorded interview. *"So they instructed us to try to identify, to try to get the client, because once they arrive here, they're now called clients. So they told us that we needed to talk to the client and ask them if they had any headaches, recurring headaches, or any lower back problems, anything that would qualify them for Social Security Long Term Disability"*, she told the interviewer "Josh", who responded with *"But in order to get Social Security disability benefits, don't you need a Social Security number?"* To which the whistleblower responded *"Well, we were instructed in the meeting that one of the first things we were supposed to do was sign them up for Social Security."* You can watch the seven minute interview at: vinnews.com/2025/02/18/whistleblower-alleges-push-for-long-term-disability-benefits-for-illegal-immigrants

Michigan Congressman John Moolenaar introduced legislation last month to stop illegals from receiving benefits. When is a "noncitizen" currently eligible to receive Social Security benefits? See: www.ssa.gov/ssi/spotlights/spot-non-citizens.htm

Age Range	Count
0-9	38,825,456
10-19	44,326,480
20-29	47,995,478
30-39	52,106,915
40-49	47,626,581
50-59	45,740,805
60-69	46,381,281
70-79	33,404,412
80-89	15,165,127
90-99	6,054,154
100-109	4,734,407
110-119	3,627,007
120-129	3,472,849
130-139	3,936,311
140-149	3,542,044
150-159	1,345,083
160-169	121,807
170-179	6,087
180-189	695
190-199	448
200-209	879
210-219	866
220-229	1,039
240-249	1
360-369	1

ActBlue Exposed

Is the Democrat ATM Broken?

The online fund raising platform ActBlue raised \$13.7 billion for Democratic candidates and causes by June 2024. It operates as a political action committee (PAC) but acts as a conduit, meaning contributions are legally made by individuals, but not the PAC itself. Federal law puts limits on donations to candidates and PACS, preventing wealthy donors from pouring millions into candidates' coffers, though they often find ways around that using dark money groups or creating adjacent organizations that do political work without explicitly supporting candidates.

House Oversight Chairman James Comer and House Administration Chairman Bryan Steil, claim that the U.S. Treasury has identified hundreds of suspicious transactions linked to ActBlue, potentially involving money laundering, fraud, or illicit foreign contributions from countries like China, Russia, Iran, and Venezuela.

Social media sleuths have recently suggested that USAID (U.S. Agency for International Development) funds were channeled through Democrat-aligned NGOs to ActBlue, which then distributed them as small-dollar donations to Democratic campaigns. Curiously, donations fell dramatically after USAID funding dried up. However, correlation doesn't necessarily prove causation, as the timing of USAID funding cut aligns with a natural post-election slowdown, and no USAID-NGO funding tied to ActBlue has yet been officially confirmed.

ActBlue's lack of stringent donor verification, such as not requiring credit Card Verification Values (CVV) numbers until August 2024 enables "straw donations," where large sums are broken down into smaller contributions made under unsuspecting donors' names, in a practice known as "smurfing."

Through ActBlue, Arizona US Senator Ruben Gallego received 2,004 individual donations from a random guy in Pennsylvania. Gallego was surprisingly popular with small donors from Massachusetts (\$8 million), including 57 donations from an unemployed woman named "Virginia Smith" during his 2024 campaign.

Investigations by GOP led committees and state attorneys general, have flagged suspicious patterns. A 75-year-old woman reportedly made 6,470 donations totaling \$37,446 between 2022 and 2024, averaging \$5.79 per donation, An 88-year-old retired Yale professor reportedly made 7,539 totaling \$213,163, according to FEC records, and he signed an affidavit saying, *"I believe this does not reflect my donation frequency or dollars I have donated."* A 91-year-old woman appears to have made 2,591 donations totaling \$41,000, according to FEC filings. She also signed an affidavit denying making the reported donations. A 75-year-old woman looks to have made 4,270 small donations adding up to \$32,323. She too signed an affidavit. An Austin Texas resident had more than 10,000 donations totaling \$106,304. A Maryland woman named Lori Ball had a reported 500 donations totaing \$7,000, but insisted she only donated \$5 monthly donations. Mark Block, a Wisconsin Republican strategist filed a lawsuit, stating that his name was used to make a 35 donations totaling nearly \$900 to Kamala Harris' campaign using his name, without his knowledge. Cindy Nowe, a Maryland senior, supposedly donated over 1,000 times to ActBlue in 2022, totaling \$18,849.77, which works out to 3 donations a day every day all year long.

Seven senior ActBlue executives resigned beginning on February 21st of this year, including the customer service director, partnerships director, associate general counsel (the highest-ranking legal officer), an engineer with 16 years at the company, the assistant research director, an HR official, and the chief revenue officer. The pressure of congressional probes, alongside allegations of money laundering and fraud, may have created a hostile work environment or prompted execs to distance themselves from potential legal risks. The lack of transparency about the executives' motives invites speculation: were they fleeing a sinking ship, or were they pushed out to protect the organization from scrutiny? The lawyer, after resigning, posted a now-deleted Slack message warning colleagues, *"We have Whistleblower Policies for a reason,"* before losing his access to internal systems.

The allegations against ActBlue highlight real vulnerabilities in its donor verification processes, potentially enabling fraud or exploitation. The thousands of small contributions from unlikely donors warrant investigation, as they could indicate either systemic reporting errors or deliberate money laundering.

As Democrats gear up for the 2026 elections the potential fall out could give Republicans an edge on fund raising using their similar WinRed online platform.

AG Conspired in Secret Pact Mayes Caught in Conspiracy

Arizona Attorney General Kris Mayes has thrust herself into the national spotlight for joining a clandestine coalition of 22 liberal attorneys general bent on resisting President Donald Trump's agenda. Documents recently unearthed by the Heritage Foundation's Oversight Project reveal a secretive agreement, signed just days after Trump's landslide reelection in November 2024, aimed at thwarting his efforts to end birthright citizenship, a policy many hail as a long-overdue correction to America's broken immigration system.

The agreement, dated November 8, 2024, binds Mayes and her counterparts in a coordinated legal offensive against Trump's immigration reforms. This isn't just a policy disagreement, it's a calculated rebellion against a duly elected president, cloaked in the guise of defending the Constitution. The compact pledges collaborative efforts to craft lawsuits, draft amicus briefs, and shield their strategies from public scrutiny, all while claiming to protect the 14th Amendment's guarantee of birthright citizenship.

The secrecy of the pact is particularly unsettling. The agreement forbids third-party access to shared information, including pre-suit strategies and communications, and even requires a five-day heads-up among the AGs before responding to public records requests.

Trump's executive order, issued on his first day back in office, seeks to end automatic citizenship for children born to illegal immigrants. For decades, conservatives have argued that the 14th Amendment was never intended to grant citizenship to those who break our laws to enter the country. Yet Mayes and her secret pact allies, have already joined lawsuits that have temporarily blocked the order, with federal judges in four states siding with their claims.

Mayes' track record only fuels the outrage. She has already targeted Trump allies, indicting 18 individuals, including Rudy Giuliani and Mark Meadows, in the so-called "fake electors" case tied to the 2020 election. Trump himself was named an unindicted co-conspirator, a move seen as political persecution.

Mayes joined a coalition of 23 state attorneys general in a lawsuit against the Trump administration to block a policy from the Office of Management and Budget (OMB) that ordered an indefinite freeze on trillions of dollars in federal funding. On January 28, a federal judge in Rhode Island issued a temporary restraining order, followed by a preliminary injunction on February 9, 2025, ordering the restoration of frozen funds.

Mayes was part of a coalition of 22 attorneys general that secured a nationwide preliminary injunction against a Trump administration plan to cap indirect payments from the National Institutes of Health to universities at 15%. A federal judge in Massachusetts halted the cuts.

Mayes was a lead plaintiff among 14 state attorneys general in a February 2025 lawsuit arguing that Elon Musk's leadership of Trump's Department of Government Efficiency (DOGE) violated the Constitution.

Prior to that, she joined 19 attorneys general in a suit blocking DOGE's access to the U.S. Treasury Department's payment system. A federal judge ruled DOGE lacked legal authority, a decision upheld in early February as the coalition sought a preliminary injunction.

On January 27, 2025, Mayes joined a coalition suing multiple federal agencies for illegally terminating probationary federal employees en masse, a move tied to Trump's personnel policies.

With this secret compact, she's doubling down, positioning herself as the tip of the spear in a nationwide resistance against Trump's America First agenda.

Mayes, a Democrat who won her seat in 2022 by a razor-thin 280 votes, was once a Republican, she switched parties in 2019, citing "Trumpism" as her excuse. Now, she's proving her critics right by aligning with the radical left to defy the President whom Arizona voters chose by a clear margin. Her office's spokesperson, Richie Taylor, insists Arizonans didn't vote for "*chaos and shredding the Constitution*," but Arizonans didn't vote for an AG who'd conspire behind closed doors to subvert their choice at the ballot box either. For a state like Arizona, grappling with the real-world consequences of illegal immigration, with overrun border towns, strained public resources, and a fentanyl crisis fueled by cartels, Mayes' priorities seem dangerously misplaced.

VA to Redirect Funds Benefits Will Not be Cut

On February 24th, the Veterans Administration announced the elimination of over 1,400 probationary employees in "non-mission critical positions", following a cut of more than 1,000 workers earlier in the month. These employees, primarily bargaining-unit staff with less than one year in competitive service or two years in excepted service, were targeted to save over \$83 million annually in the latest round alone, with total savings from both cuts exceeding \$98 million per year.

VA Secretary Doug Collins has stated that these funds will be redirected toward "*health care, benefits, and services*" for veterans, emphasizing a focus on frontline support over administrative overhead. Collins has firmly denied any plans to reduce veterans' benefits, asserting in a February 13, 2025, video that "*Veterans benefits aren't getting cut.*"

The Department of Government Efficiency (DOGE) has also highlighted over \$500 billion in annual federal expenditures on programs with expired congressional authorizations, including roughly \$120 billion tied to the VA's medical services under the Veterans' Health Care Eligibility Reform Act of 1996, which lapsed in 1998 but continues to receive appropriations.

Biden Autopen Controversy Who Really Signed the Documents?

Former President Joe Biden relied heavily on the use of an autopen, a machine that mechanically replicates a signature, to sign official documents during his presidency. This raises serious questions about his awareness, mental capacity, and the legitimacy of his administration's actions.

The controversy emerged this month, when the Heritage Foundation's Oversight Project claimed that nearly all documents bearing Biden's signature from his four-year term used an identical autopen signature. An exception which featured a different signature, was his July 2024 letter announcing his withdrawal from the 2024 presidential race, they noted. This discrepancy has fueled speculation about who truly controlled the White House during Biden's tenure, with numerous critics now suggesting that unelected staff may have wielded undue influence.

The Oversight Project's investigation asserted that it reviewed "every document we could find with Biden's signature" and found consistent use of the autopen on executive orders, pardons, and other official directives. These signatures, typically a straight line followed by "R. Biden Jr.," appeared identical across documents, contrasting with the "J.R. Biden" signature on his withdrawal letter. The group argued that this pattern suggested Biden may not have personally signed or even approved many key decisions.

