

**Exhibits for Petition to Deny
Application file #0000180618
Facility ID Number 51249**

DECLARATION OF SHERRY GENDELMAN

I, Sherry Gendelman, declare as follows:

1. This declaration is submitted in support of the Petition to Deny filed by Pacifica Safety Net on May 2, 2022.

2. I am competent to testify to the facts herein based on my personal knowledge and experience.

3. I am a member of Pacifica Safety Net (“PSN”), a 501(c)(3) media foundation of concerned listeners and donors to WBAI and to other Pacifica Foundation licensed radio stations.

4. During the period of the last 2 years, the downloaded recorded numerous programs broadcast on WBAI featuring the hosts Gary Null, Christine Blodale, Eric Corley, including those identified herein. Although we are unable to submit the underlying air check audio recordings through LMS as part of the Petition, PSN intends to attach optical drives to copies of the Petition mailed to the Chief of the Audio Division, the Chief of the Enforcement Bureau, and Melodie Virtue. In addition, copies of audio recordings attached hereto will be made available via Box at the URL: <https://app.box.com/s/qktci5phtzzef3scvhw8he4nr8saxlj7>

5. As the volume WBAI broadcasts in violation of the Communications Act and Commission Rules are too numerous to include, the undersigned hereby attaches several transcripts documenting the type of unlawful broadcasts featured on WBAI repeatedly throughout the most recent license term. PSN remain willing to provide copies of additional transcripts and/or audio recordings at the Commission’s request.

6. Attached hereto as **Exhibit 1** is a true and correct copy of The Pacifica Safety Net mission dated 4/30/2022 documenting PSN’s Mission.

7. Attached hereto as **Exhibit 2** is a partial list of PSN members located in New York residing within the broadcast radius of Pacifica station WBAI (FM).

8. Attached hereto as **Exhibit 3** is a true and correct copy of an audio transcript of the WBAI program The Gary Null Show as broadcast on January 16, 2021, throughout which host Gary Null repeatedly promotes his “Gary Null Special Nitric Cell Stuff” herbal supplements. This aircheck was posted on the WBAI website wbai.org and obtained by Petitioner on or about 4/2/2021 and the audio was later transcribed to text via the computer program <https://otter.ai> on or about 4/03/2021.

9. Attached hereto as **Exhibit 4** is a true and correct copy of an audio transcript reflecting the entire contents of the WBAI program The Gary Null Show as broadcast on February 10, 2020, throughout which host Gary Null repeatedly promotes his “Gary Null Special Sleep Stuff” herbal supplements. This aircheck was posted on the WBAI website wbai.org and obtained by Petitioner on or about 4/2/2021 and the audio was later transcribed to text via the computer program <https://otter.ai> on or about 4/03/2021.

10. Attached hereto as **Exhibit 5** is a true and correct copy of an audio transcript reflecting the entire contents of the WBAI program The Gary Null Show as broadcast on December 28, 2019, throughout which host Gary Null repeatedly promotes his “Gary Null Special Triple Stuff Pack” herbal supplements. This aircheck was posted on the WBAI website wbai.org and obtained by Petitioner on or about 4/2/2021, and the audio was later transcribed to text via the computer program <https://otter.ai> on or about 4/03/2021.

11. Attached hereto as **Exhibit 6** is a true and correct copy of the WBAI Treasurer’s Report dated June 14, 2017 by R. Paul Martin. This document was obtained by Petitioner as a result of a download from WBAI LSB Treasurer report repository website’s https://www.glib.com/treasurers_reports.html.

12. Attached hereto as **Exhibit 7** is a true and correct copy of the WBAI Treasurer’s Report dated February 10, 2016 by R. Paul Martin. This document was obtained by Petitioner as

result of a download from WBAI Treasurer report repository website's
https://www.glib.com/treasurers_reports.html .

13. Attached hereto as **Exhibit 8** is a true and correct copy of the WBAI Profit and Loss Statement for the period July and August 2019. This document was obtained by Petitioner on or about October 2019 which is a document from a finance meeting with the National Educational Telecommunications Association (NETA)'s finance staff.

14. Attached hereto as **Exhibit 9** is a true and correct copy of an email exchange between Kathryn Horsley, Ajamu Sankofa, Martha Livingston, Ruth Wangerin, Marian Moser Jones, H. D. Cohen, Kathy Dervin MPH, George Kaplan, and WBAI General Manager Berthold Reimers dated November 10, 2021 through November 16, 2021. This document is relevant to the issues raised in the Petition.

15. Attached hereto as **Exhibit 10** is a true and correct copy of an email between Interim Executive Director of the Pacifica Foundation, Bill Crosier to WBAI General Manager, Berthold Reimers dated 5/11/2017. This document is relevant to the issues raised in the Petition.

16. Attached hereto as **Exhibit 11** is a true and correct copy of a letter from Kathy Merritt and Katherine Arno of the Corporation for Public Broadcasting to Interim Executive Director of the Pacifica Foundation, Lydia Brazon, concerning removal of the Pacifica Foundation from CPB Community Service Program. This letter, obtained on or about 5/25/2020 by Petitioner, dated 5/22/2020, is relevant to the issues raised in the Petition.

17. Attached hereto as **Exhibit 12** is a true and correct copy of an email exchange from WBAI donor Bernie S. to Pacifica's Executive Director, Bill Crosier, concerning compliance issues at WBAI. This letter, obtained on or about June 2021 by Petitioner, is relevant to the issues raised in the Petition.

18. Attached hereto as **Exhibit 13** is a true and correct copy of an email exchange from legal counsel for Gary Null's company Gary Null & Associates to Gary Null Associate, Steve Brown and Pacifica Board Chair Grace Aaron stating that the Gary Null publication entitled CURING THE UNCURABLE cookbook is no longer in print, and urging Pacifica to immediately cease and desist from fraudulently telling listeners that they can purchase copies of this non-existent book as a premium during WBAI fund drives.

19. Attached hereto as **Exhibit 14** is a true and correct copy of an audio transcript reflecting the entire contents of the WBAI program Christine Blodale Special "The End of Suffering with Brent Michael Phillips" as broadcast on April 23, 2020, throughout which hosts repeatedly promotes the products and website associated with "The End of Suffering With Brent Michael Phillips" This aircheck was posted on the WBAI website wbai.org and obtained by Petitioner on or about April 3, 2021 and the audio was later transcribed to text via the computer program <https://otter.ai> on or about April 3, 2021.

20. Attached hereto as **Exhibit 15** is a true and correct copy of an audio transcript reflecting the entire contents of the WBAI program Christine Blodale Special as broadcast on March 5, 2021, throughout which hosts repeatedly promotes the commercial products associated with the "Special Boku New Superstar Superfood Pack" This aircheck was posted on the WBAI website wbai.org and obtained by Petitioner on or about April 3, 2021 and the audio was later transcribed to text via the computer program <https://otter.ai> on or about April 3, 2021.

21. Attached hereto as **Exhibit 16** is a true and correct copy of an audio transcript reflecting the entire contents of the WBAI program Christine Blodale Special as broadcast on September 15, 2019, throughout which hosts repeatedly promotes the promotes the commercial products associated with the "Masimo Mizuko's Great Lies in History" This aircheck was posted on the WBAI website wbai.org and obtained by Petitioner on or about April 3, 2021, and the audio was later transcribed to text via the computer program <https://otter.ai> on or about April 3, 2021.

22. Attached hereto as **Exhibit 17** is a true and correct copy of an audio transcript reflecting the entire contents of the WBAI program OFF THE HOOK as broadcast on April 6, 2022, throughout which hosts repeatedly promotes the Hackers On Planet Earth, HOPE Conference, in which the host, Eric Corley, has ownership through his for-profit corporation, 2600 Enterprises Inc. This aircheck was posted on the 2600.com from a WBAI broadcast and obtained by Petitioner on or about April 28, 2022 and the audio was later transcribed to text via the computer program <https://otter.ai> on or about April 28, 2022.

23. Attached hereto as **Exhibit 18** is a true and correct copy of an email letter exchange on May 9, 2017 from WBAI LSB Treasurer R. Paul Martin to Pacifica's interim Executive Director, Bill Crosier and Pacifica CFO Sam Agarwal concerning compliance issues at WBAI. This letter, obtained on or about June 2021 by Petitioner, is relevant to the issues raised in the Petition.

24. Attached hereto as **Exhibit 19** is a true and correct copy of an online article from the news site, Daily Beast, from May 14, 2021 written by Michael Day. This article, obtained on or about May 20, 2021 via the website <https://www.thedailybeast.com> by Petitioner, is relevant to the issues raised in the Petition.

25. Attached hereto as **Exhibit 20** is a true and correct copy of an audio transcript reflecting the entire contents of the WBAI program OFF THE HOOK as broadcast on January 27, 2016, throughout which hosts repeatedly promotes the Hackers On Planet Earth, HOPE Conference, in which the host, Eric Corley, has ownership through his for-profit corporation, 2600 Enterprises Inc. This aircheck was posted on the 2600.com from a WBAI broadcast and obtained by Petitioner on or about December 29, 2021 and the audio was later transcribed to text via the computer program <https://otter.ai> on or about December 29, 2021.

26. Attached hereto as **Exhibit 21** is a true and correct copy of an audio transcript reflecting the entire contents of the WBAI program OFF THE HOOK as broadcast on June 20,

2018, throughout which hosts repeatedly promotes the Hackers On Planet Earth, HOPE Conference, in which the host, Eric Corley, has ownership through his for-profit corporation, 2600 Enterprises Inc. This aircheck was posted on the 2600.com from a WBAI broadcast and obtained by Petitioner on or about December 29, 2021 and the audio was later transcribed to text via the computer program <https://otter.ai> on or about December 29, 2021.

25. Attached hereto as **Exhibit 22** is a true and correct copy of an online report from Candid/ Guidestar regarding the ownership of Alliance for Community Elections Inc and its principal officer, Stephan Brown. This report, obtained on or about April 25, 2021 by Petitioner, is relevant to the issues raised in the Petition.

I hereby state under penalty of perjury that the foregoing is true and correct.

Executed on May 2, 2022

/S/ Sherry Gendelman

Sherry Gendelman, Pacifica Safety Net

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Exhibit #20 audio	"Off The Hook" WBAI Program audio file	1/27/16	Eric Corley (aka Emmanuel Goldstein)	Eric Corley/ 2600 Enterprises Inc.
Exhibit #21 audio	"Off The Hook" WBAI Program audio file	6/20/18	Eric Corley (aka Emmanuel Goldstein)	Eric Corley/ 2600 Enterprises Inc.

EXHIBIT #1

About Pacifica Safety Net

What is Pacifica Safety Net?



The Pacifica Safety Net is a California non-profit organization formed by Pacifica radio listeners, volunteers and donors to protect the Foundation's five local stations from the immediate dangers they face. Our mission is vital. Its creation was inspired by our love for the original **Pacifica Mission Statement** and service to our communities and the World. We need to keep our stations on the air so they can provide programming that truly supports and protects the health, the rights and access to knowledge for listeners in the communities they serve.

We are raising money for a "safety net" of funds outside of the control of Pacifica Foundation management to protect the stations, whether the response is legal, operational or otherwise. This action is a necessary response to Pacifica's current existential crisis that has been created by a dysfunctional and conflicted national board of directors.

We have come together to restore and lift up the Mission of the Pacifica Foundation

The Pacifica Foundation is the only progressive terrestrial non-commercial national radio network in our country, and it is vitally important, now more than ever. Many of the current Pacifica National Board of directors have retained control of the organization's governance for 15 years. Their poor decision-making has been catastrophic to Pacifica's stations and a betrayal of its important founding Mission. These unqualified individuals (who lack Financial or radio experience) serve revolving door 6-year terms, cycling off for one year, and then being re-elected with support from dark money 501(c)(4) corporations and fringe ideological groups.

For the past 20 years, Pacifica Radio has seen a consistent and steady decline in its listening audience, membership and revenue. Those responsible for managing and improving this precious resource have violated their legal fiduciary duty as members of the Board of Directors of Pacifica to remedy this situation. Instead, they took out a \$3.25 million subprime loan that comes due in April 2021 to rescue the New York station from being seized by its creditors. Adding insult to injury, they have failed to devise a repayment plan for the loan for the past three years, and are now desperately seeking an extension of one year from the lender.

If we fail to act soon, the network will be forced to sell off assets, assets that you, the donors, paid for. Pacifica's broadcast facilities and/or the irreplaceable Pacifica Radio Archives will likely be sold to repay the loan, which would threaten the stations as we know them. This may result in losing the station(s) forever, or worse turning them into the 24/7 programming of quack cures, alternative beauty products, conspiracy mongers and marginal sectarian splinter groups.

Why do we even need a Pacifica Safety Net?

We are a "Friends of" organization, similar to ones that support many other non-profit organizations. **There are large numbers of U.S. public TV and radio stations that have "Friends of the station" groups. It is not unusual for nonprofits such as public**

broadcasters, museums, or schools to have them. The reasons are varied.

What can you do to save your local Pacifica station?

We are offering our fellow listeners a chance to support and enhance our important work with The Pacifica Safety Net; an opportunity to join a community of people who share a collective vision to keep Pacifica independent.

Please take a look at the other materials on this website and learn about the underlying and often convoluted backstory surrounding Pacifica's governance and colorful history.

Then get involved by contacting your local elected officials and let them know that Pacifica is important to you, and we need their support to save and strengthen it.

The Pacifica Safety Net is powered by donations. This means there isn't a safety net of corporate funding, major endowments and underwriting like other public broadcast entities. Your financial support makes it all possible. Please click on the donate button to show your support for this vital effort at this most critical moment in our history as a nation.

Thank you for caring and giving.

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EXHIBIT #2

List of New York WBAI Listening Area Supporters of this Petition

Paul Landsbergis
20 Plaza St. East
Apt. E21
Brooklyn, NY 11238

Nancy Cohen
435 East Ninth Street
4F
New York, New York 10009

Michael Herko
75 Henry St.
Brooklyn, NY 11201

EXHIBIT #3

gary-null-special---nitric-cell-stuff_2021-01-16_13-00_01-00

Speaker 1 00:00

236003766 and the access number is 963003

Tony Robbins 00:09

This is Tony Robbins, and you're listening to wbai. The Voice of Truth since 1960.

James Brown 00:28

[Music interlude- James Brown]

Linda Perry 01:40

well if James Brown can't make us feel good I don't know what could. This is listener sponsored non commercial Pacifica radio wbai New York at 99.5 FM streaming at Wb ai.org. wbai is in fund drives we hold fund drives because we are non corporate, we are non commercial, we depend on you, our listeners to support and fund this radio station. And thank you so much. Those of you who have been calling in, many, many people have been calling in to support this listener sponsored station. We thank you so much for becoming members and for taking that thank you gift and we are going to be joined once again here in our studio here in Brooklyn by Gary, Gary Null. Dr. Gary Null. Gary.

Gary Null 02:28

Hi, Linda, my pleasure to be with you today.

Linda Perry 02:31

So happy to have you here. And can you just remind listeners why you are in Texas?

Gary Null 02:37

Okay, I'm in Texas, because throughout my career, I've helped a lot of people. I'm guesstimating, around 70,001 one on one counseling, I've never charged a penny. So it's not about the money. I've done every one of those for free, some taking two or three hours. But I also wanted to see can we prove scientifically, that what we think, how we act, what we eat and drink, how we treat our body, whether we're sedentary or active, can contribute to prevention of disease and lifespan. When I came to New York, and in 1970, I was asked would I like to do nutrition research at the Institute of biology and that was mainly doing cancer research and drug research.

These were all very orthodox people. I was given a whole floor the third floor where I did my my research on diet, and they had no idea how this they thought it was all nonsense. Everybody thought it was nuts. In fact, I was frequently not even invited to the monthly meeting. To show this until one day, I was able through modified fasting and this is going to come up in a moment what we're talking about for today's premium. And I said that we're eating too much and we're eating too many times a day. And I gave the analysis that when you're eating an average American breakfast, let's say bacon and eggs, and, and or sausage and eggs or any any combination will come lunch that's still in your stomach. You still haven't digest that and come dinner, your lunches still in your stomach and come time to go to bed. Your dinner still in your stomach and all that is adverse. Well, what I

did was I fasted some rats by lengthening the time that they would eat. Now, I would feed him in the morning and I would feed him in the late afternoon but they wouldn't get any more food until the next day. They live 22% longer just that. Then I created a diet which the diet I advocate today which was I call living food diet where there were no processed foods. I would make fresh juices every day. I would give fresh fruits and veggies balls and grains, nuts and seeds. And I didn't believe in cages. I didn't believe in harming the animals. Never sacrifice an animal. So there were no cages and it used to freak everybody.

Linda Perry 05:10

I would have been freaked out. Yeah.

Gary Null 05:13

In fact, they were so freaked out that when Linus Pauling a rat jumped on his shoulders,

Linda Perry 05:17

oh my god.

Gary Null 05:19

And so, the next day I installed a barrier. So there was about a five foot

Linda Perry 05:24

good idea

Gary Null 05:25

that people would come in at night. People like some names, you may remember. George borgstrom, Renae dubeau, Buckminster Fuller. These are in that time. And then within the in the psychological movement, carmi Harare, Martin Sheppard. I was meeting with all these people because I was interested in not just the body but the mind. What role did the mind play in disease, Jarrod Kessler who was commissioner of psychiatrists in New York, came their lot. And lerins li Shan, one of the greatest psychologists, American history, who believed that if you were not appreciated, not loved if you if you were doing everything for everyone else, nobody was showing any appreciation in return that made you more susceptible to cancer. And he was right, he took healthy women 500 healthy women who had no history of breast cancer. And he predicted which of those women based on psychological evaluations and discussions were more likely to become cancerous because of their, they're doing everything for everyone and getting nothing for themselves emotionally. And he was the first to do that study. So anyhow, that was the environment I was working.

Linda Perry 06:33

So wait, you just have to finish up with these rats. So you had the barrier built and you were giving them a living food diet. And beforehand, they live

Gary Null 06:42

music I was giving you the

Linda Perry 06:43

giving the rats music.

Gary Null 06:45

They got they got music, five types of music a day, all soft meditative music.

Linda Perry 06:50

Okay, so what happened? What was the result?

Gary Null 06:52

There was no cages that they could run around, I'm there my desk and I'd have four or five rats

Linda Perry 06:58

got the picture.