Missouri Attorney General Andrew Bailey, seized on the findings to demand a Department of Justice investigation. Bailey argued that if Biden's mental decline allowed un-elected aides to enact policies without his knowledge, those actions, including executive orders and pardons, could be unconstitutional and "legally void." He pointed to anecdotes like House Speaker Mike Johnson's claim that Biden didn't recall signing a 2024 order pausing liquefied natural gas exports, suggesting a broader pattern of detachment.

This could spark countless legal battles over Biden's entire presidency, though no court has definitively ruled on the constitutionality of autopen signatures. George W. Bush sought but didn't use a DOJ opinion approving it.

The autopen itself isn't new, presidents such as Harry Truman, Barack Obama, and Donald Trump have used it for convenience, especially for mass correspondence or when physically absent. However, the scale of Biden's alleged reliance has sparked unique concern, particularly given persistent questions about his cognitive health.

During his tenure in office, Biden faced scrutiny over gaffes, public stumbles, and moments of apparent confusion, such as needing guidance from world leaders at public events. His shaky debate performance in 2024 and subsequent exit from the race only amplified concerns. The optics of not physically signing countless documents only further tarnishes Biden's legacy, painting him as an easily manipulated mentally diminished figurehead.

Measles Misinformation? Actual Risks and Comparative Fatalities

There has been a lot of recent hype surrounding a measles outbreak in TX, that's being blamed on a German speaking Mennonite community that doesn't follow the recommended vaccination protocol.

Health officials blamed two un-vaccinated travelers as the source of the outbreak. Yet, measles cases didn't surge immediately, they spiked past 50 only after a mass MMR (measles, mumps, and rubella) vaccination campaign was launched.

So did the vaccination campaign amplify the outbreak? Studies show that MMR recipients can shed measles RNA for up to 29 days post-vaccination. If vaccine-strain measles was spreading, could it have contributed to rising case numbers?

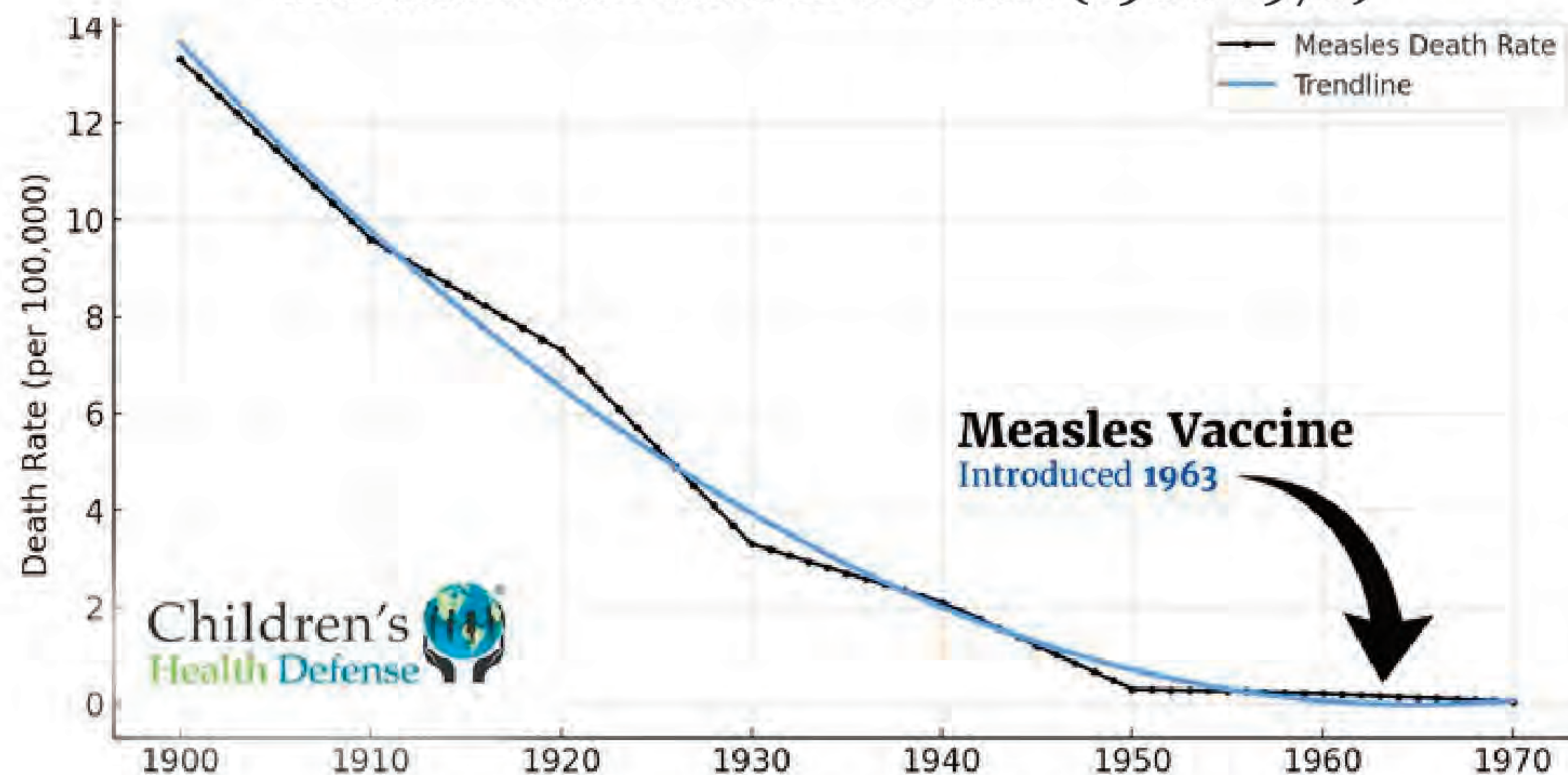
PCR & serology tests don't distinguish between vaccine-strain and wild-type measles. Even the World Health Organization (WHO) guidelines acknowledge that only molecular techniques can differentiate between vaccine-strain and wild-type measles, yet such testing is rarely performed during outbreaks.

Dying 'with' a virus and dying 'from' a virus is a huge distinction. In the past 25 years, very few deaths have been attributed to measles in the US, and even those cases lack confirmation that measles was the primary cause, let alone whether the strain was vaccine-derived or wild-type. Conversely, the Vaccine Adverse Event Reporting System (VAERS) has recorded hundreds of deaths following MMR vaccination. Estimates suggest that only 1% of actual cases are reported.

In our effort to eradicate a benign, childhood illness that once conferred lasting immunity, "experts" have instead created an epidemic of vaccine-induced harm. The hysteria over measles is not only misguided it is a calculated distraction from the devastating consequences of mass vaccination.

In 19th Century America tens of thousands died with, or of, measles annually. By 1960, and before the vaccine's introduction, improvements in sanitation and nutrition had eliminated 98% of measles fatalities. Good nutrition remains a best defense against most chronic and infectious illnesses. Vitamins A, C, and D, and foods rich in vitamins B12, C, and E should be part of a balanced diet.

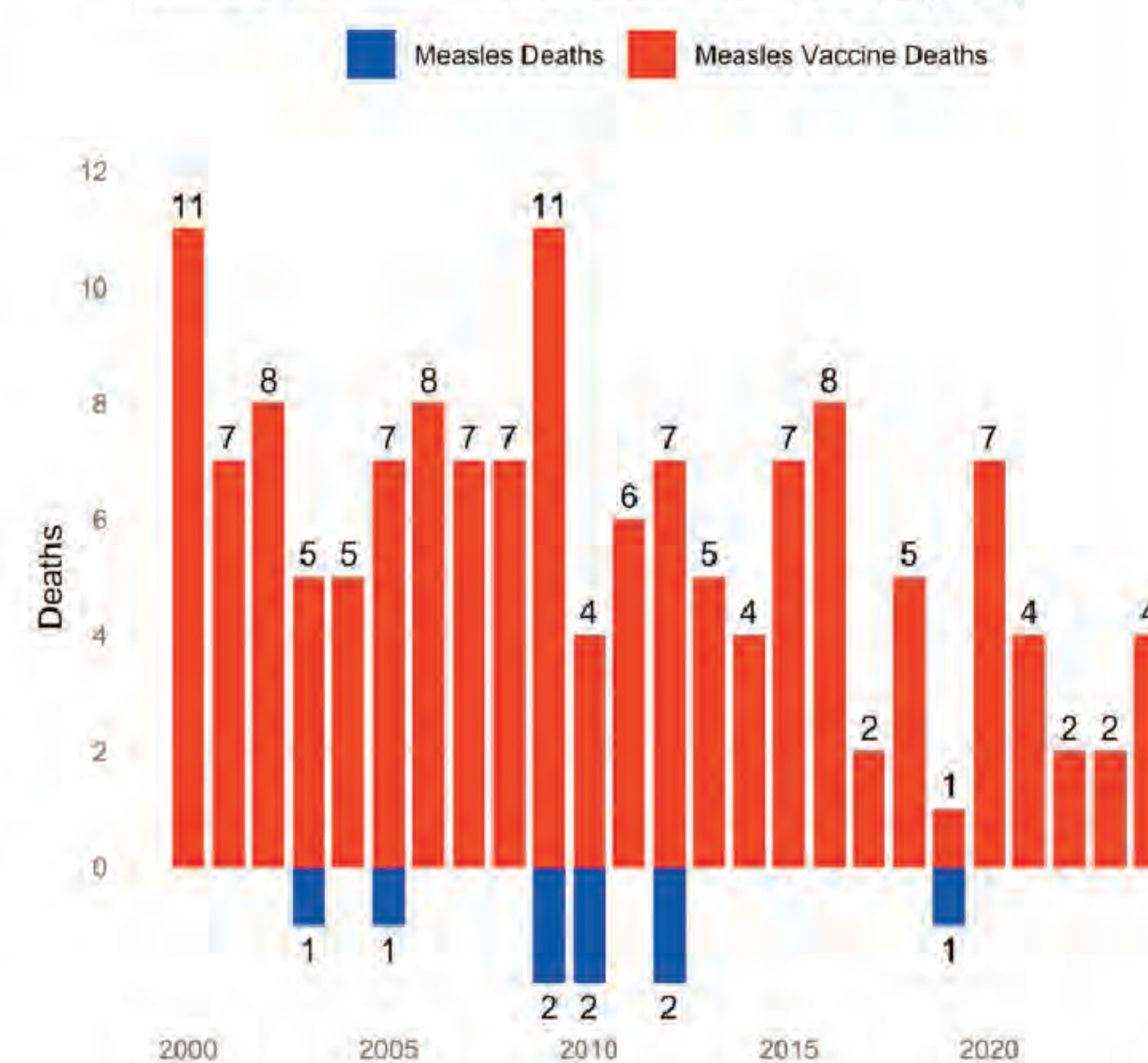
Measles Death Rate in the U.S. (1900-1970)



MEASLES VACCINE REACTIONS



Measles Vaccine Deaths vs Measles Deaths [USA]



County Shelter's Unholy Alliance Best Friends Animal Society Revealed

The County Board of Supervisors recently approved for the County Animal Shelter Manager Nicole Mangiameli and the Administrative Services Manager Erin Shrecengost to attend the Best Friends National Conference in Palm Springs, CA.