Gary Null 06:59

They they live 33% longer, and they had no diseases of aging. Compared to the rats downstairs we use for research. In fact, this is something I've never told anyone. I ran out of rats. And the guy who was the administrator of this, who would buy the rat, he took an attitude, he didn't believe I was doing anything relevant. And so every time I'd request rats his head, we don't have the money for it. And so I went downstairs and when they were doing radiation treatments to see if they could create drugs to treat radiation poisoning and burns. They would put an X across the box and then in the morning, the attendants would come in, take those rats that had the X and put them in this can and suffocate them and pull out the air. I was

Linda Perry 07:47

so you took those rats and you

Gary Null 07:49

I took their rats upstairs for six months. And then when I went to do my report a year later, and I said well, I was able to have these rats live longer. The the guy said, where'd you get your rats? I said I used yours and he said, What do you mean, you used our rats? I said, Well, you wouldn't give me any rats. So I went down at night and everyone every rat that was going to be killed I took upstairs, he said, Well, that's not possible because those rats had radiation poisoning. Or they had some kind of burn on them. They put cellophane over burns seeded the medicine they using cause the burn to shrink or heal and it didn't. And then they considered a dead rat. And then that big argument came. You see, you're telling us that you cured rats that we couldn't cure? We don't believe it. So the director said this puts us in a pickle here. So he gave me rats again. But this time had the person who was the naysayer come up every single day, monitor the rats. And indeed, I did exactly what I said. At the end of that I was made a research fellow. And so after that, and I spent my whole scientific career over 33 years as research fellow head of anti aging Medicine Institute of biology published over I did over 154 studies. And many the first of their kind, including showing that all vegetables have all the essential amino acids, there's no reason to world to eat any animal protein. So

Linda Perry 09:20

did you find that there was a transformation of the cells of the rats and that and that, that it was became the basis of what you later used to develop a plant based diet and this, but that was only the diet. Yes, right.

Gary Null 09:36

But what I was doing first and foremost, I was measuring the length, their lifespan and the state of their health. I were given treadmill running tests, and they could run as far as a wild rat. Now wild rats that we see out in the streets, right? those suckers have adapted. So they are

Linda Perry 09:56

I know. Can we stop talking about rats. It's kind of like freaking me out. And I really, you know,

Gary Null 10:01

I'm not the one talking about rats. You asked the question, if you want to hear this.

Linda Perry 10:06

Yeah, no, but you know what I mean,

Gary Null 10:08

what I was showing is that based upon the living foods diet, the nuts, the seeds, the sunflower seeds, the pumpkin seeds, the sesame seeds, the olive oil, the coconut oil, the essential fatty acids, all the things that we're eating on a daily basis, that was giving them the immune system, so powerful, so strong, that they didn't have heart disease, obesity, arthritis, they didn't have cramping in the hips, they didn't have the different types of diseases. You see, I then began to do this with a holistic vet, and was able to reverse that. And then in 1972, I began to do an animal sanctuary upstate, where I would take animals that had been abandoned, or frequently and this was terrible. People would bring dogs by tie them to the pole outside. That's it, sometimes no message at all. They would just say abandoned old dogs.

Linda Perry 11:02

Right, right.

Gary Null 11:02

And so I get these dogs that were old that were 14, 15. So then I began to use the same protocols, but different because they have a different need for certain amino acids and oils. And I was able to reverse their diseases. And my dogs both died by accident when I wasn't there, but 22 and 24 years old, and we're still running around like a puppy. In fact, one of the oldest single living primate, as far as a wrinkle lemur, her name is nanny. She lived to be she just died three months ago. And she was 34 years of age, their normal lifespan is 16. So she was over 200 years in the animal life. And she's been there all those decades, a cat, Sally lived to be 26. And then unfortunately, went on a neighbor's property and ate a poisoned animal rat, I think it was and died. But she was totally healthy at 26. So I was doing with rats, and I did it with animals. And I was also applying the same principles of living foods creates living energy, the mitochondria, the telomeres. And that is what led me to do the retreats, helping people and as a fundraiser for wbai. And then we got these remarkable transformations I'm

talking about in a week to two weeks, people's whole diabetes reversed and arthritis gone and pain gone and tumors shrunk, things that could not normally happen in any case, anywhere. But those are considered subjective. So to make it objective, a group of scientists heard about this, watch some of the videos of testimonials, listen to other testimonials, read some testimonials, and then put forth the challenge would I be willing to follow up the study protocol that they created? Not me. But it was my protocols, but their study? Meaning I would have to have a hard objective studies, meaning blood chemistry, DNA analysis, telomere length, mitochondria, all these other things happening at the cellular level and over a 60 day period. With me working with them every day. See if I could change the DNA, heal the breakages create new new immature stem cells get it 70 year old to have the stem cells of a 20 year old was it possible? It's all theoretical.

Linda Perry 13:28

What year are we talking about? Because the rats that was in the 70s, the early 70s? Correct?

Gary Null 13:33

We're talking about right now.

Linda Perry 13:34

So that this is this is the evolution from those how it evolved

Gary Null 13:38

this is how it evolved from all these decades of working with people and when you hear Oh, my goodness, I must have had in the last 45 years on the wbai 500 people give testimonials. And people will say well, that's nice, but maybe it maybe it is maybe it isn't maybe real, not real. But I published these. Now I've done 42 clinical studies, but they want it done where they have specific biomarkers. I said fine, because I've never measured those biomarkers. I've never done this before. I don't know if it'll work. It's a hypothesis. Do I hope at work you bet I'm spending a lot of money time and energy on it. But then we had to select the people that had to be senior citizens with no diseases. And they had to follow a protocol. And today on the road, there was a woman who did a 19 minute mile walking. She's 94 years old. Now that I don't know of another woman that age who could do that. So that's after one week. When she started a week ago I think was 24 minutes for a mile and pull ups sit ups push ups there twice a day in the gym, they're drinking 15 glasses special made juice everyday, all organic. This is not a simple protocol. This is not a simple program. It takes a lot of work and commitment. There's a lot of destressing. There's a lot of exercise, there's water aerobics, there's yoga, meditation. There's reading. I've gotten Joseph Campbell's earlier work they myth of the mythology. I've gotten some of the great thinkers like Krishna Murty. They're reading different historical texts to challenge themselves intellectually. So it's a wonderful program and then a night they can they have a choice, Fred Astaire dancing, you know, the great classics, like Susan Cain. There's about 500 films, they can select and watch just to relax and enjoy themselves. I've got people 95, 94, 91, 87, 84, the youngest is 70.

Linda Perry 15:47

Wow.

Gary Null 15:48

And the 70 year old, No, she's 72. Yesterday, I was out there. And I'm power walking. And suddenly I see a shadow on both sides. I look at my children. There's a 76 year old guy and a 72 year old woman. So I said, let's have a little fun with it. So I go to pick the pace up. And they're sticking with me. And so then I go into a race pace. And they're sticking with me, I think, wow, this is tremendous that they're able to do this. So we finished nice and well you realize you just did a you just did a 12 minute mile race walking.

Linda Perry 16:22

So explain to people what race walking is some people see people who look like they're racing, but I don't know that people understand what that is.

Gary Null 16:30

racewalking is where you're, you're not running. One leg must always be on the ground, one foot must always be on the ground you running, you're airborne, right? And racewalking is much harder to do you you work more muscles, you burn more energy, you burn more calories, you're actually better fitness when you're racewalking. And there's no danger against any injury. Because you're you're on the ground.

Linda Perry 16:54

So you keep you keep the your toes on the ground as you're on the ground,

Gary Null 16:59

No, you keep one foot on the ground. Yeah, and, and this is the best way in the world to get into shape. But also, why I'm having to do it is because there's at least 30 studies in the peer reviewed literature showing that power walking, where you're really walking vigorously, you're not just kind of slow and taking it easy. That's called a junk exercise that doesn't help you. It's like getting on one of those, you know, stationary bicycles, where you're pedaling, spinning, if there's no resistance, you're not going to benefit. But if you start to put the resistance up, so becomes harder to do it. That's when you benefit. That's when there's a whole biological actions by the cell to help you burn fat, gain more muscle gain more strength, so that all the studies show that the more power walking you do, the longer your lifespan because you're lengthen the telomeres, the incapsula chromosomes and as long as those are stayed long, your cell is alive.

Linda Perry 17:57

And the telomeres they're very important. tell folks again about the telomeres.

Gary Null 18:01

A telomere is the end cap of a chromosome. Imagine your shoelace. Imagine that little plastic tip on the end of the shoe lace that keeps it from unraveling. The telomere keeps your chromosome intact. When you're sedentary, it starts to shorten. When you're under stress, it shortens when you're lugging around electromagnetic frequencies like cell phones, computers it shortens. when you're eating a highly acidic junk food diet, it shortens. So there's a lot of things that cause them to shorten. And then when it shortens to a point where we get to what we call senescence, it can't shorten anymore, the cell dies. And that's why, for the last four years, America's life expectancy has been reversed. We're living shorter lives now, because of this. So what I'm doing is I'm simply helping people get to the highest possible level with nutrition, health and destressing in a

beautiful environment where they're spending time with nature. In fact, we're bringing in some tiny little miniature horses, just for them to bond with hugging horses. Little things you could pick up the 40 pounds, but they're just loving.

Linda Perry 19:12

Where are you finding them

Gary Null 19:14

from, loan loaning them from local horse farms? Yeah, yeah, just as a gift.

Linda Perry 19:22

So so. So I spoke to you a couple of days ago when you said you were seeing Eagles out your window. Is that the case?

Gary Null 19:30

And in fact, I saw something really unusual. There's now there. It's obviously their baby. But there was now three Eagles in a tree that's about 100 feet high. They're about 80 feet up. But now every night I'm watching at sunset, a large male peacock fly up on the branch below them.

Linda Perry 19:51

Interesting so it's it's a family of diverse creatures there

Gary Null 19:56

nor it was a tiny peacock, I can assure you it would have been eaten. But a big male peacock is a big bird and the Eagles are not attacking it. Somehow they've created this this acceptance of one another but because when a hawk comes near the tree, the Eagles immediately go after the hawk. A Hawk is one of the fastest birds in the world and can fly an eagle, you know, double the time. So the you know, the Eagles give wing, but in the hog the zooms back off and then later in the day comes back over again this Hawk is serious about everything. Hawk can never be an eagle but an eagle can never catch a hawk. But both would normally not associate at all in the same space with the peacock and there's only one peacock because then three these are just these wonderful things of nature that you see when you're sitting here looking out a Window I'll do my radio show and in my portable little studio. In any case, that's just some background for people may not know that I have a PhD in human nutrition and public health science. I'm also an adjunct professor in clinical sciences research fellow at the Institute in anti aging medicine published in peer reviewed journal I've done hundreds of studies 42 clinical studies,

Linda Perry 21:05

we're speaking with Dr. Gary Null here over listener sponsor wbai in New York 99.5 FM, we stream at wbai.org. Gary Null is in Texas, he has a study going on various people have joined him there I think what that that 15 people, and he's going to be he's been talking to us about a living food diet and the importance of it and the genesis of his research and the effects on his research and, and what has been happening since then. And he's going to be talking to us a bit about modified fasting. And he is also going to be presenting a brand new

premium. a thank you gift that we have for wbai listeners, for those of you who can subscribe to the station to help the station survive to help the station become strong. We have Thank you gifts, and one of them is from Gary today, a new thank you gift, we're going to be asking you to call 5166203602 to get this thank you gift. But first, Gary's going to tell us a bit about it. And it has to do with the cells in our bodies and how to make them stronger.

Gary Null 22:14

Let me explain. So people understand, I don't just come up with a diet, I don't just come up with a suggestion for a protocol for people. I spend a lot of times studying the peer reviewed literature. As you just heard, when I challenged Wikipedia entry on azt, I took every one of their peer review studies to show that someone wasn't paying attention what the studies actually said. And we deconstructed each one, and then show what the actual peer reviewed study showed. That's what it means when you're trying to look for the truth. And you're not following any political or economic agenda. You're just looking for the truth. So in any case, I also my greatest passion in life, is inventing. That's how I got to New York City. Because I had a lot of inventions and never made a penny from them. And I my brain just looks for solutions. That's what I do. I'm always looking for a solution for something. So when I found my mother said, you're in the wrong place, go to where people are more open minded, and share your ideas. Because here you're just going to be considered very strange, because no one else here is doing in any kind of inventing of anything. And I said, Okay, and with 12 dollars I got on a Greyhound bus knowing nobody came to the city. But then I look at a problem. And I think what is the solution. And I applied a lot of what I do in the field of health. And one of my problems was people are not eating a good diet. So if they're not going to eat a good diet, and I actually did this for my mother, she was the one the person mentioned I had, no matter what I did in the way of conversations and giving her studies and giving her books. She wouldn't read the book, she wouldn't read the studies. She wouldn't listen to me. And finally I said if I if you're not going to change what you're doing smoking and drinking and eating a bad diet, will you least promise me if I send you a powder, you'll take the powder each day, just one scoop. I don't care what you drink with it. Yes, I'll do that. **And that's why I invented green stuff. The first variation of taking all the vegetables I could think of growing them organically drying them, putting it into a powder and I sent to my mom.**

Linda Perry 24:32

and what was what was the result when she started taking that?

Gary Null 24:36

Well, first of all, she said within three months she lost her belly.

Linda Perry 24:39

Uh huh. Well, that's a good thing.

Gary Null 24:41

That was a very good thing. **And secondly, she said that she was not waking up during the night that she and she had terrible constipation. She said she was regular and everybody should be regular. That's a big, positive. And also she said that she found herself one day not needing to put her glasses on.**

Linda Perry 25:00

Oh, woah.

Gary Null 25:02

And she called me. And she was the secretary at the first Christian church there. That's for decades. And she said, I just thought to type a letter for the preacher here and, and I didn't have put my glasses on, I bet on her off that I'm seeing the same way, at least up front of nearsightedness. And the only thing we can contribute that to attribute that to is that she was taking things into her body that were rich in phytonutrients, antioxidants that she otherwise didn't. There wasn't a thing in her diet before then. And this was everyone's diet where I grew up, not just my mom's everybody ate bad food, not intentionally. She didn't smoke because she wanted to kill herself. And when I told her smoking was bad, she said well, our Doc, you know, a family doctor, he smokes. If he thought it was bad, he would tell us, and she was one of those people believe the authority and who am I? I'm not an authority. I'm her son. So she didn't want my advice. So in any case, so that's how I started this. And I've kept up all these years.

Linda Perry 26:06

So that green stuff that she started taking so so then she was having spinach and parsley and carrots and oat, spirulina and celery. Oh, yeah, cauliflower, and cabbage and broccoli and radish and broccoli sprouts and collard greens and apple and pineapple and all of these things that you probably didn't have in your normal diet. If you don't have that. Yeah. So that gave her that.

Gary Null 26:32

So don't ever underestimate how powerful something good is when everything else in your diet is bad. **So that brings us to what I've just finished creating. In fact, it's so new, this new invention that its not even out yet. And so the only place for the next two months to get this is wbai. So this is an exclusive to wbai. I'm calling it nitric cell stuff. n i t Ric nitric cell stuff. But let me tell you what's in here. This is the source the best source all natural sources have, by the way of nitric oxide.** Now if there's one thing that we need more of in our diet, everyone everyone listening right now, I don't care what your politics are station life. Everybody needs nitric oxide, it's essential to life. When, in fact one of the things that we were suggesting and I want to thank you, Linda, because you were responsible for making sure that we were able to reach out to Bernie Sanders to at least reach the person to find Bernie Sanders. Let him know that we have a whole protocol that I'm willing to share with him and if he doesn't want to get it from me, I'm happy to turn him over to Dean Ornish other holistic cardiology board certified cardiologist who would put him on a healthy diet because he is on a terrible diet. And at the top of that list is nitric oxide. So what is nitric oxide? Where does it come from? Well, here's where you get it. Here's the best sources in nature, beets, pomegranates, Cacao which is chocolate, grapes, blueberries, prunes, goji berries, aSai Berry. Spinach, rhubarb, kale, watercress, celery, cilantro, spirulina, lemons, grapefruit, orange. And finally watermelon. That's the best of the best. So what I did was I took all these products, natural products. And I put in here wonderful oranges, which crystals which give you that crystallized oranges taking the skin and pulp and you dry crystallize, and you put it in there. So it's got this wonderful orange flavor, natural orange flavor. And I put in some oat fiber to help really clean up the bowels. And that's what it is. I mean, that's it. And all of these together any one of these is good for nitric oxide. You put them all together and nitric oxide does a lot of good. Now, here is just some of the scientific literature. I just I'm not going to belabor this

Linda Perry 29:21

for you. I see that but and thank you but first just explain a little bit more about what what it does what nitric oxide does, it widens

Gary Null 29:32

intensifies blood flow through the body. It enhances blood flow. It helps with your arteries. It's one of the best things in the world for the health of your arteries, the health of your heart, the health of your liver, the health of your kidneys, the health of your brain. If you had if you if let's just put it this way, let's say you're a plumber, and someone's got a toilet and a drain that's backed up and stopped up and the plumber comes in. And the plumber wants to put something in that drain to clean it up, and then says, Oh, you got a lot of cracks in this, you know drain is leaking. I'm going to have to really fix this up. nitric oxide in the body. just visualize how does your your veins, your arteries, your micro blood vessels and just look down to your feet. Do you have any blocky veins down around the ankles? Do you have any discoloration in your toes? Do you have poor circulation in your calves? Do you ever have pain in your calves? Do you have you ever hit one of those moments where you lose your cognition or your memory, circulation to the brain is important. Let me give you one quick example of this. I was down at the pricey Healing Center on 72nd and Broadway where I had it for years and years. And one day a gentleman was downstairs. And I was told Can I get downstairs and see him. I was only on the second floor. I said can he come up and now he can't get up. So I walked down the steps. He sitting there on the stoop, I said hi and he said hi, he said, I'm sorry, I can't walk upstairs. But I've got 95% blockage of my primary carotid artery going to the brain. And I'm 70 I think it was 74 years of age. And he said, I'm an engineer. And the surgeon said that there was a 15% chance I could have a heart attack and die on the operating table during the operation. But another 15% chance that I could have another heart attack or a stroke over the next six months to a year. And I don't like those odds. And my daughter here is a medical doctor and my wife teaches nursing. nurse practitioner. My name is Ed Finkelstein, can you help me, that's when I said they help you, you're going to have to change your diet radically. And we're going to have to deocclude the artery. So over the next year, putting him on a high nitric oxide diet and getting the exercise gradually in certain nutrients. It was a very specific protocol. We were able to deocclude that artery. And about three months into this his wife was not in this his daughter didn't like me at all. She wouldn't even get out of the car. she glared at me every time it's over the head. Like, I hate you. Yeah. So if I came in one day, and my god her whole face was paralyzed on one side,

Linda Perry 32:38

oh no

Gary Null 32:39

I said I said you got Bell's palsy. She just learning and I said would you like me to help you? Nothing can help this nothing's going to help it. She's I'm gonna have to be this way.