As it turns out, The County shelter is in partnership with Best Friends Animal Society, aka the pseudo-satanic doomsday cult formerly known as The Process Church of the Final Judgement and nicknamed "the mind benders of Mayfair".

Put "Process Church of the Final Judgment + Best Friends" in your internet search engine and go down the rabbit hole. Or purchase a used copy, or Kindle version, of "Love, Sex, Fear, Death: The Inside Story of The Process Church of the Final Judgment" by Timothy Wyllie. Also "Lucifer's Power: Beliefs and Practices of the Process Cult" by William Sims Bainbridge. "Sympathy for the Devil" by Gary Lachman is another related read. Or you can take a virtual tour of the private "Museum of Final Judgment (MOFJ)" on YouTube, with recently uploaded videos, to get a feel for the organization.

Self proclaimed as the richest and "largest animal sanctuary in the United States", meet Best Friends Animal Society aka The Process Church of the Final Judgment, aka the Four-Pi Movement, aka The Foundation Church of the Millennium, aka The Foundation Faith of the Millennium, aka The Foundation Faith of God, aka Best Friends Animal Sanctuary, aka Best Friends Animal Society.

A lot of previously available material on the internet has been scrubbed, buried, or lost to expired web domains and some new content has been posted on Reddit. The ugly truth is still out there, and the County Board of Supervisors knows but apparently only District 5 Supervisor Ron Gould cared. When questioned, Erin Shrecengost told the Board that she asked "two representatives" from Best Friends about their cult connections and was told "they have no affiliation with this", to which Gould responded "So to check them out we just ask them about it?" "Sure" responded Shrecengost. Gould was the only Supervisor to vote "nay" on approving the field trip.

The book "Best Friends - The True Story of the World's Most Beloved Animal Sanctuary" professes to be a complete history, but the religious incarnations are conspicuously missing. Why do you suppose that is? The Kanab, UT, property was still incorporated as "The Foundation" when they discovered the lucrative cash cow that is animal rescue retail, and former as well as some current board members are Processians from the inner circle of the good 'ole days when their magazine featured serial killer Charles Manson. Founder Mary Ann McClean "DeGrimston" (aka "The Oracle") lived at the animal rescue until her death.

Author Michael Newton wrote that the cult, "is also deeply involved in white slavery, child pornography and the international narcotics trade." Musician and author of "The Family" (must get the UK version) Ed Sanders, alluded to serial "weird ritual mutilations and animal sacrifices" According to TheDogPlace.org they were told by a former cult member "Process Church devotees sacrifice animals and Best Friends still offers up dogs to the altar of self promotion." Bizarre happenings took place wherever The Process/Four Pi went, including a cannibal who was arrested with human fingers in his pocket and claimed membership in the "church".

The Process Church was even denounced by both the Church of Satan and the Church of Scientology.

There's some good archived material at:

charlesmanson.com/related/process-church-final-judgment

<https://en.rattibha.com/thread/1719387290705830387>

And search YouTube for "Process Church of the Final Judgment" for some hidden video gems.

"The Unity of Christ and Satan is Good News for you. If that conflict can be resolved then yours can be too." Robert "DeGrimston" Moore (aka "The Teacher"), co-founder of The Process Church of the Final Judgment

PROCESS CHURCH MEMBERS



Toxic Girl Scout Cookie Warning

A Wake-Up Call for the Health Conscious

For generations, Girl Scout Cookies have symbolized nostalgia, community, and the entrepreneurial spirit of America's youth. But before you take another bite, a shocking revelation has cast a shadow over this beloved tradition: these cookies contain toxic ingredients.

Recent lab tests, commissioned by consumer advocacy groups like Moms Across America and GMOScience, uncovered alarming levels of glyphosate and heavy metals in every single Girl Scout Cookie sample examined. Glyphosate, the active ingredient in Roundup weedkiller, was found in 100% of the 25 samples tested across California, Iowa, and Louisiana. Levels ranged from 13.57 parts per billion (ppb) in Peanut Butter Patties to a staggering 111.07 ppb in Thin Mints—reportedly 334 times higher than what experts deem safe. Alongside glyphosate, 88% of samples contained all five tested toxic metals: aluminum, arsenic, cadmium, lead, and mercury. Peanut Butter Patties topped the list with lead at 42.5 ppb and aluminum at 27,500 ppb, while 76% of samples exceeded EPA safety thresholds for cadmium in drinking water.

More than a cookie scandal, it's a symptom of a diseased food supply chain. Glyphosate, a known endocrine disruptor, has been linked to cancer, autism, reproductive damage, and gut health issues. Heavy metals like lead, for which the FDA admits there is no safe exposure level, threaten brain development, particularly in children—the very demographic these cookies target. Cadmium and arsenic, meanwhile, are tied to cancer and neurological disorders. That these toxins infiltrate a product marketed by and for young girls, under the banner of "building character," is a betrayal of American values.

The Girl Scouts' response has been tepid at best, claiming their cookies meet FDA safety standards and that trace contaminants are unavoidable in plant-based foods. But the FDA's lax thresholds, allowing glyphosate residues up to 5,000 ppb in some grains, should not be a shield but rather a spotlight on regulatory failure. If medical marijuana must pass rigorous purity tests, why should a child's cookie be exempt? An \$800 million cookie empire profiting from peddling poison exposes a double standard in our food safety framework.

This isn't just about Girl Scout Cookies, it's about a food industry hooked on cheap, chemically laden ingredients. Non-organic peanuts, wheat, and GMO crops like corn and soy, staples in these recipes, are drenched in glyphosate as a pre-harvest desiccant. Heavy metals seep in from polluted soil and water, a legacy of industrial negligence. The result? A nation where over 63% of children suffer chronic diseases tied to environmental toxicants, according to Moms Across America.

The Girl Scouts should reformulate their cookies with clean, organic ingredients, use coconut oil instead of chemically processed seed oils, unsprayed wheat instead of glyphosate-soaked grains. As a consumer, wouldn't you prefer that?

Girl Scout Cookies, once a symbol of innocence, now epitomize a broader crisis. Let's make them a catalyst for change by demanding purity, protecting children, and making cookies healthy again. Ditch nostalgia, healthy kids and a food system that doesn't trade profit for poison is a future worth fighting for.



**HAND CRAFTED WOODEN FLAGS
AND AMERICANA**

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The DOGE Report

By Mark Fargo

The Department of Government Efficiency (DOGE), led by Elon Musk, has been making waves in the federal government since its inception. Here are some of the key accomplishments so far:

Spending Cuts: DOGE has claimed more than \$1 billion per day in spending cuts, focusing on canceling diversity, equity, and inclusion (DEI) programs, consulting contracts, and underutilized leases.

Efficiency Improvements: DOGE has been working to modernize federal technology and software to maximize efficiency and productivity.

Contract Cancellations: The department has canceled numerous federal contracts, resulting in significant savings. For example, they canceled 36 contracts across six agencies, leading to savings of about \$165 million.

Transparency Initiatives: DOGE has launched a website to track its savings efforts and provide transparency on its actions. DOGE Live Tracker website at: <https://dogegov.com/dogeclock>

Workforce Reductions: DOGE has been tasked with reducing the size of the federal workforce by as much as 10 percent.

These efforts have been met with both praise and criticism, as DOGE continues to push for greater efficiency and accountability within the federal government.

Career bureaucrats held more power than our elected officials, until DOGE came along. Some highlights from the last month include:

Pilot program across 14 civilian agencies to audit unused/unneeded personal credit cards, "P-cards", (~700K accounts with ~\$30B spent in FY24). After 8 days, ~24,000 cards were de-activated, which will likely double. *"There are still almost twice as many credit/purchasing cards as people in the government, and the limits are \$10,000!"* - Elon Musk

NIH canceled grants for ~\$10.9 million including: -\$1.7M for the "China Health and Retirement Longitudinal study" at Peking University in Beijing, China -\$135K for a research grant to China Medical University in Shenyang, China -\$142K for "using telehealth to improve access to gender-affirming care" -\$1.3M for "transforming health for gender-diverse young adults" -\$120K for "personalized 3-D avatar tool development" focused on "gender identities" -\$400K for researching "sources of minority stress and alcohol consumption" among "adults who report uncertainty about their sexual orientation" -\$160K for researching "racialized sexual discrimination" among "young sexual minority men of color" -\$241K for "an intervention to promote healthy relationships among transgender and gender expansive youth"

US taxpayer dollars were going to be spent on the following, all which have been cancelled: \$60M for "Indigenous Peoples and Afro-Colombian empowerment" - \$74M for "inclusive justice" in Colombia - \$79M for "primary literacy" in Kenya - \$37M for "female empowerment" in Colombia - \$8M to "Reduce stigma, discrimination, and violence against LGBTQI+ communities" in Lesotho - \$3.3M for "being LGBTQI in the Caribbean" - \$25k to increase "Vegan Local Climate Action Innovation" in Zambia- -\$69mm for the Eurasia Foundation to do "digital transformation activity" in Europe -\$32mm to Internews for programs including "media enabling democracy, inclusion, and accountability in Moldova" and the promotion of "sustainable media outlets" -\$7mm for the American Bar Association to promote the "resilience" of the "Eurasian legal sector and civic society" -\$520mm for a consultant to do ESG investments in Africa and "mobilize private sector resources and expertise" -\$25mm to "promote biodiversity conservation and promote licit livelihoods" by developing "socially responsible" behaviors in Colombia -\$40mm to "improve the social and economic inclusion of sedentary migrants" -\$42mm for Johns Hopkins to research and drive "social and behavior change" in Uganda - \$45mm to "address the needs, opportunities, and challenges identified by activists and other civic actors engaged in nonviolent collective action" -\$52mm for the World Economic Forum-\$14M for cash vouchers for illegal migrants \$55K for a climate change presentation by female & LGBT journalists in Argentina-\$3M for "Being LGBTQ in the Caribbean"-\$7M for Black, Indigenous, People of Color (BIPOC) speaker series IN Canada-\$16K for "united and equal queer-feminist discourse" IN Albania-\$87.9M for "drip irrigation system" for Taliban farmers in Afghanistan.



Critical Thinking

by Jennifer Esposito
Editor's Opinion

Animal Rights is not Animal Welfare

"We have no ethical obligation to preserve the different breeds of livestock produced through selective breeding. One generation and out. We have no problem with the extinction of domestic animals." - Wayne Pacelle, the former president and CEO of the Humane Society of the United States, former chairman Animal Rights Network Inc

As a lifelong animal lover, rescuer, and animal welfare advocate, I have spent decades educating the public about why so-called "animal rights" is a subversive term and a dangerous idea that is wholly incompatible with the responsible care and stewardship of our animal friends. The terms "animal rights" and "animal welfare" are not interchangeable, they are actually polar opposites.