Linda Perry 32:50

5166203602 is the number to call to get nitric cell stuff. Gary Null's new stuff. Just not even out on the market only for wbai listeners nitric cell stuff for \$90 pledge to wbai. And to help this listener sponsored station, call in the phones are open now. 516 620 3602, 5166203602 to join the call calling right now and ask for this nitric

cell stuff. And Gary's gonna tell us some more about what's in it. A lot of the things that you love eating are probably in this like beets and, and but in concentrates. Right? Exactly. And I want to hear about the woman who came to visit Gary but I want you to call now, first and become a listener sponsor to wbai become a member of wbai. This listener sponsored non commercial, non corporate radio station needs your support and you can get the nitric cell stuff Gary Null's new stuff. This is new stuff nitric cell stuff for a \$90 pledge to wbai. It will be on its way to you we are trying to get all premiums out to everyone who has pledged for a premium and pledge for this radio station. So please join the caller and callers calling in right now. 516-620-3602 asked for the nitric cell stuff. And so what happened with the woman who

Gary Null 34:15

Well, up until that point, she would bring her husband leaving there and come back and get him she never wanted to have a conversation with myself or our medical team. **We had like 23 medical team members there. So it was the most comprehensive holistic Medical Center in America we were treating 1000s of patients and over half of them for free. We never turned a person away. It was never about profit. I never took a penny from the place I paid for it. I paid for 1200 people with AIDS full treatment.** In any case, so she she finally when I see her, I said would you at least allow me to help you. And she was adamant nothing could help. And she should know she was teaching nursing. So I'm

Linda Perry 34:53

teaching nursing you say

Gary Null 34:55

she was she taught nursing

Linda Perry 34:56

Really?

Gary Null 34:57

Yeah. And so I had her Sit with to the doctors and I gave a protocol and I said try this. Two weeks later her Bell's Palsy was reversed. Two weeks, I put her on a protocol. Now. Now she became very much supportive what her husband was doing. And I said I want you to come into park on Sundays and train with us because exercise also helps your conditions. Within one year, they were voted by their accomplishments outstanding track and field athletes of the Year by the US track and field Association. This is an all of America in their age group the best. The New York writers club the best the Metropolitan athletic Congress, overseeing all athleticism in New York airy, the best for five straight years. They both were male and female outstanding Athlete of the Year. So when you see someone and they stuck to the protocol 100% during the documentary, power aging, you seem making the salads together and juice and running together. They were like two gazelles running together. It was beautiful to watch the poetry of harmonizing love is just magical. In any case, so protocols can make a difference if the person wants them to make a difference to come back now to

Linda Perry 36:16

wait, what happened with the daughter? Did she then like you more or what?

Gary Null 36:21

Never liked me.

Linda Perry 36:24

She still didn't like you even though you did that for her parents. She didn't go? Well,

Gary Null 36:31

my head on

Linda Perry 36:32

Oh, anyway, yes.

Gary Null 36:34

But they were very happy and became world national celebrities in what they were able to do. And they spread the message to a lot of other seniors, friends and others because of their living proof of what they did in any case. Now we're back to nitric stuff. So anyhow, when I looked at the top ones like beets, this is from the peer review journal hypertension, quote, "acute blood pressure lowering asbo protection, anti platelet proprieties of dietary nitrate and bioconversion to nitrate. Another one from peer reviewed literature just don't beets beets protects against N-nitrosodiethylamine induced liver

Linda Perry 37:11

What is that?

Gary Null 37:12

That's just a disease liver and then cytotoxic effects. So I have all the peer review literature under pomegranates, quote fresh pomegranate juice, you know rates insulin resistance and goes on to show all the good stuff it does.

Linda Perry 37:26

It's better than apple juice it says here in the in the literature and improving the antioxidant function in elderly subjects.

Gary Null 37:34

Yes, and that's from a peer reviewed journal nutrition research from the Institute of hygiene and Environmental Medicine. These are all peer reviewed literature because that's where I get all of my read every day on my radio show every day for 45 years on wbai. You never hear me talk about health and nutrition unless I cite a reference from the peer reviewed literature or respected institution to show you this is legitimate stuff.

Linda Perry 37:58

Universities in Australia and in Italy say the effect of pomegranate juice on blood pressure shows a systemic review of it showed that this really improves the the flow.

Gary Null 38:12

And this was a meta analysis from multiple studies. And then we have blueberries in here. You know, quote, daily blueberry consumption improves blood pressure and arterial stiffness and postmenopausal women with pre stage hypertension. This is randomized double bumps in the controlled study journal, the American Academy of Nutrition dietetics volume 15 115. So I'm not making things up. And I'm not making claims. I'm merely saying that every ingredient that I put into any product has to must by my standards meet the standard of peer reviewed scientific literature where this has been proven it may not be used but at least the sciences there there's we shouldn't conflate two issues the fact that sciences have repeatedly proven that the Mediterranean diet works doesn't mean everyone's going to start the Mediterranean diet but they choose...

Linda Perry 39:06

Yeah, exactly. Explain this study. It says six weeks of daily ingestion of whole blueberry powder increases natural killer cell counts and reduces arterial stiffness in sedentary males and females. So people who are sitting around too much

Gary Null 39:21

That's most people.

Linda Perry 39:23

yeah, if you're sitting around too much, you're looking at your cell phone or your computer you're at your desk. So so if you have whole blueberry powder, this this helps you It helps your your cells in your body

Gary Null 39:35

and Linda I'm simply showing that there is scientific legitimacy from art. I'm all this came from the library medicine, the government's own official medical site. Now I'm not telling people that you know you're going to lower your blood. I'm not making any medical claims. I'm merely saying that the reason that I created a product and I use Goji Berry, is because when I read the scientific literature, there were hundreds of studies On goji, I just selected a few here to share with you. So you can see it reduces oxidative stress and controlling expression of inflammatories in the body. And then FCI of what it does. And you start reading a Wow, I didn't know all these polyphenols dissolve this in grapes. Quote, this is in the journal the American Dietetic Association, volume 111, page 1173. The quote "the effect of Grapeseed extract on cardiovascular risk markers, meta analysis or randomized controlled trials", and it shows that so you see, now let's go back and rhubarb is in here and prune and plum are in here, dried Plum, what it does, from the Journal of nutritional biochemistry. It shows what it does for arthritis. So

Linda Perry 40:49

I want as it increases bone mass,

Gary Null 40:52

yes. And everybody getting older has less bone mass, and watercress. So when you see it

Linda Perry 40:59

tastes so good, too.

Gary Null 41:00

Yeah, and it tastes like it tastes like a old How can I put this so everybody over 50 will remember this? Did you ever have one of those Sundays that were orange or cherry? Well, that's what it tastes like. It tastes like an orange. It tastes better than orange juice.

Linda Perry 41:22

Gary's talking about nitric cells stuff. nitric cell stuff is what Gary's talking about. And you can receive the a jar of this nitric sell stuff for ake a subscription to wbai for a contribution of \$90. It will be the thank you gift that you will receive from wbai nitric sell stuff for a \$90 contribution 5166023602 is the number to call 5166203602 nitric cell stuff that has all of the ingredients that Gary has been mentioning. Now you were also talking about modified fasting, what were you going to tell us about that?

Gary Null 42:05

Well, right now the people here on every single day, they're doing a modified fast meaning they when they get up in the morning and they start they're exercising about eight o'clock and then from there, they have juices and a protein shake from plant based protein materials. And the juices are fresh made from organic sources. And then they have they have their electrolyte drinks like coconut water. And then they go in the gym, and they do their workout we have brought in from Louisiana, this wonderful exercise physiologist who really put them through 24 different exercises and twice a day. And we have exercise test before and after not just the blood test but exercise test. How many pull ups sit ups you know they could do on those ropes know where you, you know, your wippen, the rope, the two ropes got one in each hand and your weapon up and down, up and up. how long they can do that a versa climber, treadmills, etc. And then after that, they come back and they have then they have their first solid food they can have fruits like watermelon, grapes, Kiwis, all kinds of fruits, whole table fruits all they want. But their first main meal is around two o'clock in the afternoon. Their last meal, which is a small meal, generally a soup, and salad with seaweed, and a different one every meal that's at five o'clock. And therefore from let's say six o'clock, till six o'clock next morning is 12 hours. But I want 15 hours. And so from six to nine when they have their watermelon, that's 15 hours. So they've gone 15 hours, where they're in a modified fast. Now they're still getting all the nutrients that our body could ever need. But they're starting to gain muscle mass where they had non creepy skin around the knees, the neck is starting to tighten. You're starting to see more energy. I'm going to have one or two on Monday show just to give you an idea since officially Monday will be one full week, seven full days. And and every Monday I'll have someone on just to tell you what has happened to them and they'll just get on the phone downstairs and, and in their own words. They'll tell you in about three or four minutes what's happened to them what's changing. And, and mind you I'm having him go to what is called the Socrates garden. This looks like it's right out of ancient Greece, of beautiful big marble columns, marble benches, the marble fountain, and there to sit there and read classic literature and to try to understand how that relates to them today and their lives, because I want to stimulate deeper thought and remind them that is the world is not always living at the highest standards intellectually or creatively or spiritually, they have a right to start your life over. So don't take don't don't judge them by their age, just and by their new capacity for learning, growing, creating and sharing. And I said, I'm doing all this as a gift to you.

Remember, you have to pass that gift forward. If it just stopped with you, it wouldn't help anyone. And they've all agreed. That's why other people were not selected. Well, I just want Gary to overcome my heart disease. Yeah, and what? Well, that's it. No, you know, you have sources you can help yourself do that. But we want people we're going to pass the message for you that you're more than your chronological age, to overcome ageism, which is a right as you know, that ageism is rampant, the United States. And so we want to respect the elders in our society, for their wisdom, the wise woman, wise man and letting a person liberate themselves to be that help

Linda Perry 45:49

bring them back to a place of respect.

Gary Null 45:52

That's what we're doing. And I want to tell you, I've given him I don't have the product, but I've recreated it with all that I'm giving him daily, they've got nitric oxide, going through their veins, in a tremendously different way than what they were before. And that's why they can do what they're doing because there's greater greater circulation and healing that inside entoma and the inside epithelium, where it's a lot of cause of atherosclerosis and arterioclerosis the average person just like Bernie Sanders, because he didn't pay attention. So I'm helping people with this product. Let me again go with the ingredients. Just you're aware of what's in this beet. pomegranates, blueberries, cacao which is chocolate, raw chocolate, goji berries, acai berries, grapes, rhubarb, prunes, which plums come from prunes, dry the plum you got to prune. watercress, spirulina, cilantro, grapefruit, celery, kale and spinach. Now who created the list? The USDA United States Department of Agriculture that's their official list of the highest sources of nitric oxide. And so now getting the best vegetables the best fruits, washing them down, cleaning them the sterile conditions, juicing them, then taking the powder without heats so its a living food. Adding in the orange crystals where you dehydrate the orange and this entirety, then you crystallize it like you would a date to make date sugar day triggers nothing more than a date that's dried, and then you just pulverize it, that's it. And so has this wonderful flavor to it and then the high fiber in there. So that really helps your your cleansing at the intestines to keep you fresh and clean. So that's what it is. It has nothing to do with any other products. So if you're taking green stuff and red stuff and power berry blaster grape stuff, and cardio stuffs, all those other stuff, good. They're all unique and different. But this stands alone, and none of the others does what this does.

Linda Perry 48:07

This is called nitric cell stuff Gary knows brand new product nitric cell stuff. And you can get that by calling 5166203602 making a pledge to wbai and ask for the nitric sell stuff for \$90 a \$90 pledge. It's a powder. You take a scoop of it in the morning and I don't know how many scoops are in it. How many scoops are in this?

Gary Null 48:33

30

Linda Perry 48:33

so you take a scoop when you want to take a scoop and you call 5166203602 to get the nitric cell stuff. That's a brand new product from Gary and Gary Null's kitchen basically, Gary Null's kitchen you get blueberries,

pomegranates all sorts of and watermelon and what oh you there's watermelon in there too. There's watermelon and grapes you love grapes. Talk about talking about well first of all, let's get more calls 5166203602 I want you to talk about chocolate. And you know people love chocolate but chocolate is what you get in the store often is not the chocolate that's best for you. 516-620-3602 is the number to call give us a call now and ask for Gary's brand new stuff. It's called nitric cell stuff for a \$90 contribution to wbai. That is the gift that we will give you nitric cell stuff 5166203602 is the number to call. Call us right now and help us with this fun drive the October fun drive. Gary is kind enough to provide these premiums for us to help you to help entice you, his listeners to and all listeners to wbai to give us a call and to support this non corporate radio station to he makes up he makes these products and then he makes them available for you and for your benefit. These are all plant based ingredients that he is putting into the stuff that the various stuff that he's created the nitric cell stuff, the newest so far, many of the ingredients he has been talking to us about through through the days and through the weeks and through the years that have have been shown in the scientific literature to benefit to benefit you to benefit members of your family. And so we are asking you to, to make good on the fact that you listen to Gary, you listen to wbai, and we're asking you to become members of the station and to call in and to ask for this the nitric cell stuff 5166203602, which improves the blood flow throughout your body, which is so important, it makes you stronger and more

Gary Null 50:48

For every human being every athlete, everyone who's sick. Boy, when you have stagnant blood, when you have blood that is coagulating when you have blood, there's clumping, that is not safe.

Linda Perry 50:59

When you're sitting around and sitting around you know, it's not too good for your body. And even when your legs moving, and what

Gary Null 51:07

Linder when your leg is when you're sitting your leg goes out and then straight down. That crimps krimson limits the flow of blood to the extremities. And that's one of the reasons people end up with pains in the legs and, and discoloration in purple little splotches the veins around the feet. And also we need better circulation to the brain and to the heart, we need to have a healthy arterial system, and we don't as a society, we don't have it. So everything that I can do to get people healthier, and this is an all good protocol. So we have rice holes in here to enhance from rice to help the fiber to get into the system. And again and that's what and oats fibers in here too. So between the oat fiber and the rice holes your that is helping the motility and, and it tastes delicious. So let's just say that you don't want it or you don't need it. You're in a perfect diet, you're exercising and you're already in great shape your your blood flow is great. But let's say you have a parent or an older person that is unfortunately

Linda Perry 52:14

be that is an enfamil right? Yes, it is anything

Gary Null 52:17

right but at least you know you're giving him something just like I used to give my mom a green stuff. And no one no one else in America had it. I didn't even think about selling it to anyone I don't have people out there going all over the place. There's no LML model level company there's no national sells of this. It's just whoever happens to know these products will call my office otherwise there's no way of getting it. And there's no way of getting this at all except to wbai.

Linda Perry 52:42

Gary Null is speaking about the importance of nitric oxide and he has created a powder which will increase blood flow it will help you to make yourself healthier to make yourself more active to even what was that it would increase your your bone mass. It's one of the things that can do that. increase circulation nitric cell stuff \$90 for the nitric cell stuff a new product from Gary no 5166203602 helps improve blood pressure. So this is called the nitric sell stuff for a \$90 contribution to wbai 5166203602. Gary, thank you so much throughout the days for helping wbai for providing us with some premiums, which we hope to get to folks right away 516203602 to make a pledge to wbai to get your copy of your product nitric sell stuff this this powder that Gary has been talking about with all these ingredients that blueberries and grapes and rhubarb and plums and and what else beets I love beets beets are like one of the best things in the universe. These are a lot of red products I noticed that you've put into this.

Gary Null 54:06

Yeah, they're they're what we did was we put all of the best. According to the government's own statistics, beets, pomegranate, Blueberries in that order from highest lowest cacao, goji and these are the healthy raw chocolates. These have not been processed with processed white sugar, high fructose. That means commercial products have acai, grapes, rhubarb but nobody eats rhubarb. prunes, which very few people eat they used to not now, watercress, spirulina, cilantro, grapefruit, celery, kale, spinach, watermelon. All these are in here this this is a Whole Foods product. This is this is the best of the best and it tastes delicious and its good for you.

Linda Perry 55:01

Let's talk about rhubarb do many people know what rhubarb actually is?

Gary Null 55:07

I doubt it. There was a time when people had rhubarb jam or even I grew up where you could grow rhubarb. And we grew it back then and ate it because moms that it was good for our vision. Right or wrong, it's, it's really good for the liver, its good for the brain. In fact, if you look at the journal pharmacological research, in here, 2015, page 1197, I have this as a citation, what it does, is really good for the brain. And it also is good for oral conditions. And it was also suggested in the scientific studies, very good for diabetes. So these are just some of the studies. I mean, there are 1000s of studies out there about what's in the different foods and what's in the different diets, like a Mediterranean diet, when you're eating a lot of nuts and seeds, you get healthier, and this isn't a secret. This isn't this isn't unscientific, this isn't garbage. This is real, legitimate science. But it's just we are conditioned to have certain tastes. That's why I say not everybody will think that something's right for them, even if they're not healthy. Changing is not easy. Because change means going through some form of discomfort, some form of stress to go from where you're at, to where you need to be. And that's why I'm here with people because a lot of these people say on their own, they're just not going to make the commitment that

they need to they know they need to but they, they need some catalysts for change. They need someone to help them to be there for them. To encourage them on. Like that woman, I walked with the 94 year old woman this morning, so that I met you know, I kept encouraging her encouraging her. When we finish she said, Well, I said Congratulations, I said what you just did, I'll bet there's not 100 other women your age in America who could do and she said, well I couldn't have done it without just hold on a second. Don't give me the credit, your legs, your lungs, your heart carried you there, you got there because of you, I was merely there to help you to encourage you, that's it, but take credit for your changes. And because what's gonna happen, I'm not walking with you, I want you to keep walking and keep hearing, I can do this, I can do this. So we all need at different points in our life, some encouragement, hopefully, some love, and also some understanding and acceptance. So when we're going through a rough time, there's someone there who understands that. I can do this, what I do is I have a lot of people out there who want to be healthier, live a longer life and be happier. It has nothing to do with their body politic has nothing to do with a class or age it has to do with who they are. So my responsibility is finding the best information and sharing it on basis. And that's what we're doing.

Linda Perry 57:49

One of the ingredients is goji berries, and I see that goji berries are have been eaten for generations in the hope of living longer. So much of the many of the ingredients that he's putting in this nitric cell stuff are coming from some of his anti aging study. You were just listening to Gary, he called in from Texas. Thank you so much, Gary, for being with us for joining us. And

Gary Null 58:13

Thank you Lina. And just one last final thing I'd like to say, what better gift to give someone than the gift of starting them on something healthy. I can't change many people's diets. And I can't change others some of the things are doing that are not always in their best interest. But that doesn't mean I should stop trying with my own family and friends. I've done this and they haven't always taken my advice. And I don't I can't cross that boundary, nor can you but what we can do is we can give someone something that we know can make a difference. And this, I believe can make a big difference. And by the way, I didn't even mention today the most powerful thing it does. And it does what a lot of other things do that you don't want to have side effects. But I'm not even going to get into that today. And the number one thing that nitric oxide has been doing for people in the last 20 years, but it is got a lot of good that comes with it. All natural. A lot of good.

Linda Perry 59:13

Wait, you have to tell us you can't leave us hanging like

Gary Null 59:17

no, I can't take,

Linda Perry 59:20

Gary. Come on, give it up. What is it?

Gary Null 59:24

I'm just gonna say this. I'm just going to make a suggestion. That's all. Just a suggestion not a claim that I think a lot of men in this audience over the age of 40 will really appreciate.

Linda Perry 59:34

erectile dysfunction I've been reading. Yes, this helps with that. You didn't want to say that I did. This is listener sponsored wbai in New York. Thank you so much for joining us, Gary. Hope to speak to you again soon. Bye. Bye. And this is wbai. 5166203602 is the number to call and to make a pledge to wbai and to get this nitric cell stuff
[Closing music]

EXHIBIT #4

gary-null-sleep-stuff_2020-02-10_04-00_01-00

unidentified announcer 1 00:06

Are you up early? Well, Tuesday through Thursday you can tune into wbai Morning Show. Good morning the way of New York with King Downey. Six to 7am to hear poet playwright Marvin X.`

Marvin X 00:17

autumn Hotel in Harlem. Right music blasting, no jazz black classical do basically ello Billy white music hotel white men in elevator say Where you going? He want to push my button. No. Where you going white man? That's the question. Push yo button.

unidentified announcer 1 00:35

Marvin X mover and shaker in his 60s Black Arts Movement. Tuesday through Thursday with King downing on Good Morning live York right here on wbai New York.

Tony Robbins 00:54

This is Tony Robbins, and you're listening to wbai New York. And you're the Voice of Truth since 1960.

Linda Perry 01:02

And you are tuned to listener sponsored non commercial Pacifica radio. This is wbai in New York at 99.5 Fm streaming@wbai.org. And if you are a Gary Null fan, don't tune away because we are going to be joined by Gary. First, I just want to share a little of what I have heard about a retreat that Gary held for wbai listeners, I've been receiving testimonials emails from some of those who participated. And one person said in an email, I didn't expect that the retreat week I spent with you, meaning Gary would affect my life so positively. I didn't come from my personal reason reason but just to have a relaxed week with my son, Vito. But something extraordinary happened to me. 10 months ago, I had surgery on my right hip. And since then I struggled to walk for five minutes because the pain was impossible. After five days of retreat, where I learned so much about living a healthy lifestyle, including juices, organic food made to taste so delicious. I had no idea really relaxing in a backdrop of the most or inspiring rose garden throughout the property that I'd ever seen thinking. And just being far beyond my old limits, which seemed to set me back for the past several decades. A miracle happened to me, this woman writes, I power walked six miles in one shot. And I'm still in shock. And that's pure truth. I felt so supported by you speaking to Gary and the staff at the retreat, more than I ever imagined. And my son was so proud of me as I sped up to the finish line with no pain, and with grace and ease, and you were there with me when I finished as well. That meant so much to me. I'll continue to do my walk and cook your vegan recipes from your book. And I thank you from the bottom of my heart for the most incredible life changing week of my life. Thank you very much. And it's signed Maria. And Gary, are you with us on the air now?

Gary Null 03:12

Yes, I am, let me put that into a little broader context. She wasn't there for her. She was there for her son who had vision problems. And one day in the morning, I saw her sitting there when everyone else was starting to walk, they could either walk around the property, which is just a quarter mile, or they could walk out on the road. And she said I can't walk at all. Why not? I had surgery line months ago and and I've been in excruciating pain. And if I even tried to

walk more than about two to three minutes, I have to stop and sit down. I'm exhausted. I said okay. One week later, on a Friday morning, I asked some people do you all want to go for a walk who wants to go for a walk and about seven people still go for a walk? So we went down the road and it's just a it's a half mile and a half mile back so you can do beautiful country reading and see the person hold weigh. In any case, I turned around. And there were some people there who did something that was so remarkable. These were not people in shape. And yet they all did 26 miles. I literally had

Linda Perry 04:27

26 Yeah,

Gary Null 04:29

so Mind you, I've trained as the founder that natural rock running and walking club back in 1970. I've trained over 30,000 people to do racing. Some of the world's greatest athletes like Sid Howard and Sam Skinner, delma Wilson, people that the people in this audience could not recognize that these are mega personalities, all wonderful people in they're all world class athletes, but they started way back then. Well, so I know what it takes a year of training, building up. These people had no training they just went out and did it. And it was at ease. They were completely at ease. And then I'm looking. And I'm thinking, that can't be her. It was, she went out, she got enthused, and she went six miles. And the last half mile, she came running up this very steep hill. And her son couldn't keep up with her. And she finished and, and we were there. We'll be filming this. And it was just one of those wonderful experiences, where she was crying. And she said, I haven't been in pain at all this week. I've been in 24, seven pain. And now I have no pain. And I just ran six miles the most I've ran ever. So that is one of the examples. But the most powerful one, and I don't know if you got a copy of it was a woman who came with her 31 year old son. She he has advanced in stage multiple sclerosis.

Linda Perry 06:02

Yeah, we spoke about that actually, on another program. It was just amazing how he could then touch his beard. And he improved so drastically during the course of the retreat. So

Gary Null 06:14

anyone's hand his hand was shaking so badly. He couldn't have his face because he had hid himself. He couldn't his mom had to do everything for him. Like, holding his face and putting food in his mouth, brushing his teeth, everything in life he had to do. She had to do it for him. And his tremors were extremely bad if I mean rough tremors in where he was shaking side to side.

Linda Perry 06:39

how many people were on this retreat? This was this. This concluded, I think, what, about a week and a half ago, it finished?

Gary Null 06:49

Excuse me, about 40

Linda Perry 06:51

people. 40 people were on the retreat.

Gary Null 06:54

20 of them sent unsolicited letters that have changed their life. But on the last day, mind you, this is the last day. He the mother says you got to see this. I said okay. See what she said? Take a look. What do you notice? I looked at him and I thought he's not shaking. Yeah, no shaking at all. Not a single tremor. Look at him eat his own food for the first time. In 14 years. Look at him take that spoon and eat some soup. He was stroking his beard for the first time in his life. For the first time, he wanted to, you know, do some bathroom chores himself. She's I had my son back. That's what happens. By the way. He did one other thing. It was really unusual. He has a big smile on his face. I mean, he said, watch this. And he, his mom goes out. He's no, no, I'm gonna do this myself. And he pulled himself up and stood straight.

Linda Perry 08:02

Yeah, nice, nice. Very nice,

Gary Null 08:05

wonderful things can happen in life. This is not a protocol that anyone would necessarily understand.

Linda Perry 08:11

I have another testimonial from Mike, who you'll probably remember. He says that he wants to share some remarkable experiences that he had over the last three weeks. He was in the hospital recently in intensive care. He had double pneumonia and the flu the blood sugar was over 300 neuropathy and his hands and feet, heart palpitations, Hep C. boils oh boy memory and cognition loss trouble with balanced equilibrium, waking up four to five times a night to go to the bathroom depressed because everything seemed to be going wrong. And he asked you for help Gary, you spent many hours counseling him, had him look into the past to see where some of the bad decisions that he made years ago, were showing up in his health conditions today. Do you remember him? Mike?

Gary Null 09:02

Of course I remember him. He wanted some help. I said fine, I'll help you. He said, but I'm broke. And I can't afford a I might I don't charge anyone for my health I never had. So you can't say you can afford it. It's free. And so I said Now think about how you got to where you are today. And ask yourself, what choices could you have done differently that allowed you a different outcome? Because I always thought my start my protocols and journey with empowering the person to not beat up on themselves are not living guilt and shame, a bad choice, but rather to understand the lessons we can learn from our life experiences. And then Mike said he was going to start a protocol but he didn't. In the process, not starting a protocol. He ended up with double pneumonia, the flu and he was in intensive care. 24/7 for three weeks. His life was literally hanging by a thread. They didn't know if he was gonna live or die. So when he got out, I helped him. And he is today. He has, let's see, he can stand up straight. He has no dementia. He had dementia at 68.

Linda Perry 10:26

He says the extreme pain and his knees and his back has less

Gary Null 10:29

gone. All of his pain has gone.

Linda Perry 10:32

heart condition cleared up

Gary Null 10:34

his heart, or irregular heartbeat and a fib is gone.

Linda Perry 10:38

Equilibrium balanced out.

Gary Null 10:40

He doesn't fall over now before he'd fall over.

Linda Perry 10:43

boils on his body are healing anything

Gary Null 10:46

just this morning, he went to a dermatologist who saw what boys are that he has and gave him a sap to put on there. So they can start to heal. He's getting clarity. And now he's trying to help his older brother, who is 150 pounds overweight has diabetes, heart disease, oh man, he's lucky to be alive. On by the way. He was diabetic in the hospital, his fasting blood sugar was 321. And now it's, as of this morning its 80. He's normal. And he thinks that his Hep C will be gone shortly. The hepatitis C symptoms will go first because I get him on a special liver rejuvenation program that goes after the hepatitis C virus, but also rejuvenates the liver. He had a he had a 20 year period where he made a lot of bad choices and destroyed his liver. But he hasn't had any alcohol or drugs and 20 years. But that doesn't mean that and this is a big thing. Linda, a lot of people think Well, I haven't smoked in 10 years. But unless you've actively create protocols to undo the damage while you were smoking, it will be what ends up killing you. You've got to go in the body and rejuvenate it.

Linda Perry 12:02

See people don't think that they think that if they stop smoking, or they changed their diet that whatever they did due to themselves back then won't affect what's happening now. But you're saying unless there's a protocol to mitigate the damage that was done, it won't make any difference?

Gary Null 12:19

Of course, it depends upon what diet you're on. I hear people all the time comes to me sick, or I was on. I was on a bad diet. Now I'm on a good diet. What's a good diet? Tell me what you eat today.

Linda Perry 12:32

Well, Coca Cola some hostess Twinkies. some pizza.

Gary Null 12:37

somehow that's why you see you know, baby back ribs, you know, every day and while they're not eating the big black cribs, but they're eating the fried chicken and white bread, muffins and,

Linda Perry 12:48

and the burgers and the burgers, the hamburger

Gary Null 12:52

all the time these these these foods that they're eating. So in any case, what was really nice as a we raised 1000s upon 1000s upon \$1,000 for wbai and were able to purchase all the premiums for this drive.

Linda Perry 13:05

Well, that's really good because we have some good premiums today. We have and I am one of the people who suffers from not being able to sleep long enough or easily enough. So we have sleep stuff that we're going to be offering in a package with a film A Gary Null film, Dr. Gary Null has produced this film on de stressing our lives. So from the film, here's Dr. Gary Null looking strong and happy in Central Park.

Gary Null 13:36

It's a beautiful day in New York City. This is times square. This is the theater district. 100's of thousands of people are here from the United States around the world to enjoy what makes New York so special. Its culture, its diversity of people. The power of its energy mesmerizes like scientists, entertainers. What we don't see here in this moment, we don't see 240 million Americans who are struggling. They're stressed out stressed for what reasons, and how many of them now have student loans they cannot pay have debit cards where they're late in the interest payment is 100% or more. How many people are living paycheck to paycheck? 10 million American homes are at risk of being foreclosed on or have been foreclosed on. A lot of senior citizens cannot buy medicine, food, pay their utilities a mortgage or rent. They are stressed. As a result, not only do we have the problem of what caused the stress, we've compounded by how we've been appropriately dealt with. I'm Gary Null. Here's the good news. We're going to show you the natural non toxic ways of taking situations that are stressful and destressing naturally, you're gonna learn about homeopathy and nutrients and herbs you're gonna learn about meditation and yoga, and all forms of body therapies, mind therapies, we're going to show you what happens in your brain when you become stressed. Cortisol, epinephrine, norepinephrine, adrenaline, all these hormones, stress hormones cascading, all very destructive, the flight or fight response, and how if we don't deal with this, this can lead to heart disease and cancer. What happens when we can't sleep at night, most people are stressed take their problem to bed with them. They can't sleep that adversely affects pineal gland melatonin. The good news is we can deal with this. If we have the tools. This program is going to show you all the different reasons we get stressed, what happens to the body and mind when we are stressed and then how we can turn it all around. Join me now as we take on stress distress and how to turn it all around in the right way.

Linda Perry 16:04

An excerpt from the film de stressing naturally wbai is offering the film de stressing naturally by Gary Null, along with sleep stuff that Gary Null has designed sleep stuff, which is actually calm stuff to benefit wbai a package for \$99 5166203602. We're going to be talking about the sleep stuff, which is actually the calm stuff in a little while. But here's some more from the film experts talking about what creates stress in our bodies and in our lives, and that you can't really get rid of stress. But what you can do is change how we want to be impacted by the stress. So in this bit of the film, we're going to hear from psycho therapist Henry Grayson, he's a chair of the Institute for National psychotherapy, he speaks on how stress affects the immune system and how tools are needed, despite external circumstances. And then we go to Dr. Bruce Lipton, he speaks of the power of the conscious mind, and how important it is to correct some of the programmings the misprogramming of our youth is also discussed. And Mitchell Robin, a

holistic psychotherapist talks about how stress can bring us to another level. But we need to make distinction between good and bad stress.

Speaker 1 17:23

So much of our current stress seems to be attached to our economy, people without jobs, people loss of income, other uprisings around the world, the changing weather patterns. But the problem is, is if we get stuck with these external things, we've lost our sense of control ourselves. But even more important than that, if we're seeking things outside us to make us happy, those things that we've sought for greater income, greater possession, getting the right mate, having the right friends, having the right house in the right suburban area, whatever it is, if we stop and realize it rarely have these things made give brought us any lasting happiness, they might have brought us a temporary happiness or an excitement, but they don't bring the lasting happiness. And then there's a problem that continuous when we have that stress, because not only is affecting our moods, and taking away our happiness and our peace, but it's also directly affecting our immune systems. Because this I have the stress hormones flowing, that's really going to disturb my immune response over and over again. And when I have those stress hormones flowing, and my limbic system is active, because I'm experiencing threat, I'm going to take away blood flow from my frontal lobes and a brain, I will literally then by taking away the fuel to my frontal lobes, I will literally dumb myself down, I will make myself lower on the IQ scale, they'll make myself less creative, I won't be able to do problem solving. And when that happens, I'll be experiencing even more stress. So I need to have tools that I can use, to be at peace to become to keep myself happy. Regardless of what the external circumstances are.

Speaker 2 19:05

When we have been mis programmed and really can't respond appropriately to the concept of love and harmony and beauty in the world that we live in you we have to recognize it those programs are downloaded into our subconscious mind, we have to understand the power of the conscious mind and subconscious mind that can override the subconscious mind. Unfortunately, the conscious mind which is the creative mind, the mind that has our wishes our desires our aspirations. This mind on a general day to day basis operates only about 5% of the time. So basically it says that 95% of our day, we are unconsciously operating from programs that have been pre recorded into our subconscious mind. So our biggest effort in this world is to correct the misprogramming of our youth and put into our lives much more healthy. harmonizing. Loving programs that we can reprogram the subconscious mind using the conscious mind.

Speaker 3 20:07

On one hand stress is what leads to most people's illnesses, it is really a part of a series of factors of series of causes that leads to physical degeneration and illness. But on the other hand, it's stress that actually motivates us in our lives, to bring us to another level of accomplishment to another level of excellence. Life doesn't exist without stress. So what we really want to do is make a distinction between the good stress and the excess stress.

Speaker 4 20:41

While we experience so many things as external as causing our stress. If we stop there, we're really losing our main source of power. Because while things outside do seem to stress us, it's really much more what we think about those things. What interpretation we give to them what meaning we give to them? That's what gives us a stress because otherwise everybody would have the same stress about the same situation. And so if we constantly thinking we're under stress, as though it's a cloud hovering over us, and it's causing our stress, we're going to just feel like victims, and the more we feel powerless, we're going to feel even more like victims because we've given up our power.

Linda Perry 21:24

Don't give up your power. So those were some excerpts from Gary Null. Dr. Gary Null's film destressing naturally. And we are offering this film wbai in New York which is what you're listening to listener sponsored non commercial Pacifica radio here in New York at 99.5 FM listener sponsored 100% listener sponsored wbai in New York is offering you a thank you gift. When you become a member of wbai for \$99. You will get this film destressing naturally Dr. Gary Null's film, which then goes into I have to tell you, not only the reasons and and how and how we got much of the population got stressed out, but what to do about it a good protocol throughout the film that you will enjoy watching destressing naturally. And we are offering that with Gary Null's sleep stuff. Gary, do you want to talk to our listeners about the premium offer that we have today?

Gary Null 22:22

Sure, be happy to, we should be getting ideally, eight hours of very deep sleep where you shouldn't wake up once during the night. Because every time you wake up and turn on a light, you you turn off the pineal glands production of melatonin. And that's not what you want. Now, there are five major reasons people don't get a good night's sleep. There can be others. But here are the five most important ones. One they're eating too late at night. And why is that a problem? Because when you're eating food, the body thinks that you need anabolic activity, meaning you need to rev it up. You're anabolic, you've got energy now. And if you've had anything, it's sweet in there, you really hit the overdrive. That's why it's very difficult. People have had something sweet eating within three hours of going to bed for them to stay. Still. Secondly, is stress.

Linda Perry 23:14

Can't wait. Can we just stay on number one for a second? Because I have this question. Why I'm not one of these people. But why do people feel like they have to have something sweet at the end of a meal.

Gary Null 23:26

It's a comfort, their body doesn't need it. It's a comfort. If you've ever been Have you ever been to Italy, then you know that they don't have a piece of cake and an ice cream at the end of a meal. They generally have fruit. And the because they know that the fruit helps you. Especially if it's papaya, pineapple helps you digest the food. Right? There's an intent when it comes to slow cooking, slow eating slow conversation, which we say we want and then we live lives that are completely spastic and hyper. Okay, so what we need is we need to slow it down. If you slowed it down and take your time meeting, you're going to lose a lot of that desire. Also, if you went for a walk, not a fast walk, just a walk, maybe for four or five blocks after eating a meal that facilitates greater digestion. So eat slowly. Don't eat within three hours going to bed. If you are hungry at night, have yourself some lemon in some cold water. And that kills the appetite.

Linda Perry 24:32

Oh, interesting.

Gary Null 24:35

allergenic

Linda Perry 24:36

it's non What?

Gary Null 24:38

No calories in popcorn. So it'll satisfy the satiety factor. I feel satiated, meaning I'm not hungry, but you haven't added calories in because the moment you eat something it's sweet. Your blood sugar is gonna spike and now your engines boiling. Secondly, we are thirdly we've got as I mentioned, the stress. Here's what I do. And it really works. before you go to bed at night, just sit for a few moments and write down for the next day, what you'd like to take care of in some descending order of importance. So I've got to talk with this person, I've got to do this and you write it down. Now what happens is, when you write something down, you're going to address the next day, you don't go to bed with it, your mind makes a huge difference in not laying there and trying to figure out, you know, your anxiety issues. So you've written it out, you're going to deal with it next day night and go to sleep. Next, turn off and unplug your computer. Because any of those blue lights that you see that's electromagnetic frequency, and that cellphones, laptops, computers, and televisions are beaming electromagnetic pulses out. And if a person has a cell phone or a computer in their bedroom, as many people do, then even though they might have turned it on, they haven't unplugged it is still beaming.