The confusion is both understandable and intentional. The linguistic propaganda is intended to deceive. The psychological operation uses heart wrenching ads and warm fuzzy terms such as compassion, respect, humane, ethical, kindness, and protection, convincing well meaning animal lovers to donate money to slick organizations with well paid board members whose core mission is to lobby for laws that work against the interests of actual animal welfare.

Organizations such as HumaneWatch.org, the National Animal Interest Alliance, and the recently defunct Protect the Harvest, have fought the good fight for years to educate the public, oppose bad laws, and protect the rights of animal owners.

Some animal rights groups such as "Animal Liberation Front" (ALF), a group that began in the UK as the Hunt Saboteurs, are actually considered to be domestic terrorist groups by the FBI. People for the ethical Treatment of Animals, PeTA, was created as a fundraising front for ALF. Not capitalizing the "e" for "ethical" is basically a sick inside joke. See the website: PeTAKillsanimals.com

The animal rights movement in America gained momentum in the 1980's, but began in the 70's in the United Kingdom, and was thrust into the public dialog by Australian philosopher Peter Singer and his book "Animal Liberation."

In 2007, radical animal rights lobbyist Julie Lewin published a 276 page spiral bound how to political strategy guide called "Get Political for Animals and Win the Laws They Need". I obtained a copy at the time, and it was quite enlightening. A tactic called "ratcheting up" is used to erode animal owners rights. Get a soft law on the books, then incrementally increase it so the normies don't object.

The ultimate goal of animal rights advocates is enjoyment of animals only at a distance without human intervention, with vast tracts of land set aside for nature and humans crammed into easily controlled "15 minute cities" living in pods and eating bugs. It is the love-less, pet-less, meat and egg-less apocalypse of humankind through starvation and pandemic disease. Animal rights is anti-human.

As far as I'm concerned, the animals can have rights when they march on Washington DC and demand them. Until such time as that miracle occurs, humans must assert our Constitutional property rights as animal owners, not "guardians", and fight for sensible and practical regulation that minimizes harm rather than domestic animal abolition. Because if you don't own your animals then the government does, and can confiscate them any time for any reason. And I'm pretty damn sure that none of my animals want to be liberated from "mommy and daddy" on the whim of a government bureaucrat, do yours?

For more information on animal rights, read the classic book "The Hijacking of the Humane Movement: Animal Extremism" by Rod and Patti Strand, available used on Amazon.com

Also check out "Quotes From the Leaders of the Animal Rights Movement": www.naiaonline.org/naia-library/articles/quotes-from-the-leaders-of-the-animal-rights-movement/

"FREE" SPEECH

Animal Rights Advocacy - discussing the importance of animal rights and ways to get involved.

Animal rights advocacy is an important and necessary movement that seeks to protect the rights of animals and promote their welfare.

Animals are sentient beings that deserve respect and humane treatment, just like humans. They should not be subjected to cruelty, abuse, or exploitation in any form.

The importance of animal rights and ways to get involved in animal rights advocacy is a must for all people. It is important to know animals have the ability to suffer and feel pain, just like humans.

They are not mere objects to be used for human purposes, but living beings that deserve to be treated with respect and dignity. Unfortunately, animals are often subjected to cruelty and abuse in various industries, such as farming, research, and entertainment.

They are often kept in cramped and unsanitary conditions, subjected to painful experiments, and forced to perform unnatural behaviors for human entertainment.

Animal rights advocacy seeks to address these aforementioned issues and promote the welfare of animals. It aims to raise awareness about animal rights and encourage people to take action to protect animals.

People who advocate animal rights believe that animals should be treated with kindness and compassion and that their welfare should be a top priority.

Ways to get involved in animal rights advocacy If you are passionate about animal rights, there are many ways to get involved and make a difference.

Here are some ways to get started:
Educate Yourself - educating yourself about animal rights is the first step to

becoming an effective animal rights advocate. You can read books and articles, watch documentaries, and attend seminars and workshops to learn more about animal rights issues.

Volunteer at local animal shelters - volunteering at local animal shelters is a great way to help animals in your community. You can help with tasks such as cleaning cages, walking dogs, and socializing with animals.

Write to your elected representatives - writing to your elected representatives is an effective way to advocate for animal rights. You can urge them to support animal welfare legislation and to take action to protect animals from cruelty and abuse.

Donate to animal rights organizations - donating to animal rights organizations is another way to support animal welfare. These organizations work to promote animal rights and welfare through education, advocacy, and outreach.

Adopt a vegan or vegetarian lifestyle - adopting a vegan or vegetarian lifestyle is a powerful way to advocate for animal rights. By choosing not to consume animal products, you are reducing demand for animal products and promoting a more compassionate lifestyle.

Animal rights advocacy is an important movement that seeks to protect the rights of animals and promote their welfare.

Animals are sentient beings that deserve respect and humane treatment, and their welfare should be a top priority.

By educating ourselves and getting involved in animal rights advocacy, we can make a difference in the lives of animals and promote a more compassionate world.

Butch Meriwether



RealityBites
02/18/25 by Broc Smith <https://rofcbybroc.com>

Opinions expressed do not necessarily reflect the views of the publisher. Letters to “FREE” SPEECH are printed as space allows and at publisher’s discretion. There is no guarantee of publication.

“If we dont believe in freedom of expression for people we despise, we don’t believe in it at all.” - Noam Chomsky, American linguist and US Media and Foreign Policy critic

Back the Blue?

I was the victim of an illegal stop and several hours of illegal detainment and harassment at the hands of corrupt Mohave County deputies. I knew instantly I was dealing with a corrupt deputy when he said he pulled me over for "not coming to a complete stop" turning onto Potter from Benton. There is no stop. He then changed his story and said I made a wide turn. It then was a three hour fishing expedition for this young very uneducated on the law deputy. He was determined I was going to get a DUI no matter what. I passed all tests and he wasn't happy. My car was illegally impounded. He got an instant warrant for a blood draw. After several hours I was released. I received no charges, no court date and still have no clue what happened today. Several hours later my wrists and hands are still swollen from the abuse I endured. I have full intention of filing criminal and civil rights violations with the DA, State attorney general, federal attorney general and the FBI. If you have been a victim of such blatant abuse of power by the deputies, feel free to contact me privately to avoid any potential retribution that I may also face. Keep that in mind if anything happens to me. I no longer consider myself a friend of the sheriff department and this applies across all local groups I run as well.

Attention: Mohave County Sheriff's Office Sheriff Schuster

I am writing to formally address an alarming incident in which I was unlawfully pulled over and subjected to several hours of harassment by a sheriff's deputy. This incident was a clear violation of my rights, and the actions taken against me were not only illegal but also deeply distressing. The deputy's conduct was unprofessional, excessive, and without cause, and it is indicative of corruption within the department.

I demand an immediate and thorough investigation into the actions of the deputies involved, as well as into any patterns of misconduct within the sheriff's department. I am prepared to pursue legal action if necessary, including filing formal complaints, seeking civil damages, and ensuring that this matter is handled appropriately by the courts.

The sheriff's department is entrusted with upholding the law, and it is unacceptable for any officer to abuse this

trust for personal gain or to engage in misconduct. I am committed to holding all parties accountable for this violation, and if the department fails to address this matter seriously, I will not hesitate to take all necessary legal steps to ensure justice is served.

Gusten McGahan

Clean beef, it's what's for dinner

As President of the Arizona Cattle Growers Association, I just wanted to take a moment to assure the public that we are fighting hard to protect the food supply and keep Arizona beef safe to eat. We tirelessly work to support bills such as meat labeling bills, so that the community can see that they're eating natural beef or beef grown in the lab. We as an organization have unanimously voted against treating our cattle with mRNA vaccines.

We ask that you stand with us let your legislature know that you want to know what is in your beef. Help us keep higher standards meet labeling is very important in this state and our country. It should be required by law that anything injected in your meat or grown in a lab should be on the label so that you know what you are feeding your family. The Arizona Cattle Growers Association stands firm in our commitment to keep these "vaccines" out of Arizona cattle and bring you a clean and healthy product that's safe for human consumption.

Mike Gannuscio

Groundwater study needed

The residents of Fort Mohave and Mohave Valley are facing a water crisis that should have been prevented. Our water allocations have run dry, and yet, there has been no comprehensive groundwater study to assess the long-term sustainability of our water supply. Despite repeated attempts by concerned citizens, myself included, and stakeholders to urge the Arizona Department of Environmental Quality (ADEQ) to take action, little has been done. Meanwhile, the Mohave Valley Irrigation and Drainage District (MVIDD) continues to operate with a troubling lack of transparency.

This issue is not new, nor is it unexpected. The depletion of water resources has been looming for years, exacerbated by increasing demands

and a changing socioeconomic climate. Yet, instead of proactive solutions, we've been met with bureaucratic inaction across the board from our Mohave County Board of Supervisors and LD 30 state representatives. Requests for groundwater studies have been ignored or delayed, leaving the community in the dark about the true state of our water supply. Without this critical data, we cannot make informed decisions about conservation, development, or future water management.

Equally concerning is the lack of transparency from MVIDD. As the entity responsible for managing our water allocations, they owe the public clear and honest communication about water usage, availability, and policy decisions. Instead, many residents feel shut out of the process, unable to access crucial information about the decisions that directly impact their lives.

Water is the lifeblood of our community, and its mismanagement threatens our future. We demand accountability. ADEQ must prioritize a thorough groundwater study, and MVIDD must operate with the transparency the public deserves. Without immediate action, Mohave Valley's water crisis will only deepen, leaving residents and businesses to suffer the consequences of years of neglect.

The time for excuses is over. The time for action is now.

Caroline Strecker

Hegelian Dialectic

There is a real uni-party. See this video: Data Republican EXPOSES Corruption of USAID: <https://www.youtube.com/watch?v=wUchlNtTYA&t=66s>

No matter what you do to promote freedom you are in a trap. The powers to be will always put you in a box so they will have the upper hand and control the issue.

I am a very good debater but find it very tiring dealing with brainwashed Communist puppets from the uni-party that are nothing more than propagandist. This is why I do not debate or argue.

No one likes to be told they are wrong. That's a fact. But sooner or later people are going to have to come to the understanding that we have been lied to about everything and these lies have

brought us into our countries second revolution. That is where we are now. At WAR, with each other.

What can someone, anyone, do to make America what it should be and not what it is? That my fellow Americans is the most important question and you have to answer it.

Do you join a political party that is controlled opposition? Do you march in the streets? What must we do?

It's very simple but very hard because we as a country have been divided by all the lies and influence of the Globalist. Here is your answer. We have no National Thought nor do we have a World View of our own as a people. We've let the powers to be, the globalist, tell us what to think and how to think.

This in political science is called a "Social Order." You have grown into their social order and have accepted what has been presented to you. That ends up being the "uni-party."