Linda Perry 26:00

Now the cable, the cable, the cable system has this blue light. Like here in New York, you know, Time Warner, there's this blue light that comes out of your, your remote, and it keeps you up at night, you know, or if you wake up and you see it, yeah.

Gary Null 26:14

It adversely affects your pineal gland and the secretion of melatonin, the brain's most important antioxidant.

Linda Perry 26:22

Also, in the city, there's so much light at night. That's another problem. You know,

Gary Null 26:27

people got background light. And you should always if you if you can't put a darkroom together for yourself, simply get one of those very soft silk or satin, or cotton iPads. And just put that nice, well, I pad on, and they put them on and you know, I take one on an airplane, if I get a long trip, that way, you can just kind of chill out. So those are the things you got to do to get a better night's sleep. Now you can also take melatonin one to three milligrams is fine. But what I did was I started to realize most people are not going to take my advice. And one of my friends told me about five times, what did you say? What was that? Do I do I eat what before. And so I said, I'm going to help everybody. But it was actually based on my friend. So I put together all of the different known botanical extracts that can help bring the whole body metabolism down and gently guide us into a good night's sleep is called sleep stuff. Here are the ingredients and you could Google any one of these and then you'd feel the science behind this and then you think well Yeah, that makes sense. Now, for example, passionflower valerian root, chamomile, ashwagandha, melatonin, l theanine, hops, Reishi mushrooms, lipase, amylase, protease, inulin, jasmine tea, stevia. griffonia, extract, five hydrate the tryptophane gabbeh. magnesium citrate, lemon balm, skullcap, catnip, and that's what's in it. So you're getting the best of the best. Any one of those can help you with a night's sleep all together. The synergy is terrific. I've gotten such positive feedback on what this means to people. And you just take one scoop, small scoop, in any liquid you want. Just put in water. And you take this about an hour before you want to go to bed, about an hour. And that's it. It's that simple.

Linda Perry 28:31

So valerian root, which is one of the ingredients is often referred to as nature's valium.

Gary Null 28:38

That's correct.

Linda Perry 28:40

So that helps you sleep.

Gary Null 28:43

Everything that calms down the central nervous system from over splashing, and especially if people have been drinking coffee throughout the day, which many people do. And they're getting dopamine hits. And which will happen. You don't want to continually have dopamine hits because the bad side that is when you're not getting it go for the withdrawal, like migraine headaches, and irritability and insomnia. So you want to you want to create insomnia, drink coffee, you'll create insomnia, compensates for the things we're doing wrong. I always start any invention I do with the idea that no one's going to pay attention what I say. So this kind of circumvents that.

Linda Perry 29:24

That's because of your family background, Gary,

Gary Null 29:27

that's right.

Linda Perry 29:29

It's because you tell your family all of these things to improve their health and they don't listen to you

Gary Null 29:34

as you listen to anything. Yeah. My dad did. I went home one time. Yeah. And I said Dad, I said, there's a bag. Look, Gary, I show everyone comes to health. My son. He gave us these vitamins. I said that I just looked in the bag. You haven't opened a single vitamin. Okay, well, we have them.

Linda Perry 29:56

We're laughing but I mean seriously. That's

Gary Null 30:00

where I grew up

Linda Perry 30:01

that is to bed. So sleep stuff Gary knows sleep stuff. And this film this de stressing film is our offer wbai offer to you for a contribution of \$99. to pledge to wbai to call us right now. 516-620-3602 is the pledge number of 516-620-3602. Give to wbai.org is the website if you appreciate Gary, if you appreciate Dr. Gary Null and his knowledge and his experience and what he contributes to your life, then please become a listener sponsor, a member of wbai 5166203602. And remember, wbai is 100% listener sponsored, Gary, we're at about \$171,000 towards our \$300,000 goal that we need that wbai needs to continue operating this radio station. And that is one of the reasons that we ask

our listeners, your listeners right now to call wbai to become a listener sponsor \$99. We give you this thank you gift, we give you sleep stuff, Gary Null's sleep stuff with all of these powerful flower extracts, ingredients that have been shown over the centuries to help sleep and in this city, which is filled with noise and light and stress. Sleep stuff would be really good to have that and this destressing film and the film not only points out various factors that that cause stress, but it gives you protocols to alleviate alleviate stress in one part of the film. Gary's actually massaging someone's go to relieve stress. Do you remember that in the film, Gary?

Gary Null 31:53

Yes, I did. What I do in my films is I try to show simple things we can do to overcome problems that we're having. And instead of me doing the narration, what I did is I'm merely holding the pieces together, I brought the best behaviors I could find, like Henry Grayson, he's the one who invented the tapping therapy. And boy, you talked about working this really work where people were holding in trauma from earlier in life. And he gets you to say some things, new tap, different parts of the body and suddenly is gone. And I actually followed up with people who were using that therapy and it worked. So I brought him in to show the tapping therapy. He's one. He's one of the top humanistic psychologists in America. Then. Then you have you have several people in here. Mike Welner, and you have you have the whole concept of epigenetics, meaning, what happened earlier in their life going back as much as 11 generations. So something happened 11 generations ago, when generations about 25 years, more or less. So you're looking at something that would have been way back in the you know, in the 17th century, how they dealt with life is encoded in your DNA is now in your DNA. It doesn't mean that that's absolutely predictable how you're going to react, but it means is there and so how do you overcome genetically predisposed emotional reactions? And, and that is one of the best discussions you're gonna have anywhere.

Linda Perry 33:32

We're going back to the film now distressing. Naturally, Gary knows film, which wbai is offering for \$99 along with the sleep stuff that Gary null just described, sleep stuff and the film, distressing naturally for a contribution of \$99 to wbai. call 5166203602 is the number to call 5166203602. The film distressing naturally asked for the sleep stuff and we're throwing in the film, distressing naturally 5166203602.

Speaker 3 34:08

one very important source of our stress is one that is rarely attended to. That is when we have painful experiences in our past, whether we call them traumas, whether they're insidious ones that are developmental, whether they're encapsulated ones that are really shaking us up. But whatever they are, that information gets encoded back in our survival brain. When it's encoded there, then anything that resembles that at all reactivates that and we experience it as if it's happening now. Even though it's something that happened a year ago or five years ago or 50 years ago, it can be. Now we need to understand about that, that that information is encoded as much like information in your computer. When you have a program in your computer. It'll only print out what's in that program. If we have that kind of programming and our survival brain and our reptilian brain, then anything that resembled it will push a button. It'll activate it, and I'm going to have those stress hormones flowing like crazy the cortisol and adrenaline. Now, what can I do about that? If we can think of it as being like in a, like inflammation in a computer, we can delete that information, can't we? because in our computers, there is no voices, there are no words, there are no pictures, there are no sounds of any kind. They're just small signals. And they're ons and offs, quick ons and offs that are translated into these various expressions. Our brain carries the same kind of encodings and information.

Speaker 5 35:32

When you're talking about stress, it's not how many different things you've got going on in your life, it's actually how you perceive the load on you, women experience stress quite differently than men do. And men seem to just do a better job at sort of closing things off.

Speaker 4 35:51

The problem that we're suffering from today in our current lives, especially in urban areas, but by no means limited to that is that we have too much stress on us, based on so many different variables. On one hand, we have so many different electromagnetic fields that are impinging upon us constantly, we can hardly make our way through it from cell phones and every single form of electronics, these are impinging on our own bio fields, and disturbing our general sense of well being. And it's very subtle, it's nothing that hits us over the head, but it is affecting us virtually constantly. And there's an idea of taking an electrical fast. And that means that on a given day, per week, or if someone can't do it per week, at least do it every other week or month, pull out everything from the walls, so there's no electricity running in the place we live. And in that way, we can finally give our nervous system a great break a great release from those impinging effects. Another is actually to spend time on one's own. So one can pull oneself away from the social stress that we all experience. This person we like this person we don't like this person is difficult to deal with, whether it's on the job, whether it's in a personal relationship, whether it's a family member, we're all subject to end participating in one form or another of social stress on many different levels.

Speaker 6 37:31

And we can't control everything. And I think it's, it's really important to accept that. And to be okay with it on some level. Because if you're just walking around constantly thinking that you need to be in control of everything, and everything has to be a certain way, you're just setting yourself up for disappointment, right? Because most of the time, that's not the way life is

Speaker 4 37:57

one of the things that accompanies stress is this anxiety, that we have no control over it, the world is too big, and we're the victim. But I say, No, that's not true at all. It's just the opposite. We have a lot of control over our experience of life. And that means also of stress.

Speaker 1 38:23

And if we can use one of these newer tools for clearing those out, then we can eradicate that inflammation that gets activated and produces our stress. Using radiant stimulation, it might mean that you touch on this acupuncture point or you tap on it, and say I release all fear related to this problem. And then breathe. And over here I release all anger, resentment and rage related to this problem and breathe. Or you might just hold your fingers on them. Now I release all anxiety related to this problem. And take a slow deep breath, I release all of embarrassment related to this problem and take another breath. Now I release all shame and guilt related to this problem. And breathe that under the arm about four inches from the armpit to say I release all worry and excessive concern related to this problem. And then the fingers to the bottom of the chest, the bottom of the ribcage and say I release all hurt and sadness related to this problem. And then place your hand up over the heart. Much like you do when you say your pledge allegiance. But this time you're just saying breathing in love and exhaling fear breathing in love and exhaling fear because the greatest healing force for fear and the whole universe is love itself. And if I can remember a loving scene, if I can remember a loving thought towards someone or compassionate thought, or Just Breathing in love and exhaling fear down through my solar plexus That in itself can often be going through two or three or four rounds of that process, I can clear out that information from that old trauma. That old disturbing experience that gets

reactivated to say I'm going to be rejected or I'm going to be abused or I'm going to be deprived, I'm going to be hurt again. I'm going to be abandoned again. Those kinds of things must be cleared, or we'll keep reactivating them over and over again in our lives and being stressed and stressed and stressed.

Linda Perry 40:19

Isn't he? Awesome? That's Dr. Henry Grayson. He is one of the professionals featured in Gary Nels film. The film is destressing, naturally. And wbai is offering that film along with Gary Null's sleep stuff. Special stuff that he it's funny that you named it stuff, Gary, sleep stuff. Yeah. It's stuff stuff to help you sleep and and that those two items are our offer as a thank you gift to become a member of wbai. 516-620-3602 is the number to call, you receive a copy of the destressing naturally film. And with that a jar of the sleep stuff, which you can use just a scoop of it in some liquid and it has various natural ingredients to help you sleep better through the night. passionflower is one of them. It's something that helps anxiety and insomnia. So you've put together a lot of ingredients that are known to help promote sleep, Gary.

Gary Null 41:27

also, there are a lot of ideas. Henry Grayson is just one of many people in this film is stacked with people who have, are humanists. One of the things that I've always enjoyed about wbai is it has it's a thinking person's audience, you could agree or disagree with any particular point of view. But they're not afraid to put things out on the table and debate them and dialogue on him. And what we don't do today's we don't dialogue upon the underlying causes of our high blood pressure and our compulsive eating and our body neglect. These are all from stress. So they're telling you how to get solutions. It's a long film, by the way, it's not a short film. And now some people think, Okay, well yoga will help and meditation will help in and of itself. That's not necessarily true. In fact, I wanted to prove this. So I went to New York City's most popular yoga studio, it's, it's an old building downtown. And they get about 3000 people a day going in there. And they have classes throughout the day, they have large space, and they get very good classes. By the way, I set them on top of the class, I found nothing wrong about the classes. But then the moment those people at the classes, I had a camera outside, they come out somewhere on their cell phones, like cigarettes yelling at someone on the other end of the phone. So that's not the way to destress. That's what happens today where someone will rush off to completely stressed to do their, their cycling, you know, their spin classes. And during that spin class, they're burning energy, they're burning adrenaline, their stoked, and then they burn off some of that and they come out and feel okay, for about 10 minutes. That's not how this should be done. We shouldn't be looking for things that make us happy, we should be happy. And so the same thing with stress. Don't just look for things, you can do that temporarily, for a half hour an hour, make you feel better, the things you can carry forward throughout the whole day. So when someone's argue at you, and not always being complimentary or kind and their communication, you're not going to get all stressed about it, because you realize that's not about me is the inappropriateness of how they're responding to an issue. They personalize it. So one of the things we discuss in here, including Bruce Lipton, who's just quite simply the most brilliant people.

Linda Perry 43:42

That's really hard to do, though, Gary, because people you know, when somebody attacks someone else, even verbally or an email, or whatever it is, people take it personally, it's very hard not to.

Gary Null 43:54

and you will take it that way unless you have another way of dealing with it.

Linda Perry 43:59

And unless you look at it differently.

Gary Null 44:01

That's correct. If you ask if you ask the 20 people who had such remarkable transformations in their life that they send unsolicited emails. And the one thing they all have in common is that they change their perception of themselves and other people and started to look at things as information, not somehow that someone put a stake through their heart and they're wounded emotionally and they'll never get over it and no, you'll get over everything in life. Remember, we're pretty tough. Life is tough. There's no smooth even for some of the entitled people in the in the trust babies. They have their own form of stress to go through. But it's not the same as a person on the street or someone's gonna lose their health. And, but no one's without stress. The key is, how do you change your perception of how you want to deal with it. And because you change your perception, it's not going to overwhelm your blood pressure is not going to spike up You're not gonna and by the way, I wish people would just take a look at the biochemistry of what happens when you get angry and start yelling, oh, my goodness, you put yourself at risk of a stroke. In fact, most strokes happen after an argument. And I told my older brother

Linda Perry 45:14

Even after an argument that maybe you can't do anything about, like, let's say you're yelling out the window at someone who's leaving their truck going. That's not helping. He's not gonna stop. He's not gonna turn off his truck. Yeah,

Gary Null 45:29

I've seen that most people are not going to follow good advice unless they are looking for good advice. You see, there's two ways we can help people. One is the people come to you and say, Linda, I'd like to lose some weight. You have a you know, you look like you keep yourself in good physical condition. What might you suggest that might help me? That's a person is on all likelihood going to pay more attention and do something versus you going to someone who's a pregnancy? Look, I don't want to see you have an embolism or a stroke or heart attack. I don't want to see you lose a foot two diabetic neuropathy or go blind have a stroke in your eye. So I'd like to help you. They said, it's my life. When I want your advice. I'll ask you for it. Right? Don't tell me. And I found this out early in life because I was blessed to have a lot of friends. When it came to this city. We were all poor. We were all struggling writers and activists. And we would go out to dinner once a week. And we socialize. And we'd go for a walk and and talk there at one time there about 14 of us. Do you know not once and that for at least 45 years? Not once? Did anyone ask the lawyers who were there about legal advice, no one asked the doctors like Marty Feldman, about that, or the chiropractor, I would press and nobody asked anyone for help in the area of expertise. Because we knew the moment you start that open that door is never going to end. And so let's talk about things that we can all agree upon. Let's laugh at life. And the laughter that we would share was so wonderful. In fact, after Marty Feldman died three years ago, his office manager called me and said, I just thought you should know, on the day after you all would go out to lunch or dinner, which was always on a Wednesday night. The next day, he would get everyone around the office. It was a small office, you get all six of us. And it regale us with what happened. You know, and, and the movie or the play, and the fun and the laughter. And, and he said Gary, you were his only friend. I never saw him to the person that he enjoyed being with. And yet, I never asked him for his medical advice. But,

Linda Perry 47:40

but you were a source for him of destressing, basically

Gary Null 47:44

I was a source of friendship. Un-Conditional friendship. We never talked about meeting you know, baked potato with olive oil at dinner with a eating steak. Because I didn't have a right to transgress their boundaries. They had already accepted what they want to eat. You know, and I had accepted what I wanted to eat. And all those years not one of my friends ever changed. Not one ever changed their diet.

Linda Perry 48:06

Oh, well. Oh, well. So this is listener sponsored wbai in New York. We're talking with Dr. Gary Null. And we have some offers for you to become a member of wbai. We're running out of time \$99 a pledge of \$99 will give you Gary Null's sleep stuff. Just a scoop of it into some liquid that you prefer will help you destress and fall asleep. And also the DVD de stress naturally that we've been talking about 5166203602 is the number to call \$99 pledge just say that you want Gary Null's sleep stuff and the DVD that we're throwing in de stress naturally 516-620-3602 Can we see some calls coming in right now join the caller who's calling and asking for Gary Null's sleep stuff. And the destress naturally DVD 5166203602 is the number to call. You can also go to our website, give to wbai.org and grab the thank you gift there. Gary Null's sleep stuff and de stress naturally a DVD that we've been talking about a film, one of Gary Null's films that he's produced about what causes stress and how to alleviate stress, which we've been talking about. And the sleep stuff. Tell us a little more about what's in that sleep stuff Gary 516-620-3602 is the number \$99 we'll get you Gary Null's sleep stuff and the DVD de stress naturally Gary Null's film.

Gary Null 49:39

Sure. What in sleeps at first as a scientist is a PhD in human nutrition. Public Health Science is a research fellow at the Institute of Applied biology for well north of 30 years. Registered Dietitian, the clinical nutritionist. I look at what what do I want to achieve what is the object of the exercise was to relax Listen, and we can all benefit from being relaxed and allow a person to ease into a wonderful deep sleep. The rapid eye movement sleep where you really regenerate yourself and wake up refreshed. And so after looking at the scientific literature, reading all the studies I selected passionflower valerian root, chamomile, ashwagandha.

Linda Perry 50:21

Why is it that the Chamomile, you know, help so much? It's such a popular ingredient in teas and other things. Why is that?

Gary Null 50:32

Well, it's because it was so commonly used around the world. I don't care where you go, you go to Germany, you go to France, you go to Switzerland, Sweden, I found Panama to be a common botanical in all those countries. And over there, there, they take the herbals much more seriously than we do here. I mean, it's not uncommon to go into someone just a normal person's house, not a scientist. I have a whole shelf of different herbal extracts. You know, tinctures that they can use In addition, and it makes a big difference. So we have chamomile, ashwagandha melatonin what's

Linda Perry 51:10

Wait, what's ashwagandha

Gary Null 51:12

Ashwagandha First of all, it's very good for people with diabetic conditions. It's a great thing for them. And but it has, it's multifactorial, it's almost like an adaptogen like ginseng, and theanine, which is in green tea and hops, Rishi mushroom, lipase, amylase, protease, inulin, jasmine tea, stevia extract griffonia extract five HTP which stands for five hydroxy tryptophane, GABA gamma amino butyric acid, which is great for the brain. Magnesium, lemon balm, skullcap, catnip, I mean you've got the Who

Linda Perry 51:57
did you say catnip?

Gary Null 51:58
Yeah, catnip. Yeah.