Here is how people are unwillingly controlled. It's called the HEGELIAN DIALECTIC

Controlled Opposition:
Problem – Reaction – Solution
Thesis – Anti-Thesis – Synthesis

A Framework For Guiding Thoughts And Actions Into Conflicts That Lead To Synthetic Solutions Which Can Only Be Introduced Once Those Being Manipulated Take A Side That Will Advance The Predetermined Agenda.

Example: National Socialism (As the Thesis, Problem, Everyone Is (A Mythical Man), A NAZI) – (Communism As The Anti-Thesis, Reaction) – Synthesis (As The Solution The Uni-Party)

Vladimir Lenin said "The best way to control the opposition is to lead it ourselves." The globalist have done this with political parties. Merging everyone into the uni-party.

We as a people must create our own social order that fits our way of life. I suggest "America First" because it is all encompassing. By that I mean it simply covers everything.

For more information subscribe to the America First Committees newsletter to get more information. See our classified ad.

James
America First Committee.us

Picture This!



Tourists from around the world enjoy historic Oatman, blissfully unaware that the Town is only still there because a propane tank pressure relief valve didn't fail.

At 9:52 pm on February 27th, a fire was reported at the Olive Oatman Restaurant & Saloon. Although the official cause is unknown, a local source told the Mohave Free Press that a suspected electrical fire started in the back of the unoccupied building causing a large half full propane tank to get so hot that the PRV started releasing propane to relieve pressure. This caused propane fueled flames to shoot skyward and the resulting inferno destroyed all but the front facade of the building, which survived only due to the thickness of the walls. The General Store only feet away also sustained fire damage. But it could have been so much worse.

The PRV controlled propane release was critical because a tank pressure failure could cause a BLEVE (Boiling Liquid Expanding Vapor Explosion), a devastating event where the tank bursts, releasing a fireball and shrapnel.

Oatman has no fire hydrants, so the Oatman Fire Department quickly set up what were essentially two large swimming pools with a fire truck in the middle pumping water from the pools onto the blaze, which were filled in rotation by water trucks dumping and refilling from both directions. More than 10 agencies sent trucks and firefighters from as far away as San Bernadino and Lake Havasu City.

Oatman only has two water trucks, with one out of service due to a bad solenoid, our source explained, and Oatman doesn't have enough water to put out a fire.



Charity Spotlight

With Munchkin the America First Pig



"Strengthening Families Since 1987", M.I.K.I.D. is the largest family-run behavioral health organization in Arizona, with a strong presence across the state. Over 80% of the staff and 51% of our Board of Directors have lived experience as family members, parents, or young adults with behavioral health issues.

M.I.K.I.D.'s history grew from one individual's overwhelming concern for the lack of services provided for children in the mental health field, the many serious issues that were not being properly addressed, and a relentless passion to see that her child could receive needed services when and where they were needed. Ms. Sue Gilbertson, began her quest in 1984 when her son, Eric, was diagnosed with mental illness. In trying to get assistance for her son, Ms. Gilbertson found herself amidst a conventional medical community that was simply not equipped to handle the problems her son was facing. She was confronted with a community she felt was indifferent and uncooperative to her needs.

Ms. Gilbertson later came to realize that her struggles were not isolated events. She met other families facing similar situations in requesting help for their children who had behavior health challenges. Ms. Gilbertson took on the responsibility of uniting these families and worked together with them to build a better mental health system for their children. Through the efforts of Ms. Gilbertson, families had their very first support group on March 11, 1987. This led to the formation of M.I.K.I.D. The organization focused on supporting families, and advocating at the State legislature and State Agencies for improving the children's behavioral health system.

M.I.K.I.D.'s mission is to improve the behavioral health and wellness of children and youth through a family-centered approach. They employ professionally trained staff and offer an array of services to families of children with emotional and behavioral challenges. M.I.K.I.D. provides education, resources, and support. Their programs focus on developing skills, networks, and readiness through M.I.K.I.D. staff providing one-on-one family support, transitional age youth services, peer support, health promotion, support groups, training, and education, both individual and community-based living skills, respite, and connecting families and individuals with natural supports in the community. Their services include youth 0-25 years old who have mental health issues. M.I.K.I.D. services are unique in that the staff providing many of these services are family members, parents, and young adults who have personal lived experience in dealing with behavioral health needs. They require all staff who provide services to the parents we serve to have lived experience. M.I.K.I.D. focuses on supporting and educating youth and families with developing coping skills.

2615 E Beverly Ave, Kingman 928-753-4354

www.mikid.org

Please "Like" and "Follow" Munchkin the America First Pig on Facebook

Stay Another Day!

Things to see and do around the greater Kingman area

Davis Camp Park



Nestled along the Colorado River, Davis Camp is a hidden gem that offers a compelling mix of natural beauty, historical significance, and recreational opportunities. Located along nearly two miles of developed shoreline just below Davis Dam and north of the Laughlin Bridge in Bullhead City, Davis Camp has evolved from a utilitarian worker’s village into a vibrant recreational haven that attracts over 200,000 visitors annually.

The river’s clear, cool waters maintained year-round due to the dam’s influence, create an ideal setting for water-based activities. Whether you’re an adrenaline junkie or a relaxation seeker, the park caters to both. You can boat, fish for species like striped bass and catfish, jet ski with rentals available on-site, or simply swim at the sandy South Beach. The North Beach, with its half-mile of clean shoreline, shaded ramadas, picnic tables, and grills, is perfect for a quieter day of fishing or picnicking. The park’s proximity to the river also attracts diverse wildlife, including mallards, herons, hawks, and roadrunners, offering a chance to connect with nature in a way that feels untouched despite the park’s amenities.

Beyond the water, Davis Camp’s landscape is a draw in itself. The majority of the park features canyons, washes, and striking rock formations, providing scenic viewpoints that are perfect for photography or a peaceful hike. The Colorado River Heritage Trail, a 13-mile loop being built in collaboration with the City of Bullhead City, Bureau of Reclamation, and National Park Service, offers spectacular views and will eventually connect with the existing trail on the Laughlin side.

Originally established in 1941 as a housing settlement for workers building Davis Dam, the site once housed over 100 homes, a mess hall, and dormitories. After the dam’s completion in 1953, the town dwindled, and by 1982, the federal government declared it surplus property. Mohave County, with support from various agencies, transformed it into a regional park, opening to the public in 1983. Some original 1946 homes have been renovated into vacation rentals, allowing you to stay in a piece of history while enjoying modern comforts. The park’s ranger station, a relocated 1960s home, and the 2010 amphitheater at South Beach reflect its ongoing evolution, blending the old with the new in a way that feels authentic rather than commercialized.

Davis Camp also stands out for its affordability and variety of lodging options, catering to different types of travelers. Day-use fees are reasonable at \$10 per vehicle, while dry camping starts at \$30 per night. For a more immersive experience, you can opt for RV sites with full hookups (up to 50 feet in length) at \$35 daily, or rent a vacation home—two-bedroom units start at \$80 per day in the off-season. Summer weekend passes (\$40 per person, including camping) and holiday weekend options make it budget-friendly for families or groups, especially during peak times like Memorial Day or the Fourth of July. Maintained by Mohave County, the park’s self-sustaining model, funded through user fees since 1991, ensures that revenue collected directly supports maintenance and new developments, which is a refreshing contrast to profit-driven tourist traps.

Don’t take our word for it—go see for yourself why Davis Camp is Mohave County’s most popular park. <https://parks.mohave.gov/parks/davis-camp/>

Rodgers and Hammerstein’s Cinderella

Performance dates:
7:00 PM Friday, March 21st
1:00 PM Saturday, March 22st
7:00 PM Saturday, March 22nd
7:00 PM Friday, March 28th
1:00 PM Saturday, March 29th
7:00 PM Saturday, March 29th



If you’re looking for a night of enchantment, timeless music, and dazzling theater, Cinderella is an irresistible choice. This classic adaptation, first brought to life on television in 1957 and later transformed into a Broadway sensation, offers a magical experience that captivates audiences of all ages.

Directed by Blake Rawls and featuring a cast of talented local community members, this production brings a fresh energy to the cherished classic, while staying true to the heartwarming themes that have made it a staple of musical theater since its debut.

Cinderella delivers a heartwarming story rooted in the beloved fairy tale, but with Rodgers and Hammerstein’s signature charm and wit. Ella dreams of a better life despite her cruel stepmother and stepsisters. When a fairy godmother grants her a chance to attend the royal ball, the story unfolds with romance, transformation, and triumph.

Rodgers and Hammerstein’s score, featuring iconic songs like “In My Own Little Corner,” “Impossible,” and “Do I Love You Because You’re Beautiful?,” is both unforgettable and emotionally stirring. Whether you’re a fan of Broadway classics or discovering them for the first time, the music alone is worth the ticket price, starting at \$15 for adults. \$10 for teens age 12-17, and \$5 for children age 4-11.

More than just a musical, Cinderella is a magical escape that uplifts the spirit, celebrates love, and leaves you humming its tunes long after the curtain falls. Don’t miss the chance to experience this timeless treasure.

All performances at Lee Williams High School, located at: 400 W. Grandview Ave., Kingman.

Tickets may be purchased online at: <https://bst.ludus.com/index.php>



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County Board Report

The Board of Supervisors authorized County staff to place the old Mohave County Animal Shelter up for public auction. Located at 950 Buchanan Street in Kingman, the facility was vacated by the County in May of 2024 and the Animal Shelter was moved to 3423 N. Burbank. The property has been appraised at \$387,000 and the auction will be held on April 21st, 2025.

District 4 Supervisor Don Martin proposed placing stanchions and ropes around the Supervisor's dais during Board meetings for security. District 5 Supervisor Ron Gould requested if the item were to be approved, that there be an opening in front of his seat so that his constituents could approach and speak with him. After a comical debate where Martin tried to goad Gould into admitting he carries a firearm, Martin was unable to get another supervisor to second his motion, and no action was taken. Martin later went on a social media posting spree to deride Gould for exercising his 2nd Amendment right to bear arms.

Two items were brought back from the February 3rd meeting. The request for a waiver of \$3,600 in fees for the Home and Garden Show by Desert Canyon Events, LLC was denied. The Board did approve a \$3,210 grant from Best Friends Animal Society for the Animal Shelter Director to attend training, despite Best Friends being a religious cult. Supervisor Gould was the lone dissenting vote.

A Kingman area housing development project request for rezone brought back for reconsideration from December 2nd by District 1 Supervisor Travis Lingenfelter was sent back to the Planning and Zoning Commission because the Commission failed to ask the developer questions during their meeting.

Chief Financial Officer Luke Mournian gave a presentation regarding Zero-Based Budgeting (ZBB). Former Supervisors Buster Johnson and Hildy Angius each had tried since at least 2015 to implement ZBB to no avail, and now Gould is trying. At the March 3rd meeting, Gould agendized an item to instruct the Development Services Department to begin implementing a ZBB for fiscal year 2026. After much push back from Mournian and County Manager Sam Elters, the Board rejected financial transparency and accountability two to three, with only District 2 Supervisor Rich Lettman voting with Gould. Supervisor Gould pointed out that the People are very much in favor of DOGE, the federal Department of Government Efficiency implemented by President Donald Trump.

Also at the March 3rd meeting, the BoS' Rules of Order were updated. There is no longer a dress code, although it was pointed out that the meetings are broadcast via the County Television District and the FCC rules do restrict some content that could be displayed on clothing. The People continued to object to moving the Call to the Public to the end of the meetings, but that issue fell on deaf ears, again.

Supervisor Lingenfelter brought forward an item regarding the implementation of biannual reporting on the progress of the Mohave County 2023-2028 Comprehensive Economic Development Strategy. The Board voted to replace restaurants and hospitality with data centers in targeted industry sectors.

The Board voted four to one with Martin dissenting, to split the opioid settlement money equally amongst the five districts, similar to the American Rescue Plan Act (ARPA) funds. County Manager Elters complained that it strained staff's capabilities when working to implement the many requests of the Supervisors for the ARPA projects. Supervisor Borrelli asked for some parmesan on the word salad given by Elters. Lingenfelter told whiny Elters *"I think you're overcomplicating it"*.

Golden Valley Matters

A group of nearly 200 Golden Valley residents packed the Fire Training Station on February 25th to voice concerns about a proposed 29 acre development on Hwy 68 and S. Teddy Roosevelt. The meeting between locals and Las Vegas developer Peter Cimino was facilitated by community activist Danielle Ohle-Keck. District 4 Supervisor Don Martin and District 2 Supervisor Rich Lettman were also in attendance.

Cimino made his pitch to locals about a proposed rezone and amendment to the General Plan that would allow him and his Canadian business partners to build a grocery store with fast food restaurants, gas station with convenience store, apartments, storage facilities, and houses, directly to the East of Shipp's Estates. The proposal had received unanimous support from the Planning and Zoning Committee.

Not one person at the community meeting voiced support for the project, citing concerns about lack of infrastructure, public safety, traffic and road maintenance, and the issues surrounding water use and wastewater treatment.

Cimino admitted under questioning that no actual grocery store or fast food chain had committed to the project, and some locals feared that if the proposal went forward all that might manifest would be more unwanted high density housing with no additional jobs.

About two dozen Golden Valley locals made their voices heard at the subsequent Public Hearing on the project during the Board of Supervisors meeting on March 3rd, where Cimino offered to withdraw plans for the 47 unit apartment complex portion of the project.

During public comment it was revealed to the supervisors that Cimino, the previous owner of Castle Rock restaurant and event center, had been a debtor in bankruptcy where he was found guilty at trial of inducing an elderly man to transfer \$80,000 worth of property under false pretenses.

Ultimately, the Board unanimously rejected the rezone and General Plan Amendment over concerns that Cimino had not done adequate research and preparation. Cimino admitted to Supervisor Borrelli that he hadn't even reached out to ADEQ regarding wastewater compliance requirements.

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Kingman Korner

Truth or Consequences By Elliot Chalew

Do you remember the TV Game Show called “Truth or Consequences “? The show aired between 1940 through 1988 for a total of 48 years. The most notable hosts were Ralph Edwards1940-1956 and Bob Barker 1956-1975. Contestants were asked questions they had to answer within 2 seconds, or the sound of Beulah the Buzzer would abruptly alarm. There has been a huge concerted effort during this last campaign election cycle and continuing NOW and ONGOING to have the real concerns of the Kingman common man (aka “The Truth”) heard. Our worst fears have come to fruition as we see “The Consequences” unfolding and Beulah the Buzzer breaking decibel levels alarming “Uncontrolled Growth”.

Consider the TRUTH: The City, appearing to be in conjunction with the County, has launched an aggressive ECONOMIC DEVELOPMENT Plan that collides with the crucial community citizen concern of maintaining a fully sustainable long-term County and City INFRASTRUCTURE compatible with corresponding growth.

With no intention to make personal attacks on individual governmental leaders, “The CONSEQUENCES” we, the Kingman people, are facing in the quality of our daily life have already reached a dangerous threshold. Our leaders talk TO us but won’t talk WITH with WE, the people. They hem and haw around the TRUTH and the CONSEQUENCES. They hide behind the newest General Plan, using it as a decoy to advance select interests falsely in the name of the people. The City and the County are stalling with the release of formal information requests, which further proves their lack of compliance with Arizona Revised Statutes that govern the passage of the General Plan itself and its, I believe, illegitimate conception.

As stated previously, Ralph Edwards was the original host of Truth or Consequences and when he and his producers had pranked the contestants in a setup, he would say, “Aren’t We Devils?”. I cannot help but see the city leaders smirking and proclaiming the same, “Aren’t We Devils?”. I am certain they genuinely believe they know better than the common man, so they feel as justifiable as you might in your point of view. Truth and Consequences are defined in the sentiment of the groupthink we embrace. I wholeheartedly embrace the “we the people” theme because I have seen those to be the best times for the prosperity of the masses of American people. I breathe by the sentiment “ONE for ALL and ALL for ONE.

The City will NOT help break through the barriers that keep a GOOD MEDICAL HEALTHCARE SYSTEM away from Kingman. They won’t even pave the roads to get good doctors here. I could go on and on and cite issues like urban density, overbuilding, traffic congestion, lack of commercial shopping, and rising electrical costs due to an underdeveloped electrical grid in Mohave County. Need I mention water sustainability, costs, and conservation as critical basic life infrastructures that are uncertain in Kingman’s future? I surely do not wish to water down the threats and the challenges to our quality of life. Our basic existence is in both the Truth and the Consequences, and Beulah the Buzzer keeps sounding the alarm.

The City has repeatedly refused the people a town hall meeting. The Mayor decides what will be discussed at City Council meetings; the people do not. The city attorney and his staff know only lawsuits can stop even illegal actions the City Council and staff make. Mohave County just put the Call to the Public at the very end of the bi-monthly five-hour BOS meetings. It appears City and County leaders are gearing up for a fight with you, the people they were elected to represent.

Modern-day Kingman is no TV show, but some things remain consistent: life is always centered around truth and consequences, and when a failure occurs, Beulah, the Buzzer, always alarms in one annoying way or another and she sounds nonstop 24/7 today in Kingman, AZ.

Many of the 1900 episodes of the TV Show Truth or Consequences were centered around heartwarming family reunions. The truth was most people tuned out with love, hope, and promise in their hearts with goodwill to mankind. I am afraid today that the CONSEQUENCES of the TRUTH in Kingman will overshadow all reasonable hope and promise for the city and the people. The people of Kingman can no longer ignore the TRUTH, nor can we avoid the CONSEQUENCES until we turn the dial back on the 1950 Motorola and come back to the future, facing both the Truth as well as the Consequences.

I am Elliot Chalew, a very common man on an uncommon mission, doing everything possible to make sure all your consequences are good ones

Slimming Grace Investigated?

AG Issues Warning

The Arizona Attorney General’s Office is warning consumers about expired and potentially dangerous compounded prescription medications sold to the public by Slimming Grace, located at 1115 Stockton Hill Road, Suite 101, in Kingman.

Compounded medications are customized pharmaceutical preparations created by a licensed pharmacist to meets the specific dosage and formulation needs of individual patients.

Compounded prescription medications and other products were sold to the public despite being expired. Expired compounded medications may become unstable, lack necessary preservatives, and pose an increased risk of contamination, making them unsafe for use. Some of these medications were also identified as potentially dangerous for pregnant women and their unborn children.

Additionally, according to the official press release, some medications were dispensed without the required medical consultation or valid prescription. Compounded medications should only be provided after a proper medical evaluation by a licensed physician, a valid prescription, and pharmacist or physician counseling. Many require follow-up care to ensure effectiveness and detect possible complications, such as toxicity, allergic reactions, or other harmful side effects.

The public warning suggests an initial step to protect public health rather than a legal enforcement action, but it raises questions about the scope and current status of the investigation leading up to the press release, as well as the Attorney General’s plans related to the popular weight loss clinic.

Anyone who has purchased or used medications or products from Slimming Grace in Kingman, AZ should immediately consult a qualified medical provider to assess potential health risks.

Consumers who purchased or received these products are urged to contact the Arizona Attorney General’s Office at 602-542-7977 to arrange for proper disposal.

Rumor Mill

RUMOR: Did the infamous Black Rock buy that place next to the Journey Church on Bank St? Are the globalists taking over Mohave County now?

TRUTH: If you are referring to BlackRock, the Larry Fink run multinational corporation that oversees \$11.6 trillion in assets with a sprawling influence that borders on economic imperialism, then the answer is no. BlackRock (all one word) has yet to get a foothold in Mohave County (at least that we are aware of).

Despite the name confusion, Black Rock (two separate words) Power Systems LLC, located at 3830 N. Bank St. in Kingman is an electrical contracting firm that has nothing whatsoever to do with the world’s largest asset manager that is currently trying to purchase the Panama Canal Ports.

Do you have a rumor you would like cleared up? Email us and we’ll see if we can.

•••••
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Breaking Free From the Trance

by Don Spencer, CCHt

Are you a victim of brainwashing? If you are ever to break free from the “cultural trance,” right now might be a good idea for you to really pay attention to what I am about to reveal about the process of brainwashing.

So, let's establish a given fact and that is that everyone has been brainwashed. Yes, everyone! The sooner you grasp that idea, the easier it will be for you to wake up and make the necessary changes that will free you to live life on your terms.

In previous articles, I laid out the concepts of how the mind works. If you have not yet read them, I urge you to go back, so you are able to move forward in your quest for mental, emotional, psychological and spiritual liberation.

Brainwashing is a process where someone's beliefs, attitudes, and/or perceptions are deliberately manipulated or replaced through intense psychological and/or social pressure, often without their full awareness or consent. In short, brainwashing is the idea of washing the brain clean of old ideas to replace and implant new ones.

With that stated, let's take a look at how it works, and you might just discover that you have been brainwashed! Don't blame me for what I am about to share, as I am only the messenger.

Typically, whenever we hear the term "brainwashing," we think of cults, but what is a cult? Simply stated, a cult is any group with a leader who has hijacked a person's logical/emotional states for a specific purpose, and that can be quite nefarious. But then again, it may also save a person's life. For example, in the military one is brainwashed to be a badass, in order to survive, which is a good thing. Religion (and there are many “religions” out there all proclaiming to be the “only way”) is another example, and if you aren't on that gravy train, then you may not end up in a good place, if you know what I mean... but I digress.

Destructive cults use brainwashing techniques that include:

- 1. Isolation that cuts off outside influences like friends, family and media, so they control what one sees and hears.*
- 2. Repetition is the hammering of the same message over and over, until it sticks and becomes one's reality through things like slogans, chants and propaganda. Politics is an excellent example of this and is extremely divisive!*
- 3. Fear and reward use threats, guilt or positive reinforcement through praise and belonging, in order to steer behavior. Love bombing is a great example of the rewards.*
- 4. Breakdown, which wears down critical thinking through sleep deprivation, or confusion and even limited diets, all tactics known to make one more suggestible.*

Great examples are events such as Jonestown, Heaven's Gate and State-controlled media (which feeds the populace a singular narrative). The last four years in the USA is a great example! They worked overtime to control the people through mass indoctrination. During that time period, many people took time to try and understand what the hell was happening and, in the process, discovered the corruption that ran the machine and rejected it for the new trance state we now have. Determine which one you would like to feed in your subconscious mind, and as you do, please choose wisely.