Linda Perry 51:59
Why would you put catnip?

Gary Null 52:01
Well, because the human being is works differently than an animal. It's very calming

Linda Perry 52:07
and interesting.

Gary Null 52:08
So these are all the best of the best. These are the superstars of the relax because you've got to be able to relax the central nervous system.

Linda Perry 52:17
I'm thinking that this sleep stuff you know it's not just to sleep but it's also to just relax you in the evening.

Gary Null 52:23
Yeah. Yeah, just just ease out. Chill out.

Linda Perry 52:27
So Gary. Gary knows sleep stuff plus the de stress naturally DVD the film all for you for \$99 as a contribution to 100% listener sponsored wbai in New York. Please call us now. 5166203602 ask for a Gary Null's sleep stuff. We could call it Gary Null's calm stuff. Destress but ask for Gary Null's sleep stuff. Gary, Null's sleep stuff and destress naturally, the DVD for a \$99 contribution to wbai in New York. All the money goes to wbai to running this radio station so that it can continue to bring you the information that you like to listen to the conversations you want to hear and the different insights into areas that maybe you didn't know about before, but you know now because you're listening to wbai 5166203602 ask for Gary Null's sleep stuff, and the destress naturally DVD and become a member of wbai. By doing that if you're a Gary Null listener and you appreciate Gary Null and the knowledge that he brings to his products in the knowledge and experience and the research then ask for the Gary Null's sleep stuff and the de stress naturally film or just ask for the Gary Null's sleep stuff. And we'll we're throwing in the film. That is for a \$99 contribution to wbai we have very little time left 5166203602. That's the number to call to become a listener sponsor \$99 for the Gary Null's sleep stuff, and they destress naturally film 5166203602 join the people who are calling now and join wbai.

5166203602. or go to our website. Give to Wbai.org. And, Gary, I want to thank you for being so generous with your time and your knowledge and your expertise. You are just fabulous.

Gary Null 54:30

Thank you Well, I've been here for 43 years and I wouldn't be here if I didn't believe it was worth it. I believe in the mission, Louis Hill's mission of being a voice for the voiceless. I believe in the outstanding variety of, of minds on different issues. that diversity is very important. And that you're really getting something different than on NPR or PBS. Which by the way, if they had to get their total income from their listeners or viewers they'd be sinking but when the founder of cots the founder of McDonald's dies and gets \$500 million that went out to, to NPR. That's, you know, it's a lot of cash. And when the Koch brothers are a major contributor to PBS, and speaking for one of the executive producers of PBS, I asked a simple question. Does their giving you money influenced your content? She's absolutely it does. Absolutely, it does. Of course, it has mentioned that but it is true. Well, that's not the case here.

Linda Perry 55:36

And the Sackler family, you know, it goes on and on and on in terms of influence. wbai is 100% listener sponsored by you, our listeners. \$99 is the amount for a contribution to receive the destress naturally DVD and Gary Null's sleep stuff, call the call center right now. 516-620-3602, say that you want the Gary Null's sleep stuff for a contribution of \$99. or go to our website, give to wbai.org. And join wbai make wbai strong because you listen to wbai, it's been around for almost 60 years. 60 years, I believe in January, I hope that you'll participate in a big anniversary bash in January, Gary with other people.

Gary Null 56:26

And Linda, one last thing.

Linda Perry 56:28

Sure.

Gary Null 56:29

A lot of people come home from work and they're really wound up. And because of all the circumstances like they can't control, that would also be a good time to take your sleep stuff.

Linda Perry 56:40

So sleep stuff is really calming stuff. And that's very common. I think we all need it. And it's it's natural. Yeah, it's totally delicious. and delicious. Okay. All right.

Gary Null 56:51

Thank you very much. And Linda and for all the people have been supporting the station. Running times, by the way. kpfk on leaner times, whoa. They were doing well. Now they're not. So this is throughout the whole foundation of Pacifica. And I'm sorry to see that because the people deserve to have solvent stations and we're trying to make wbai solvent. We're already making it relevant. Again.

Linda Perry 57:17

I think we're on an upswing

Gary Null 57:19

epi relevant and we're back to being relevant.

Linda Perry 57:21

I think so. I think we're doing good. I think we're winners.

Gary Null 57:24

I agree.

Linda Perry 57:25

Okay, thank you so much, Gary. Take care. And this is listener sponsored wbai in New York once again. 516-620-3602 is the number to call for Gary Null's sleep stuff. It's really Gary Null's calm stuff as he's he's told us that 516-620-3602 please join wbai. And those of you who have been calling in we thank you so much. We will get those out to you. Via 5166203602 for a pledge of \$99. As for Gary Null's sleep stuff and the destress naturally DVD. Stay tuned for more programming here over this listener sponsored non commercial, non corporate radio station.

Promotional Announcemnt 58:14

listener supported wbai radio is reaching out to you to become a wbai buddy, a sustaining member of this radio station for \$10 or more a month. We appreciate all of our listeners who have become wbai buddies. And we'd like to thank you all for supporting our programming and for keeping independent radio alive. Here's a big thank you to all of our new wbai buddies, for their support of all of our shows. Thank you to Giorgio and to Carrie Robertson and Brooklyn, David and Forest Hills, Edward and queens, Mary Felder and hemstead and Sandra rivers and Harlem. A very big thank you to Celeste in Westchester, Marie in Pittsburgh, Krista and West Hampstead and Benjamin Sal Jacques and Montclair for their support of our show economic update to Anna in Milford Linda in South Portland, Natasha in Los Angeles, Claire in Flushing and Dolores Watson in homestead. Thank you for your continued support of lat lopate at large. Thank you, Elizabeth Shanklin, from the Bronx for your support of Law and Disorder. And to Justin from Manhattan for your contributions to bike snob. Thank you, Mohamad, for supporting your favorite show Blackstar news and to Carroll from New Jersey for supporting Green Street radio. Thank you Pamela from Brooklyn for your support of living for the city and to Lucy from Queens for voices of resistance. And thank you, Thomas from Hastings on Hudson, for your contributions to Democracy Now. Thank you.

Michael G. Haskins 59:51

I'm Michael G. Haskins host of living for the city on listener sponsored wbai in New York at 99.5 FM Mondays at 11am. Along with senior producer Julian Jonas, we delve into some of the complexities of living in one of the

EXHIBIT #5

gary-null-special--triple-stuff-pack_2019-12-28_21-00_01-00 ...

Announcer 00:00

decision as we were talking about earlier, call up 51662 o 3602. And we really would love some new WBAI buddies. A monthly automatic contribution of at least \$10. Do that. 516-620-3602. All right. It's now nine o'clock, and you're listening to WBAI. New York. Oh, Gary.

Linda Perry 00:34

And you are tuned to listener sponsored non commercial Pacifica radio. This is WBAI in New York at 99.5 FM streaming at WBAI.org. Locally controlled your listener sponsored non commercial radio station and we're back in local control of this radio station. And we are still raising money for WBAI because we because we I can hear my our station manager in the background arranging with creditors how we're going to pay them. So this is listener sponsored WBAI, and we are trying to raise funds for WBAI. We are joined by Gary no Hi, Gary

Gary Null 01:19

Hi Linda

Linda Perry 01:20

how's it going?

Gary Null 01:21

It's going to see anti-aging study. It's the only one other in American history of its kind.

Linda Perry 01:28

You did the blood test the blood workup?

Gary Null 01:31

of blood workups are in the science. Our scientists are now reviewing the blood workup. And they'll tell me yes or no. We created a whole new scientific paradigm. Or we just got people healthier. One or the other.

Linda Perry 01:44

And most of these people in this study, they were what between 70 and 94 years old, is that correct?

Gary Null 01:51

94 was the oldest 93 to 95, 94. Several were 80. And the majority were in their late 70s 77 through 79.

Linda Perry 02:06

My goodness, have we ever tried this on younger people?

Gary Null 02:10

No. But I also had three younger people in to see what it would do for younger person, one person 4050 and 60.

Linda Perry 02:18

Good. Yeah.

Gary Null 02:20

And I did it with people who had no diseases, who are vegan and healthy. Therefore,

Linda Perry 02:28

by the time they finished, I betcha.`

Gary Null 02:30

we increased bone mass 2.3 to 3%. In, in all the people and the highest bone mass increase was the woman who had also processed who was 94.

Linda Perry 02:43

Can you explain a bit about why it's so important to increase bone mass?

Gary Null 02:49

Well, because you frequently hear someone saying all that poor person fell and broke their hip. Its just the opposite in most cases, a person has a thinning of the bone, because they're not. They're not taking the nutrients like boron and manganese and vitamin d3 and calcium magnesium from citrate and, and certain fatty acids in order to create a new matrix. And then from that bone mass comes our B cells are our part of our immune system. And you have to exercise now to exercise your muscles in a certain way. So that there's force compression, when you take a step. So that compression reverberates into the femur and other bones and allows them to strengthen and absorb calcium. And, and also your diet can de-mineralize you. You got coffee de-mineralize you because it's a highly direct diaretic soft drinks can create the same thing. Caffeine is a diaretic. And so you could be taken some think of the people who mistakenly take in their vitamins in the morning with coffee without even thinking about it. And don't realize what that actually means for the body. So so you don't want them both because then your bones are so thin, they cannot support your larger structure and they break and then you fall down and they say oh, you fell down and broke your hip. No, your hip broke, then you fell down.

Linda Perry 04:21

And so this study that you've been conducting has actually increased bone mass?

Gary Null 04:26

and it reduced their body fat especially or abominable body fat, which reduces their chance of a heart attack.

Linda Perry 04:32

And just for people tuning in, who maybe don't know what in the world we're talking about. I'm speaking with Gary Null. I'm Linda Perry. This is WB New York and Gary's just going to briefly explain the study that he has been conducting over the past few weeks. He's going to be continuing on with this study, just so that we catch you up on what he's doing.

Gary Null 04:54

Well, I'm going to be working for the next four weeks with a group that started late. They had To be on campus for 60 days, we want people to know that everything that they're doing, they're all doing the same, you have to have, you have to have everyone following the same protocol. And then you have to have reproducibility of a

protocol, meaning the results that I get, if some other scientists did the same study, they should reasonably expect to get the same result. And so we had to have medical supervision, even though it was non medical, it's lifestyle and behavior modification only, no drugs, no diagnosing, and treating any disease, because in my world, aging is not a disease. And yet, the whole medical model says that aging is a pathology. And it's not. The diseases come from the mistakes we make. In life, the foods we eat, the beverages we drink, how we deal appropriately with stress, that's what creates disease and behind almost all disease inflammation. So by putting people on anti inflammatory programs, and turning off the inflammation that reduces the attacks against your cell, you see, let's just say for argument's sake, you have 100 trans cells, people might have a smaller people, 75 tree and 50 to 100 trans cells, but we're just using this as an example. The science shows that you have about 10,000 gene alterations per cell every 24 hours. That means those 100 trans cells are being attacked by free radicals due to oxidative stress, due to smoking due to drinking due to acidic foods like sugar, and meat, due to overeating, caloric excess of caloric intake, and hence obesity and weight gain. And due to the diseases that come from being overweight, like diabetes, high blood pressure, and heart disease, congestive heart failure, and arthritis, all these are due to excessive inflammation. And that's due to having a highly acidic lifestyle and not being properly distressed. So then that creates the actual attacks against your DNA. Now at the DNA level, though, there's about 10,000 gene alterations per cell per day, the body when it younger, can repair some that damage. But the older you get, the less you can repair until one day, you're not repairing anything, and then we make the mistake, and it's a fatal mistake. And it's based on massive arrogance and hubris within the medical and scientific community of assuming that because everyone suffers from the same conditions, that those conditions are themselves legitimate markers of the of aging. Hence we say the dementia is a disease of aging and Alzheimer's and Parkinson's and ALS. That's not true. None of those are normal to the aging process. They're normal to the pathologically lifestyle deficiency input that we have. So as long as you keep doing the wrong thing, sooner or later, you will manifest diseases. And then those diseases will be said to be age related. If we started seeing Alzheimer's and 20 year old, then, then you've got a problem, then we would notice it if suddenly we shifted if all of the older people in America started to suddenly change their lifestyles and get healthy. But the younger people are dying faster than any younger generation in 100 years. And it is known today that for the last three years American men and women, they're reducing their lifespan. I mean, we're going backwards. For the first time in 100 years, we're going back. And that's because the diseases of affluence, the diseases of poverty, you're less likely in poor neighborhoods to see organic markets. And with income disparity, you're less likely to see people who have enough disposable income to afford the type of supplements that they should have the ability to go into safe places to work, walk out and do power walking.

Linda Perry 09:01

Gary has a treat for everyone. What we're offering today a special three things, the red stuff, green stuff, and also the muscle stuff. And we're offering the three together as a pack for listeners sponsor WBAI for listeners to call in and to become members of WBAI by calling 516-620-3602 for a pledge of \$160 you get a thank you gift of the muscle stuff, the green stuff and the red stuff. So can you tell listeners a bit about what this is?

Gary Null 09:35

I invented green stuff for myself and my mother 30 years ago. In fact, it was 33 years ago, I was going on tour and I knew that where I was there was not going to be any healthy food I could eat. I was going out to Cheyenne, Wyoming. Nice people not a good diet and big on beef and potatoes and white bread. So anyhow, what I did is I had a garden down at my organic farm. And it was about five acres, and I just harvest everything and Houston. And a friend of mine, a friend of mine then said, let's try this without heat. I said, Okay, so that's what we did, we dried all these vegetables. And so when I, when I was out on the road, I found that I could take a scoop of this

throughout the day, and I just felt so much energy you couldn't imagine. That was terrific. And when I got back, about a month and a half later, I'm in the Institute of fire biology in my lab and I felt something I sitting at my desk, and I'm rubbing my forehead, and I suddenly felt somehow when I looked in the mirror, and suddenly, where I have male pattern baldness, all the men in my family do. Suddenly there, I saw little hair growing. Whoa, you know, I had done everything I could to get my hair grow, and nothing was causing growth. And so I thought, well, how did this happen, and the only thing I could imagine that time was different in my life was the that powder that I made, but I had to redo the whole thing all over again, because I didn't keep track of what was growing in the garden. And so I grew everything again. And again, I tried it. And this time, I asked some of my friends who had thinning hair to try it. And they tried it and it worked. And then I did the largest study I've ever done. For 1500 people 5000 showed up, it took a year to see could we reverse male and female pattern baldness, and a group of people who stuck to a very specific protocol, and it worked. So that was the first thing but then my mom, no matter how many times I would say, look, please just stop with all the bad food that you're eating, you smoke three packs of cigarettes a day, you're drinking coffee all day. And you know, you're eating this same old food, and it's not healthy. And she's Well, she's you know, but I'm used to it. And you know, and I'm old. And as a mom, you're 50 years old, you're not old. She said, well, I feel old. So I said, if we just do this, we just try this. Okay, she wouldn't change anything else. So I gave her a bottle of this huge bottle. And then I just kept sending her models of it. And it made a difference, she felt substantially better. Now she still kept with the bad diet. So kept to the smoking unfortunately, she lived to be 58, my father lived to be 58 he died of cancer, she died of a stroke and middle the night. And I thought to myself, how many other people have people in their lives that they love, but they're not able to help them because people don't want to change. So even if we did one really good thing for ourselves, it could make a difference. And that's when I decided years after I'd created it to offer to the public and in a very small way. You know, it's just just the people who know me can get it. It's not advertised out there anywhere, you know. And so what I've done is I created the concept of creating blends based upon what I know that the actual produce does when combined. So I've got organic kale and organic barley grass, which, by the way, was one of most powerful healing grasses of ancient times. Spinach and parsley and carrots, oat Beta Glucan. And what you get in that still cut oat gentlemen called earlier about asparagus, aspiring Lena, which is a single celled algae, which is extremely rich in protein. My goodness, it has more protein per weight than the meat, celery and onions, and cauliflower, and cabbage and broccoli and radish, broccoli sprouts, and collard greens, and apple and then pineapple flavor. So you got a lot of cruciferous vegetables. And if you just Google cruciferous vegetables, these all come up, and why are they powerful? So that's what's in green stuff. I mean, it's that simple. It's Occam's razor, you know, don't come views the complexity of our provinces, the simplicity of the solution, you know, this only has 59 calories per serving, and you get a month supply. And it's really, really, really good,

Linda Perry 14:27

what's a fight

Gary Null 14:28

everywhere I can travel with it and without a problem. And so I take it every day. **And then I blend it with some other powders. And the other powder that the station is offering today is the red stuff. And again, I want to say the average American and all the studies show that we should be eating more raw. This is raw. All natural, this all natural 16 vegetables and phytonutrients that's really good. And it's as healthy as you can get.** So even if we're not going to change everything in our diet and people aren't, at least they can change something they can add something good in. I'm not looking for perfection. I'm not looking for 100% commitment in what a person does, because I would be disappointed. But as long as someone's able to do

something for their health, something that does not disrupt their lifestyle, or change their diet, I'd love to see people change their diet to a really healthy diet. But the reality is very few people learn to do that. But when they do, they're great rewards for it. But now we got the vegetables. Look at all the scientific studies. Every single scientific studies shows that the more fruits and vegetables you consume, the healthier you are. So then I wondered okay, what can we do with those people not eating enough fruit? **Well, I created red stuff, green stuff for the vegetables, red stuff in the fruit. And then here I put cherries, strawberries, blueberries, raspberries, apples, grapes, bananas, pomegranate, papaya, prunes, acerola goji, cranberry asye, Bill Berry and grape seeds. So don't get better than that for your fruit. Because ask yourself what is the likelihood that of all the ones I just mentioned, all these great fruits that you're going to have all those every day? Well, now you can, you can have all these wonderful raw, all natural eighteen fruits and phytonutrients in a day, you put that together red seven green stuff. And you've got yourself a real power boost within the body. That's you know, your hearts gonna say thank you. That's the pomegranate your digestion. It's gonna say thank you, that's a papaya. Your livers gonna say thank you. That's a watermelon. Your hearts gonna say thank you. That's the apple, your eyes gonna say thank you. That's the Goji Berry, acai and cherries. The high fiber in here. Everything is good. I mean, it's, it's a phenomenal it's a phenomenal powerful. This is not just a superfood, this is a super, super super food.**

And to make sure you get your protein from vegetable sources, then you have you have the the muscle stuff. And that's where you get plant based protein from split pea and the best sources of protein from grains and gluten free grains. And, and you get about 25 grams of high quality protein in a single serving. You don't want more than that. Because your body can't store protein you want to use protein about three times a day. But give me an idea. 25 grams is about half an entire day supply for the average person's needs. If you went into a restaurant you said I want to get my protein today from meat. The amount that they would give you would be one single forkful. But we're not eating one forkful, let's say three ounces, reading 10 ounces, 12, 16 ounces. And that's just one item in one meal, we're eating, I have found two to 300% more protein than what our body can handle. And since it can handle it, it can only utilize what is available then then it has to get rid of the rest of what we call de-amonization, then you have a buildup of ammonia and urea. And that's why we have with these high protein diets. They're extremely dangerous in my opinion. And in fact, a close friend of mine for 25 years was Robert Atkins we traveled together on trips to lecture and debate different people on social issues. And and but he would sit at a meal and have all this fat and protein that's sit there and never will forget it. We were in Indian restaurant. I don't think it exists a more modest woodlands. The owners were doctors that come over every time I go and say Gary, we got a new hot pepper. No, we're talking about hot is a ghost pepper, the hottest peppers in the world. And, and I would take a tiny, tiny piece. And before it would sit for less than a second on my tongue, my tongue would be on fire and I have to put some ice cubes on it. This guy would take a whole pepper and just do what I've never seen that before. And there's Atkins eating, you know, I couldn't believe what he was eating. But that was his business. And he did what he was going to do. And then I would freak and I said Bob, you know, you know, I see a lot of your patients, putting him on a vegan diet. high protein diet, high fat diet. In any case, this is vegan. This is healthy. These are the best superfoods you can possibly put into your body. So it's for those who want to do something really good for themselves. You take the plant based protein, and a good amount to give you an idea how much protein it is. And one scoop of muscle stuff. You're getting what would be equivalent to what is in four eggs. That's right, four eggs, but you're getting it without the cholesterol and without the animal protein. You're getting it the right way. So that's what we're offering. We're offering green stuff, red stuff and muscle stuff. You throw it all together in a blender in the morning, you want to throw, you know, your favorite flavoring in, throw a banana in it, whatever you want to throw in. I always suggest people throw in some nut butter, almond butter, cashew butter, walnut, butter, pistachio butter. These are all terrific for you, especially for your heart. And so then you've got a great smoothie in the morning. That's the way to start your day.