Well friends, I hope this has sparked a deep enough interest that you will want to unlock your mind and become a truly free thinker. Whatever you choose to believe will be up to you, and I encourage you to choose love and freedom of humanity. Millions of people are turning towards the spiritual and seeking meaning to their lives, and that is a good thing, because that Creator of all life is waiting for you.

If you are stuck and would appreciate some assistance, you are invited to reach out to us. We are happy to give a helping hand. Go to my website www.sleepnow.com. We will follow up and send you a free program that will help you break free from the cultural trance, because our life purpose is to help with your life purpose!

Miners’ Mark by Mark Fargo

The Reality of Striking it Rich - Part 2

(Picking up where we left off in the February issue)

Utilizing Modern Technology: Metal Detectors and GPS

Technology can aid in locating gold. A metal detector can help uncover hidden treasures. GPS devices can guide you to new areas and keep your locations organized. This mixture of old-school methods and modern tech adds efficiency to your hunt.

Methods for Extracting Gold: Panning, Sluicing, and Dredging

Various methods exist for extracting gold. Here are some of the most common techniques:

Panning: The simplest and often the first method used.

Sluicing: Involves running water through a sloped box to catch gold.

Dredging: More complex; uses machines for underwater digging.

Each technique can yield different amounts of gold. Choosing the right method can impact your success.

Processing Gold: Cleaning and Refining Your Finds

Once you’ve found gold, it needs cleaning. Removing debris and impurities helps in understanding its purity. You may want to refine it further to increase its value. Learning how to process your finds can enhance your profits.

Expected Yields: Realistic Estimates of Earnings

Earnings vary widely based on location and method. Some hobbyists report making anywhere from \$50 to several hundred dollars a day. However, it’s essential to remember that this is not guaranteed. Realistic expectations can help maintain your interest and motivation.

Selling Your Gold: Navigating the Market and Maximizing Profits

Before selling, it’s crucial to know your gold’s purity. Testing through assaying determines its value. Higher purity typically means higher payments. Understanding this process can lead to better selling decisions.

There are various options for selling gold:

Local dealers: Often convenient for quick sales.

Refineries: May offer better prices but can require larger quantities.

Online markets: Expanding opportunities, but safety and trustworthiness are key. Choosing the right route can optimize your profits.

Research gold prices regularly to stay informed. Be prepared to negotiate. Understanding market conditions helps in pricing your finds competitively.

Maximizing Profits and Minimizing Risks: Tips for Success

Gold prospecting involves ongoing learning. Take workshops, read books, and connect with seasoned prospectors. This not only increases your skills but can lead to better yields.

Join local or online prospecting communities. Networking allows sharing tips and gaining valuable insights. Learning from others’ experiences can speed up your success.

Consider pairing gold prospecting with other ventures. Photography of your finds, writing blogs, or teaching others can create additional income. Diversifying keeps your hobby fresh and lucrative.

Weighing the Potential of Gold Prospecting as a Secondary Income Source

Gold prospecting can be more than just a hobby. With dedication, it has the potential to provide a secondary income. Understanding the costs, techniques, and market dynamics is essential. Expect initial investment costs. Know the right techniques and locations. Always stay informed about market changes.

Success in gold prospecting requires a mix of passion and patience. While riches might not come easily, the journey can be rewarding. With smart investments of time and effort, you can turn your hobby into a potentially valuable side income. Ready to start digging for treasure? Get your gear and I'll see you out there !

The Patriot's Corner Trudeau's Timing & Comments Don't Help

By Clair Van Steenwyk
VansCrossroads.com



I listened to Canadian Prime Minister Justin Trudeau who resigned as leader of the ruling Liberal party on Monday Jan. 7th, but remains prime minister until a new leader is elected on Oct. 20, 2025 speak about how Dumb what President Trump is doing on the Tariffs against Canada, as he stated all the things Canada is now doing to prevent Illegals & fentanyl from entering the USA from Canada and stated they've done a great job since implementing these New Programs and spending a couple Billion Dollars on it.

The question that should really be asked is why hasn't Canada been doing this all along, as we've had a problem at our northern border with Canada for yrs. and yes that includes Illegals, drugs etc., but now that he's being replaced as party leader on Mar. 9th they've stepped up to deal with it and since he won't be leading any real political movement since they're voting a New Leader of his Liberal Party in just 5 days on Mar. 9th even though he'll hold office until the New Prime Minister Trudeau who's basically just another failed Socialist who's policies didn't work, but then that means he can seem like a real leader who's willing to Stand Up against Pres. Trump, just like Zelinsky did and we're all now discovering how well that worked out for him.

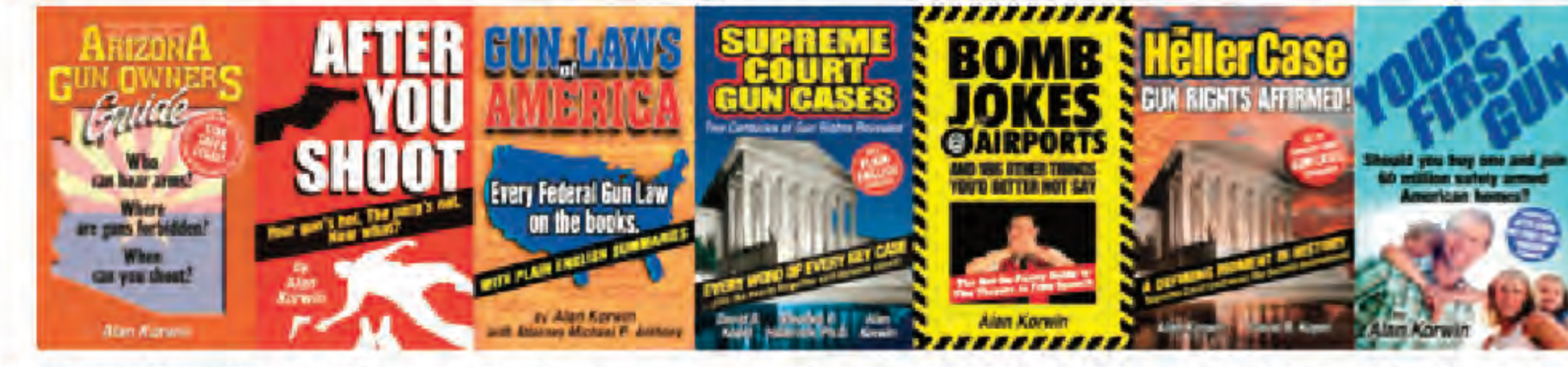
Let's examine just why they believe trading with them is so important for us as he basically stated in his message about Wood, Oil, Energy, and Precious Metal / Nickel.

Let's look at our Timber situation, President Trump has already ordered New Lands to be opened for that, Oil believe we have that covered with more drilling & fracking, Nickel we have and there are several other Countries such as Australia, Philippines, Brazil, Indonesia with 20% of the Global supply and a few others, so that argument along with the others doesn't really fly as well. I do believe the Canadian Gov. by allowing their outgoing Prime Minister take the floor was a mistake, and someone should have read his script before allowing him to give it, this is the 1st time I can recall that's he's Stood Up to Trump even though the Ground under his feet is Sinking Sand and believe this may just End up as others have including China, Iran, Syria, and about every terrorist leader I can think of not to mention a good # of Democrats & Republicans from time to time.

Lets pray that the Canadian people realize that Canada has benefited more the Trading with the USA that we from them and they also enjoyed what you might call a Blanket of Protection just by being our neighbor as Our Defense Protects them as well as us, as they have a very small military, I hope cooler heads prevail in Canada rather than this person who by upbringing is a Socialist and has led Canada down the wrong path for yrs. as his father before him, and hope the Next leader they elect regard the USA in a more respectful manner that Trudeau has.

God Bless You All; Clair Van Steenwyk

Shall Not Be Infringed Aggravated Infringement By Alan Korwin



The U.S. Constitution, for all its strengths, revered and imitated worldwide, has a fatal flaw. A weakness of Greek-tragedy proportions. The Constitution lacks punishment for those who would violate its terms. Yes, there are avenues of recourse, but these have been neutered and rendered feckless in so many ways.

Politicians these days believe they can get away with anything, right? Graft, bribes, gaslighting, obtaining office by any means legal or otherwise, all-out bald-faced lies, scare tactics, misappropriation of funds... They'll use the organs of government to assault domestic opposition (not the same as domestic enemies), place them under arrest, strangle their voices by deplatforming, controlling so-called "news" media and playing them like stenographers, it has gotten totally out of hand. Why? And what to do about it? Even when they're exposed, red-handed they seem to skate. Here's why:

The ultimate protection of our "Life, Liberty and pursuit of Happiness" - a way to force government into compliance - is use of force. Our Declaration of Independence recognized and encouraged that *"whenever any Form of Government becomes destructive of these ends it is the Right of the People to alter or to abolish it"*

That option, which held more meaning right after our bloody founding, has lost some if not all its impact. It's too extreme, too hard, too violent for subtle infringements and little incursions on our liberties. That allows the thousand cuts to build up until they are intolerable acts. Then use of force is too late. We're there now. But there's hope.

What America needs, what our Republic and Constitution need, is strict adherence to a policy of, "No infringement shall be tolerated." Small encroachments—like licenses to carry arms or speech codes—must subject people proposing such violations to penalties. Gross infringements like, "We're going to take away your favorite rifle—and of course we'll keep ours," require prison terms. Stiff penalties.

Why settle for the same old dry, flavorless nicotine pouches when you can have ALP? Our pouches are perfectly moist, bursting with bold flavors that pack a punch, while competitors struggle to keep their pouches from tasting like a dried-out teabag.

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AFC Website first for newsletter at www.americafirstcommittee.us then call 928-275-2439 for meet and great information and discount on our book.

IN GOLDEN VALLEY

Black Mountains Donkey Rescue Fundraising Event. Food/Drinks and Raffle. April 12th from 11:00-3:00 pm. 2979 W Carmichael Rd (951) 313-4733 Follow and like on Facebook

Attention Antique dealers. We have a lot of antiques for sale. Please call (260) 229-6352, leave a message. I can send pictures text or email. Call soon! Owner is selling out and is moving. Can't take it.