Linda Perry 20:31

So you're saying that way you're

Gary Null 20:33

doing the right thing. When you call WBAI, and supported by making a pledge.

Linda Perry 20:38

So you're saying you should put in all three ingredients into a blender, but not do it, not to just one of them. And then another one during another part of the day and then another during the next part of the day. You're saying to just have them all together?

Gary Null 20:55

You just put them all in together, take him down, and your body's going to thank you.

Linda Perry 21:00

Okay, so what we're offering is Gary Nulls triple Stuff Pack. It's the green stuff, the red stuff and the muscle stuff for a contribution to WBAI of \$160. If you would get these separately, they'd be that cost you a lot more. It's the Gary Nulls triple Stuff Pack that you asked for when you call 5166203602. Or you can go to our website, give to wbai.org. And if you just put in Gary Null, you'll see it comes up triples Stuff Pack for a contribution of \$160 to listener sponsor wbai in New York. It's a thank you gift. If you listen to Gary's program, if you appreciate wbai, then become a member and support us by taking out a con a pledge a membership to wbai, and subscribe. And you can get this thank you gift for a contribution of \$160 to wbai. The number again is 516-620-3602. Join the caller who is now calling to get this special offer here a special Gary Nulls triple stuff, pack green stuff, red stuff and muscle stuff. And those are the three ingredients that you will be getting but you're not just getting three ingredients, you're getting lots and lots of fruit, and vegetable and other print. Over 36 fruits and vegetables, that's what you're getting. And you know, the other day, I was, I was so excited to be able to go and buy a watermelon. And because I've been into like buying these little these small melons, and taking them home and cutting them open and you know, just putting them into these glass containers, then you know, I just take it and just eat the whole thing up or bring it to work or whatever. And the last time I did that it was frozen. You know, so you this is the time of year where it's hard to get your red stuff. Let's face it, it's hard. So here you would get your red stuff that's not frozen, it's comes in Gary Nulls red stuff. And you will you will get the benefits of all of those ingredients, all the red stuff. My goodness, you know, it really does make your body feel a lot better when you're having natural fruit 16 fruit contained in this red stuff. So you get the green stuff, you get the red stuff, and you get the muscle stuff.

Gary Null 23:26

It's only 64 calories in the red stuff. And there you go. There's only 59 calories in the green stuff. So you're getting 36 different fruits and vegetables with only a 59 calories and 63 calories. You're getting all the fiber in there. You know you're getting you're getting something that your body needs. Here's the question we have to ask ourselves, Linda, what is the purpose of the exercise? So if we really want to be healthy, then we have to make some commitment towards that. I once worked at the beginning of my career in New York City as a ghostwriter for a very famous old feminist. She was 84 a feminist from the 19 teens, 20s 30s 40s and 50s. She in a group of these great intellects and activist Melvin wall loose Thurber, Thelma, Nuremberg, all of these great names from earlier generations would meet in like a salon, like Gertrude Stein salon in Paris, and in the 1920s,

30s, they would meet and talk about the anti war effort and how they were disappointed none the young people ever asked them for their advice. And here, they're in their 70s and 80s. And they had a lifetime advice. And so I had a little tiny cubby hole that she just kept stacking because I wrote so fast and I edited so fast, and she would keep piling work on my table. And every day, when I would go in there, she would have something sweet and then she'd go to sleep. So you're right there should be nodding off. And so she rarely got anything done. And, and I said to her once I said, would you would you please try something if I bring it to you? And she said What? I said, let me just surprise him bring you over a meal. Okay? And she's no as a vegan. So I brought over a meal. And I made her a a BLT sandwich, the bacon, lettuce, tomato, and and I gave her the sandwich. And I said, What do you think? And she ate it. And she's that's very tasty. I said, Well, that's vegan. That's Tempeh. That's not bacon. That's an eggless dairy free mayonnaise that I made myself. And that's not lettuce on there. That's microgreens. And that's not regular wheat bread. That's asen bread. And I said, so everything you're eating actually will stabilize your blood sugar because you're diabetic. And you'll have energy all afternoon. And she pushed it aside. And she said, If I want to be healthy, I would have asked you. And I said, Okay, I said, that's fine. I'm not here to push a healthy diet on you. I just thought since every time I come in here, you sleep for the next three hours maybe, maybe you'd like to do a little more work. She didn't like that. I was naive. Look, I was a young guy from the country of West Virginia, I believed in manners and being polite, especially the elders. And if I could help a person I would, she just didn't want that. So she was very clear. She loved her junk food, and she loved what she did. And she was very unhealthy. And she died about a year later. And I was sorry to see that because she was one of those remarkable minds in life, as were the other people I saw each one die one after another. And they were sad because they didn't believe you could extend your life and they didn't believe in nutrition, they didn't believe in any of the stuff you could do because they didn't have that discipline. So we have to understand not everybody wants to be healthy. Not everybody wants to live a longer life you might think they should, but they don't. In fact, we frequently master the very things that cause us to be sick, and but they're they're comfortable, comfortable. There's comforting messages and what we frequently do. And so what I made greenstuff and red stuff and muscle stuff is for a lot of people who don't want to make changes and that's fine. Our have people in their lives that don't make changes yet they love these people know that they like my parents they wouldn't change anything. But never listened to me. You know I was this strange son that they thought was like a rabbit he ate vegetables and so you want to help them so if you just got them to do one thing each day just take us give them a smoothie, show them how to make a smoothie. And say just drinks each day.

Linda Perry 27:53

You don't have to say you know if people are reluctant,

Gary Null 27:56

it just make it just say this is healthy stuff. It's just giving you a little insurance.

Linda Perry 28:01

We want to thank Tom from New Jersey and Sonia from New Jersey also Kent from New Jersey who have just taken the triple Stuff Pack Gary Nulls` Stuff Pack, triple Stuff Pack and also Gina from Jamaica. And the number here is 516-620-3602. That's the number to call. We're talking about Gary Nulls triple Stuff Pack that is three different sets of ingredients, the green stuff, the red stuff and the muscle stuff. Talk a little bit about him 5166203602 talk a little bit about the the muscle stuff. I mean, it's very important to build your muscle strength and many people know that you need to get more sleep.

Gary Null 28:46

Linda when I was down in West Virginia, we didn't have a YMCA. And we didn't even have a boys club. I went to a Mrs. Harris who was called the tugboat Annie, and she was the wealthiest woman in West Virginia.

Linda Perry 29:00

Wait a minute talk about her. She was called the tugboat Annie, why was she called a tugboat?

Gary Null 29:03

she owned a tugboat.

Linda Perry 29:04

Haha, okay,

Gary Null 29:05

she was this wealthy matron and, and people were kind of afraid of her. And so I was the one who was tasked with glove. My teenager, I'm 16 years old, go up and talk with her and see if she'll donate a building to build a boys club. So I went up and this beautiful old stately mansion knocked on the door. And you know, she came to the door. And I said, Hi, I'm Gary Null and I'm a local person here, boy scout and we just wanted to see would you help us? She will come on in. And the whole house was like nothing had changed if you were walking into a Victorian mansion. This is what the kind of environment and I sat there and and she's now tell me what you want. She's very direct. And I said, well, could you get us a house? What kind of house I said just any house where we would go in and we would fix it up and make it a boys club. No boys club is no ma'am. There's no boys club here and there's no YMCA, there's no place for young people to go after school. Okay, and she did. Like the next day she bought a house down on Sixth Street. And so there's actually I in my photo, there's some pictures of man, some other people fixing up, we went down and painted and it was an old house, we fixed it up. Everybody chipped in. It was a community effort. And now we had a boys club, but we didn't have a gym. So a buddy of mine, God allowed us to use his garage, and we cleared everything out and put a carpet down and then we brought him weights. And back then we didn't have all these ergonomic machines. We just had weights like dumbbells barbells, where you could do bench presses and sit ups and deadlifts etc. And so, I was told by the big guy, I was the little guy. I was the shrimp. I weighed 236 pounds, all muscle, and I was a little tiny guy. These guys were big 6'8", 285 that was big gym, nicest guys you ever meet. And they said you got to have more protein, more protein, more protein, which turns out that wasn't true. You needed more carbohydrate, not more protein. So I took nonfat dry milk. That's what I was the only thing I knew I was young and stupid. I didn't know what to do. I didn't want to go eat meat. Tom would eat as many as 10 hamburgers at a time. I mean, I actually saw him 10 hamburgers. And when we go out to eat, you get a kick to the guy's weighed 350 pounds each. And we're all in my old car. And we pull up. And there was they were so heavy that I had to take the seats out because they were breaking the seats. I put a lot of cushions. So when we pulled in this filling station at night on at night after the ballgame, all you could see where I had. And this these guys pulled up in this truck beside us and said What are you looking at? I'm not looking at anything. Now you're looking at this, you know? And I said, Sir, I'm not looking at anything. You know, we're just here to get gasoline and back then you didn't get on the car. They came flood crop. So now this guy comes over and he gets a tire rod and it goes up in front of my car, and he bashes him my light and big john said big Tom says that's all we're going to take guys. No, no, no, no. Don't get in any fights. We don't we're not going to hurt these people. But these guys didn't get around the door. Now they're going to start bashing my windshield. That was it. So my guys popped out of about 2000 pounds of muscle. Suddenly these guys just they backed up they oh we didn't mean anything. We didn't mean thing.

Linda Perry 32:51

Oh boy,

Gary Null 32:51

that but these are the kind of guys have worked out where they were nice guys, gentle guy, gentle giants. Didn't go looking for trouble. Oh my god, you didn't want to start a fight with these guys. It'd be like hitting a tank with your hands. And but what I did was I listen to what they had to say. And I started taking this nonfat dry milk and I got puffy eyes and my sinuses were always full. And I was strong. I could out lift all of them deadlift as they had, you know, they were huge. So when I came to New York City, I came as a weightlifter, not a bodybuilder, and I was strong as an ox. And when I went out to run, I could barely run. And the first thing I did was I gave up dairy. I said we got too much protein. And I slimmed down to a very comfortable 190 pounds. That's almost six, two, that's perfect weight. And I start doing long distance running. And I found that the more brown rice, the more lentils and legumes that I ate, which were I was poor and that was the food I could afford. Interestingly enough today, your vegan food is the cheapest food you can buy. It saves a lot of money, save about 30% and it was healthier. So I found myself getting healthier. And suddenly One morning I look in the mirror and there was no puffiness under my eyes. I had no congestion in my sinus. For the first time in five years. We've been doing it all wrong. All wrong. We've been listening to guys, right the particles, the muscle magazines because look, again, I was very naive. I trusted what everyone wrote. So if someone like Paul Anderson, the greatest weightlifter at the time said this is what you do. You follow that guy. The fact that he was probably well intention by giving this information was was you know, overlooked. So then I started realizing the vegans have more energy. The vegans have more endurance and more stamina. And that's when I started studying the protein and I bought wrote a book on it protein for vegetarians. And dispelling the myth now, I just posted yesterday, after this controversy about this film that owe, you got to eat meat and these vegans aren't really strong and they can't compete. I've been a competitive athlete for 50 years, a half a century. I was athletes of the Year in 1991, 92, 93. I was nominated 14 straight years I won Florida Athlete of the Year, and racewalking, in 2006, I won USA national championship. I was master track and field athlete that year, three times, I won over 400 to 500 races, World Champions, I've had multiple world records, state records, national records, and I'm still competing, and still winning and still setting records I intend to record next month. And

Linda Perry 35:40

is it because of the muscle stuff? is it the muscle stuff?

Gary Null 35:43

can I only take muscle stuff, that's where I get my protein each day, I only have one meal a day. So I'm getting my muscle stuff and I'm my body is lean, I have very low body fat, I'm healthy. I'm have no not lost any my strength. So every rule that they told you you had to do, we broke them. In fact, the greatest couple that I've ever trained, came to me with advanced heart disease. And he was going in for surgery. And he was an engineer. And he said, Gary, I looked at the science and it says that there's a 15 to 20% chance I'll die of a heart attack on the operating table. And there's another 20% chance I'll die within next two months afterwards. And he said, I'm nearly eighty years old. And I'm just saying is there anything we could do. In fact, he was so sick, he couldn't walk up one flight of steps in the tri state Healing Center, I came down set with him on the stoop. And in the car glaring at me with his daughter who is a medical doctor. She thought this is all crazy. And the mother, his mother or his wife, the girl's mother was the head of nursing. So you had people who did not believe and they told me we don't believe in this crap. This is all garbage. I said, Okay. I said you either want my help or you don't. It's costing you nothing. So the guy took my help and they drive him in. And in a period of six months, we were able to deocclude from

95% to 40% is primary carotid artery. Then I get him exercise in the park. And every week on Sunday, he would come in here do jogging with us. And within a year, we got him into races. And then guess what? He became the top USA track and field athlete, the New York runner running club pop athlete, the Metropolitan athletic Congress, top athlete in his age group in the United States. So his wife comes in one day, and she got Bell's palsy. And her whole cheek is sloped down and I sloped down. Now being a nurse I said, What's the prognosis? She's going you know, there is no cure for Bell's palsy. You know, your body sometimes can work it out. Most time it can't it's going to take years. I said, What can I give you a protocol? And she said, Well, it's not gonna work. I said, Okay. But what's the what's the harm trying it. So she tried our therapy. Two weeks later, a bell positive gone. Now, she started to train with him. Now both of them are in the film I did, which you can go and see for free power aging. And you'll see this couple their year, they're having their green stuff their red stuff up there, and the smoothie in the morning, they go to the park that workout together, she became athletes of the year, she became the best athlete in America. And in New York, the tri state area broke records, the two of them together, were legend. So when people say you can't do it, it can't be reversed. Actually, right. There is no disease that can be helped or improved or reversed ever. Or Yes, you can reverse it. One way or the other. You're going to take a path, you're going to open a door, something can be done or something can't be done. I'm the door you open. If you've been told it can't work, then come knock on my door because everyone I see is terminally ill I only see terminally ill people. And how we nobody has decided to ever look at the people kept the New York Times did they had a man named Harry Beal who was in stage emphysema and was dying, and just wanted something to get rid of the pain. And I said, Why are you Why are you shooting so low is What do you mean? I said, You've got congestive heart failure. You've got dementia, you've got your 80 some years old, you've got all these problems. And you just want me to help you with a pain. Why not help you with the diseases? He said? Well, because it can't be changed. And so you're absolutely right, they cannot be changed or your doctors would have done it. But what if I say it can be changed? So he went on a protocol. And three months later, he no longer had end stage emphysema. Six months later, he was totally healthy. And I got a call one day from the New York Times saying can we do a feature on Harry Beal? I said sure. So it was in the Sunday magazine section very positive article about I went on this holistic protocol and reversed all this disease all of them gone.

Linda Perry 39:45

And so was he taking any of this stuff?

Gary Null 39:49

Yeah, but I don't I don't want to attribute his improvement to this stuff. I don't want to do that.

Linda Perry 39:54

Right. But the stuff will help

Gary Null 39:56

protocols he were on all the people I helped her on. I really emphasize cleansing detoxification, putting in the living role foods that cleanse the liver, help the circulation, turn down the heat from all these inflammatory processes to damage ourselves and allow the body a chance to heal. Because ultimately, all healing is innate healing. The body does it it's helping you have to give it the tools to do so you can't be sick and then eating hamburgers, hotdogs, french fries, pizza, alcohol, and expect the body to heal. You give the body what it needs.