Golden Valley Fire District is looking for a variety of volunteers, from volunteer firefighter to assisting with on scene firefighter rehab. Call (928) 565-3479

Golden Valley Water - Bulk water delivered to you. (928) 565-5201 Just make the call and we'll do the haul! Serving Golden Valley for 15 years. goldenvalleywater.com

Golden Valley Hardware and Auto Parts is open to serve you 6 days a week at 3213 N. Bowie Rd. goldenvalleyhardware.com Open 8am - 5pm Monday-Saturday

IN KINGMAN

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The Kingman Veterans Treatment Court is a Specialty Court for veterans who enter the Justice System. Volunteer Veteran Mentors are needed. Contact Jim Consolato at: jconsolato15@gmail.com

OUTSIDE OF KINGMAN

Grand Canyon Caverns in Peach Springs will be holding a GCPRA Rodeo event May 16-17, Seeking sponsors, volunteers, and vendors. Email: gccrodeo@yahoo.com or call Brian at: (928) 418-5549

IN YUCCA

Fire Station16 open house April 12th, 10am-2pm. Hot dogs and chips, sodas, bounce house, fire extinguisher training. Come and meet your firefighters and EMS personnel.

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Rare 1 acre custom and luxury home lots with views of Lake Mead. For more information call Steve Tuminello. 928-733-0124

IN MOHAVE VALLEY

CHRISTIAN MUSIC JAMS! Free showcase for young musicians and bands ages 16-25. First Southern Baptist Church 1421 Commercial St. Mohave Valley. For booking call 928-727-2377

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AREA FOOD RESOURCES Online resources: azfoodhelp.org

If you don't need assistance please donate or volunteer.

Kingman Area Food Bank 2930 E. Butler Ave 928-757- 4165 Monday 8 - noon Last number given out at 11:45 am Tuesday 8 - noon Last number given out at 11:45 am Wednesday 8 - 11 Last number given out at 10:45 am (VETERANS ONLY) Thursday 8 - 11 Last number given out at 10:45 am (SENIORS ONLY) Thursday 4 - 7 Last number given out at 6:45 pm Friday 8 - noon Last number given out at 11:45 am

Kingdom of God Church - King's Cupboard 4435 N. Shadow Rd, Kingman 11:30 - 1pm Fridays contact Eric Ross (560) 201-0794

Cornerstone Mission 3049 Sycamore St 028-757-1535 ext 1001 Monday - Saturday 9 - 5

Kingman Adventist Community Services 3180 White Cliffs Rd 928-757-2614 Tuesday 8 - 11 am and the second and fourth Sunday 13:30 - 2:20 pm

Central Christian Church 519 Beale St 928-377-0709 The fourth Wednesday of each month 10am - noon

Salvation Army Kingman 543 A E. Andy Devine Av 928-718-2600 Monday - Thursday 9am - 4pm closed major holidays

Kingman First Southern Baptist 3120 Hualapai Mountain Rd 928-753-3238 Tuesdays and Fridays from 9am - 1pm

Golden Valley Community Center 3341 Adobe Rd Every Friday after the first Wednesday of the month from 9:30 am - 1pm, then alternating Fridays from 1pm - 4pm, calender for each month available

Chloride Town Hall 4990 Pay Roll Ave First Thursday of each month from 9 -10:30 am

Dolan Springs Community Council, 15195 N. Pierce Ferry Rd The third Thursday of each month at 10 am St. Vincent De Paul 15385 Pierce Ferry Rd starting at 8am

Meadview VFW parking lot 210 E. Meadview Blvd The second Tuesday of each month at 10 am

White Hills Community Center 8599 White Hills Rd The first Wednesday of each month from 4 - 6 pm

How to survive in a modern world

Composting involves the decomposition of organic matter by microorganisms, fungi, and other de-composers. This process occurs in a controlled environment where conditions such as moisture, temperature, and aeration are managed to facilitate the breakdown of materials. The end product is a dark, crumbly soil amendment that is rich in nutrients and beneficial microorganisms.

Compost improves soil structure, aeration, and moisture retention. It adds essential nutrients like nitrogen, phosphorus, and potassium, which are vital for plant growth. Healthy soil supports robust plants that are more resistant to pests and diseases. Compost can also introduce beneficial microorganisms that help suppress soil-borne pathogens.

By creating your own compost, you reduce the need to buy commercial chemical fertilizers and soil amendments, saving money in the long run.

There are several methods of composting, including: using a compost bin or tumbler to contain materials, creating a compost pile in a designated area of your yard, or using worms to break down organic matter, ideal for small spaces.

Compostable materials can be categorized into two groups:

Green Materials: Nitrogen-rich items such as fruit and vegetable scraps, coffee grounds, grass clippings, and green leaves.

Brown Materials: Carbon-rich items like dried leaves, straw, cardboard, and paper.

Start your compost pile or bin by layering green and brown materials. A good rule of thumb is to maintain a ratio of about 2:1 (browns to greens). This balance helps create the right conditions for decomposition. Then pee on it. Not joking, urine helps to kickstart the process.

Turn your compost regularly (every few weeks) to aerate it. This introduces oxygen, which is essential for the microorganisms that break down the materials. Keep the compost moist but not soggy. If it's too dry, decomposition will slow down; if it's too wet, it may become anaerobic and smell bad.

Composting takes time. Depending on the materials and conditions, it can take anywhere from a few weeks to several months for compost to be ready. You'll know it's done when it's dark, crumbly, and has an earthy smell.

Once your compost is ready, you can use it in various ways:

Soil Amendment: Mix compost into garden beds to improve soil quality.

Mulch: Spread a layer of compost around plants to suppress weeds and retain moisture.

Fertilizer: Use compost as a top dressing for potted plants or as a nutrient boost for vegetables and flowers.

In conclusion, by turning organic waste into valuable compost, you can create a thriving garden ecosystem that benefits both your plants and the planet.

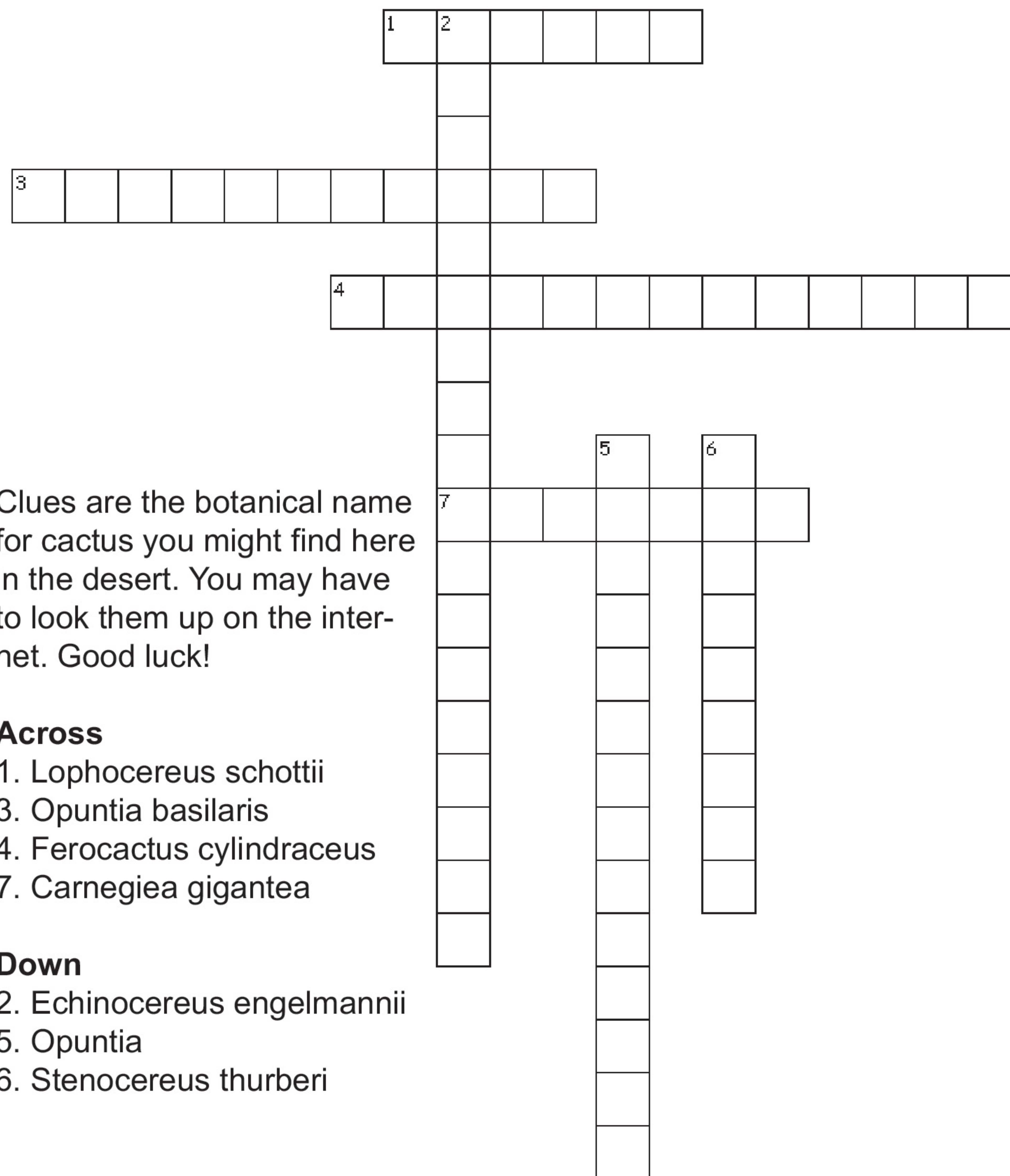
For more information on composting, purchase “Compost Everything: The Good Guide to Extreme Composting” by David the Good, on Amazon and check out his awesome videos on YouTube and Rumble

CHICKEN AND BISCUITS

- 1 (16 oz) can cream of chicken soup
- 1/3 cup milk
- 1 cup shredded cheddar cheese
- 1/4 tsp ground black pepper
- 1 (16 oz) bag frozen vegetables (broccoli, cauliflower, carrots)
- 3 cups cubed cooked chicken
- 1 package refridgerated biscuits

Stir soup, milk, cheese and black pepper in 13"x9"x2" baking dish. Stir in vegetables and chicken. Bake at 400 for 20 minutes. Top with biscuits. Bake for 15 minutes, or until biscuits are golden.

It's all fun and games in the end...



Clues are the botanical name for cactus you might find here in the desert. You may have to look them up on the internet. Good luck!

Across

1. *Lophocereus schottii*
3. *Opuntia basilaris*
4. *Ferocactus cylindraceus*
7. *Carnegiea gigantea*

Down

2. *Echinocereus engelmannii*
5. *Opuntia*
6. *Stenocereus thurberi*

Try to fill in the missing numbers.

	+		-		6
+		×		-	
	-		-		4
×		+		×	
	×		-		-2
23		31		-2	

Use the numbers 1 through 9 to complete the equations.
Each number is only used once.
Each row is a math equation.
Each column is a math equation.
Remember that multiplication and division are performed before addition and subtraction.

				12
	6	9		20
	9		7	27
		3		14
0			7	15
14	27	18	17	22

The missing numbers are whole numbers between 0 and 9.

The numbers in each row add up to totals to the right.

The numbers in each column add up to the totals along the bottom.

The diagonal lines also add up the totals to the right.

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- STOP LEAKS, RUNNING WATER, RUN OFF



Former Director National Intelligence Rick Grenell,
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