Linda Perry 40:29

you know I was watching the other day, on on the news, there was this woman who was who had won the hamburger eating contest. She had to eat so many hamburgers that it was just like totally grossing me out. And she was very proud of herself for having won this contest. And I was just thinking, oh my goodness, how did she feel the next day couldn't have felt very good. 516-620-3602 is the number to call. We're talking about Gary Nulls triples Stuff Pack. And we want to thank Joe from Plainfield, New Jersey, and Lucius from Brooklyn and also John from Flushing, who have called WBI to become members of WPA II to accept a thank you gift from Gary Null, the triple Stuff Pack which is red, green and muscle stuff for a contribution of \$160. Again, the phone number here is 516-620-3602. We've been talking about the benefit of a plant based diet for some time with Gary Null. And he's been talking about various protocols that he has enacted, which have helped people and have helped turn down inflammation and helped people to live healthier and longer lives. The number again is 5166203602 to become a listener member of WBAI listeners sponsored, non commercial non corporate locally controlled radio here at 99.5 FM in the middle of the FM dial. Gary Null is on the air, usually at noon, five days, actually six days a week Monday through Saturday at noon, he's on the air and he is you are receiving the benefit of his many, many years of wisdom and experiments and conversation that he gives us on a daily basis. 5166203602 is the number to call to join other people on the line right now to get this thank you gift. Thank you, Craig, who I see just called from New York, and also John John, who's calling us from Queens. I can see that right here also Joseph Joseph, where are you from? Hold on a sec. Let me look, Joseph from Plainfield, New Jersey. So 5166203602 is the number to call, you simply ask the call of the operator who is standing by for Gary Nulls triples Stuff Pack, that's the red stuff, the raw and natural fruit and enzymes, the green stuff, all of the vegetables that the Gary has enumerated, and also the muscle stuff and he's been talking about how important it is to be able to build up to to have strong muscles to help strengthen your bones and to control blood sugar to improve cholesterol levels and to maintain a healthy weight and how important it is to actually build up your muscles. So 5166203602 is the number to call and ask the operator standing by join the other callers calling right now for Gary Nulls triple Stuff Pack for \$160 it's worth a lot more if you buy these items separately. \$160 for Gary Nulls triple Stuff Pack. And what we're doing as we are offering this as a thank you gift, you get the radio station basically, that's what you get. And we need you to come aboard and to become members of WBAI so that the station can keep broadcasting now and can keep broadcasting for generations to come. That's why we're really on the air now asking you to support WBAI to help pay for the bills to keep the lights on to pay for the transmitter to pay for the rent here at this facility. Oh and Linda, please. We want to let people know that we have sent out over 1000 premiums and we're trying to make sure that when you pledge and you ask for a premium like this one Gary Nulls triple Stuff Pack that we will be sending out the premium we are trying to make sure that that happens and and that we don't have a lag in time. Like was the case in the past. So we are trying to make sure that all premiums are being honored. And we need you need your support. We have a couple of more minutes and you can join with those people who are now calling 5166203602 do what Gary says, you know, you add a little of the red stuff and a little of the green stuff and some of that muscle stuff together and put it in a blender in the morning. And

Gary Null 45:13

yeah, there's a scoop and each one, just add, add one level scoop to each of the three. And then any kind of beverage to apple juice, orange juice, grapefruit juice, rice, milk, almond milk, anything you want, like that. And then I suggest you add in a little bit of the nut butters, because they're extremely healthy for your heart. And let's go back to what I suggested earlier, what is the purpose of the process, what is the ultimate goal, the ultimate goal is to do something rather than nothing that will allow you or your loved ones to be healthier, by giving them what all the scientific literature shows we are deficient in, and we need more of fruits and vegetables. And not just any fruits and vegetables, these were selected based upon what the scientific literature shows they're able

to do inside the human body. So that's what this is about is giving your body an advantage. Now, I'm not telling people to change everything in your diet, I'm not telling all the foods you shouldn't eat, because you'll change when you're ready to change, not everybody is ready at the same time. But when a person does say, yeah, I'm ready to make some changes, then we'll be there to help you. You know, I'm, I can only be there as a facilitator for health, and try to guide you through the maze of some decisions, I can't be there to convince you, it's time to change, you have to do that. I don't believe in cajoling people. I don't believe in pressuring people, you know, the respect people's choices until they decide to make a different choice and then then be there as a support system as that's what we're doing. So the red stuff, the green stuff in the muscle stuff are simply there to help people who care enough about their health, that they don't want to take it for granted anymore. And that's the bottom line. And by the way, tomorrow, on my noon program, the entire hour is devoted to hearing people who are just leaving, leave, they're leaving today and tomorrow. Their 60 day experience in the anti aging clinical, no coaching, no rehearsing, they just come on, and they each give us I can't get them all under too many. But those who can get on will probably have 15 to 20 on tomorrow, just telling you what's changed their life, in the last 60 days being in an environment where everything was just right as exactly what they wanted and needed every day. And you'll hear stories that I'm sure will just be motivating and inspiring because these are people from about I'm guessing the average age is around 80. So when an 80 year old can tell you that they couldn't walk 50 feet when they arrived. And this morning, I know for a fact that woman walked who's 95 walk four miles briskly went in and couldn't do one push up and did 50 couldn't do a set up and did I think 60 setups and a 94 year old. And it's just as happy as can be and remineralized her deficient mineral bones. So she's helping to overcome her de-mineralization. So it's important that we take a moment sometimes just to hear about people who wouldn't believe it was possible and others who wouldn't believe as possible. But I spent my life helping people do things that no one thought were possible.

Linda Perry 48:29

I want to know something, you know, people who have built up their muscles, let's say they are taking your muscles stuff, but then maybe they've stopped taking your muscles stuff, by the way 5166203602 thank you so much for those of you who are continuing to call in. But what about the people who then they don't exercise, and they sort of just lose the muscles, you know how to...

Gary Null 48:51

that is correct what you don't use, you lose. That's also true of your intellect, your creative capability, your humanity, your spiritual values, your humanistic values, when we walk down a street past people who are clearly suffering when it's freezing outside, and they're sitting there shivering, you know, we have to exercise our empathy, we have to stop and say, friend, what can I do? Can I buy a hot meal? No, can I can I help you get to a shelter, I don't want to be in a shelter they're full and that there is a lot of bad activity. And that's true. So I will do something, I will go out of my way to do something because I want I never want to allow my capacity to feel what it is to be a different human being and treat them any less than I would want to be treated or hope that someone would treat me if I was in a situation where I couldn't control the circumstances of my life that moment. So anything we don't use, we will lose. And right now we've lost our capacity for critical thinking in a large percentage of our population. And that's why for those of us who are old enough to understand how critical thinking helped get us into different environments help us assign responsibility for helping the women and helping the minorities of all types to regain a sense of respect and dignity that they deserved and had at one time before they were, in effect, dealt badly on all levels. And then you realize, I can be an activist, not just at one point in my life, but my whole life. The fact that I can see something is not right doesn't mean I should walk by it.

Linda Perry 50:26

Those who are who are so empathetic, that, you know, they're just, they just feel horrible, you know, they just see what's going on...

Gary Null 50:33

there's nothing wrong with feeling horrible, but you got to be almost in Buddha consciousness when the Buddha said detach. So the key to helping people is to help people with the best you can, but don't attach to always the outcome, because that's where human nature itself will disappoint is often is not. So what you do is you help a person without the need for Thank you. Just help me because there are human beings who needs help. What they do with that help them become their obligation to our aid, someone gave me a break, someone helped me up. Let me see if I can stand on my feet today. And then remember, it's not a one off, not a one off every time you walk down the street. What if every time you walk down the street, if you had an extra, you know, you had some extra foods, you gave some sandwiches to people, you can sit and bear witness to someone's story, you can listen to what they what got them to where they're at, and then maybe give some encouraging words. Just sometimes encouraging positive energy to someone. Let them know, why are you stopping? You know what? Well, I'm still going to be poor when you leave me. I'm still going to be hungry when you leave me. I'm still homeless when you leave me. That is correct. You will be but at least you know that another human being is acknowledging your suffering. And to the degree I can help, I will. So no, we're not going to end all suffering. Because we're empathetic and feel for other people. But at least we acknowledge it that's better than being invisible. Certainly, yep. For a person and watch how visible you are. Certainly is alright, we have to acknowledge, when I go running, I always take an extra 50 bucks, I get in \$5 bills. So when I run to the park, and I see there's a homeless person, even if they're safe, I'll go over and I'll, I'll give them that \$5 not \$5 not going to change their life that day. But at least they have \$5 more if they want to spend it wisely. They can buy some food where if they didn't want to, you know, spend it wisely, they'll buy alcohol that's up to them. My hope is they use it in a better way. But at least I haven't I haven't run by someone and been indifferent indifferences indifference means that you no longer find people relevant.

Linda Perry 52:48

So Gary, we're reaching the end of our time here. We just want to remind people that what we've been talking about recently is we're talking with Dr. Gary Null here on wbai in New York and we're trying to raise some funds for this listener sponsored station. And we are offering Gary Null's triple Stuff Pack. That's a triple Stuff Pack with red stuff and green stuff and muscle stuff. We've been talking about muscle stuff. And and we are offering this all to you, our listeners for a contribution of \$160. If you were going to buy these items separately, they would cost much more. So we are offering this to you by calling 516-620-3602. And you are helping this listener sponsored station remain on the air and we want we don't want to just remain on the air. We want this station to be a strong beacon in the progressive community where people can come on and express their views and where you can phone in and say what your view is on this particular topic or another particular topic. And sometimes we just you know, go off and have these conversations like Gary and I just did. And I think that's interesting. I think it's interesting to open the airwaves up and take calls. And we are at 516-620-3602 asking you to call that number we have some operators standing by right now to take your call.

Gary Null 54:13

There's more and more people who are networking with other people. And I just got this email from Professor Tony Pereira, Fulbright Scholar, UCLA, PhD professor of Engineering and Applied Science eco sustainability in ESCO, engineering sustainability MDG award recipient, the Climate Reality project leader and just sending over,

you know, an email and about industrialization of the wine industry. What we have now is we have networks of people in academia in science in the private industry, who and philosophers ethicists behaviorists, all sharing information together to try to get us to make wiser choices to downsize our life to where we have a minimal footprint, carbon footprint. And the rule, the reality is that every American, every person on earth must downsize their lifestyle by six, six times. Now, the average Americans not going to do that they're increasing their lifestyle footprint, carbon footprint, but that what they're doing, hopefully, at some point, they'll stop when they start seeing the consequences. And they'll look for guidance from people like Professor Tony peria, and others who are saying, there, there are ways that we can do things into a better I'm suggesting there are ways we can eat better, there's ways we can nourish our body better to prevent disease, which then can save us. So I'm a big advocate of universal health care. And I've shown how we can actually do it and save money actually reduce taxes on the middle class, where there's no co pays, and everybody is covered. I'm just I showed a model and someone an article, how to take the profit, excess profit out of our health care system. So it's affordable, like it was in the 1940s and 50s. Well, that we can do that. And if anyone wants to read those articles, they're there. They're free. They're scholarly, but they show people like Bernie Sanders, how to do it, because the Congresswoman Cortez, they have the right ideas, but they don't have the right application. So they're going to fail.

Linda Perry 56:30

I don't know if you saw this, but on Jimmy Fallon, Bernie was was playing basketball. It was quite delightful.

Gary Null 56:37

For him, by the way, it was when Linda Perry was responsible for getting us Bernie, right close to Bernie Sanders when he had his heart attack. So we sent him information on holistic, more humanistic and holistic cardiologist and a protocol that we sent. And it got to him what he used as far I don't know, but at least he has it. Okay, what a person does with it is up to them. That's all we can. My responsibility is to see that whenever I can help another human being that is suffering, I'm going to be there to help them.

Linda Perry 57:09

We want to thank you so much, Gary, we're going to have to run. Thank you so much. And again, thank you, those of you who have called in and have asked for Gary Null's triple triple Stuff Pack, the green, the red, and also the muscle stuff for a contribution to wbai of \$160 you can still call in 5166203602 to join the other callers now calling and asking for the triple Stuff Pack the red, the green and the muscle stuff 5166203602.

Announcer 57:45

coming up at the top of the hour on wbai, you know what it is Tony Ryan and Soul Central Station.

Shannon Coleman 57:56

This is the mic check for cat radio cafe testing

David Dozer 58:00

stay tune for cat radio cafe Sunday night at 11 on wbai I'm Shannon Coleman. I'm David dozer

Shannon Coleman 58:06

displays playwright on Sunday December 29, playwright and author Seamus Scanlon and poet and translator Carlos agua Sokka on their artistic and pedagogic work, and Bistro award winning singer songwriter was shot gone Yay, on her upcoming farewell party to great musicians who transitioned in 2019

David Dozer 58:26

and in the next hour of cat radio cafe

Shannon Coleman 58:28

panel discussion on genius

David Dozer 58:30

Sunday night at 11 on wbai cat radio cafe.

Shannon Coleman 58:34

Remember our slogan

David Dozer 58:36

to catch recognized genius

Shannon Coleman 58:38

whenever they look in the mirror.

Announcer 58:49

When you think of the Golden Age of radio, you're bound remember the performer whose hold on the heartstrings of America spanned almost three generations.

Max (announcer) 59:00

Why thank you, jack. Yes, it's max shm`ead and I'm your host for the golden age of radio. Sunday nights it's 7pm here on wbai presenting the finest in radio's history. Comedy, Drama mysteries science fiction won't you join me Sunday night at seven for the golden age of radio, only here on wbai, New York 99.5 FM

Mike Glick 59:30

if you wonder where your money went tax cuts for the 1% if you're not outraged, you're not listening. Hello everybody. This is Mike Glick. I will be performing with David amram, Maliki McCourt, Lindsey Wilson, Joe Landy and the raging grannies at the people's voice cafe and a benefit for wbai on Saturday January 4 at 8pm. That's at 40 East 35th Street. Now you want to express your rage at what's going on. You got to support wbai. I'm supporting wbai and

EXHIBIT #6

WBAI Treasurer's Report June 14, 2017

The National Finance Committee (NFC) met on May 2, and June 13, 2017. The local Finance Committee met on April 13, May 4, and June 8, 2017.

At the April 13, 2017, local Finance Committee meeting there was no quorum. The WBAI General Manager complained that the National Office was making mistakes in the Profit & Loss Statement, and they were carrying as payables bills that have already been paid. The General Manager also said that a collection agency lawyer had come to the station for payment of an Associated Press bill, and that bill was paid. He said that he would reduce the Verizon bill by about \$20,000. The General Manager lauded the use of *Quickbooks* and Volusion over the standard MEMSYS and *Great Plains* software which are standard in Pacifica.

There was again discussion of the local Finance Committee wanting to get more, standard financial documents from the General Manager two days before each local Finance Committee meeting. The General Manager said that he had been working with the National Office on this to get us that information. The General Manager said that WBAI had about \$16,000 cash in bank on that date. The General Manager said that the National Office was writing off some of WBAI's Central Services arrears.

There was concern raised regarding who would know about WBAI's finances if something happened to the General Manager.

The General Manager said that WBAI owes the Pacifica Radio Archives about \$42,000 in Central Services fees, and he said that the National Office was owed about \$79,000 in Central Services fees. He said that WBAI still owed WPFW \$19,000 which he is not paying, and the station still owes WHCR \$25,000.

At the May 2, 2017, NFC meeting Alex Steinberg was elected Chair, I was reelected Secretary.

At that meeting the CFO reported that the Audit committee would meet to select an auditing firm for the FY15 audit. He reported that Pacifica is prepping for the auditors, but that the process has been going slowly. The CFO said that WPFW and WBAI don't have Business Managers so they're getting help from the KPFT and KPFA Business Managers to complete their accounts and the National Office is helping out as much as possible. The CFO said it was encouraging to know that both stations are coming around nicely and should be able to wrap up their audit preparations in a reasonable time. He said that KPFT and KPFA are in reasonably good shape and that the National Office has gotten a lot of information from them; they have Business Managers and do audit requests. The CFO said that KPFA is the holdout, they've been extremely late in submitting everything for the audit. The CFO is in communication with them, he said that KPFA will definitely cause delays. The CFO said that the stations have to do their preparations and only then can the National Office prepare for the auditors. He said that he couldn't give a firm date for the FY15 audit yet. The CFO said that the other big bottleneck is the staffing issue at National Office. He said that it's difficult to hire skilled personnel because the National Office can't compete with others in terms of wages. He said that there is a backlog of work, and a lot of work has to be done before the audit can be started. The CFO said that he is

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getting help from the Business Managers and some part-time help at the National Office. He said that maybe by May 31, they could wrap it up. He said that the California Attorney General has given Pacifica till August 27, 2017, to complete the audits, which is a tight schedule.

The CFO said that to get the FY15 audit done a lot has to happen, and Pacifica has to change the culture of how the organization manages the whole process.

The CFO said that as of May 2, 2017, there was about \$555,000 outstanding for Central Services in the last 15 months or so. He said that WPFW, WBAI and KPFT have outstanding Central Services payments. He said that more than a third of the budgeted Central Services fees have not been paid, and we're seeing the results. He said that that's why Pacifica doesn't have the money to pay for critical services. He asked the NFC for help. He said that there are no consequences for non-payment of Central Services, and the National Office reminds stations, but it has no authoritative force behind it. The CFO said that stations are withholding payments and are balancing their books on the back of the National Office. The CFO called for an enforcing mechanism. He said that if a station is in difficulties they can ask for a waiver, but it should not be at the station's General Manager's discretion. The CFO said that even when the stations get money they don't pay their Central Services fees anyway. He said that the National Office needs a motion that stations are bound to make payments or they have to look at their business model.

The CFO said that the only thing that can work is holding the General Manager and Business Manager of a station responsible. Not all NFC members agreed with this approach.

At this NFC meeting a motion was passed calling for 36 hours of pitching at all of the stations during the Spring on-air fund raisers to be devoted to raising funds to meet National Office expenses.

At this meeting the NFC also passed a motion recommending that the PNB give the CFO direct managerial control of all Business Managers and accounting personnel for the next year, and that the CFO have the authority to apply disciplinary measures through the General Managers of the stations, including adjustments in salary, termination and awarding of bonuses based on performance of all accounting personnel under the CFO's charge. The motion also provided for the General Managers to provide timely financial information to the CFO or the General Managers may face disciplinary actions initiated by the CFO and approved by the ED if they fail to comply.

At this meeting the NFC voted to recommend to the PNB that it rescind the "SCA motion" that delayed the FY17 budgets.

At this meeting the NFC voted to meet on the second and fourth Tuesdays of every month starting in June.

At the May 4, 2017, local Finance Committee meeting the General Manager reported that WBAI had about \$7,700 cash in bank, and about \$5,276 cash on the WBAI premises. The General Manager said that he was catching up on paying bills, including paying for premiums for the then ongoing Spring on-air fund raiser. **He said that the National Office was not posting entries properly and that the FY14 audit may need to be adjusted.** He said that WBAI probably owes the Empire State Building (ESB) about \$2.1 million, and the station owes everyone else about \$200,000. This includes owing PRA about \$20,000 and seven months of National Office Central Services at \$16,890 a month. The General Manager said that all of the

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information about WBAI's finances that would be needed for the FY15 audit was already at the National Office.

In answer to a question the General Manager said that bills are paid in order of what keeps the station alive: office rent, ESB tower payments, phone, payroll and consultants. He said paying for premiums is also important.

In answer to a question the General Manager said that all premiums for the Spring on-air fund raiser are 100% licensed. He said that there were 1,494 premiums that had not been shipped at that time.

The General Manager outlined his working arrangement with the KPFK Business Manager. He said that he didn't know who was double checking figures at the National Office, but that he'd found a \$500 mistake in a Corporation for Public Broadcasting (CPB) form that had been filled out. He said that the CPB forms are asking harder questions this year.

There was a discussion about how a Gary Null retreat premium was being handled. The entire retreat premium is given for a \$2,500 donation. The General Manager said that the listeners send \$2,500 to Gary Null and Gary Null sends \$500 of that back to WBAI. The retreat expenses are \$2,000. The committee had a discussion about this and raised the issue of who gets the tax credit for the donation to WBAI from this retreat premium. Committee members suggested that WBAI get the \$2,500 donation and send Gary Null the \$2,000 retreat expenses; this way listener sponsors get their proper tax credits. It was suggested that the General Manager check with an attorney regarding how these premiums are handled.

I sent a memo to the interim Executive Director and CFO regarding the above. That memo is Item #1 in the appendix of this report.

The General Manager said that he would get the local Finance Committee a list of outstanding bills.

Questions were raised regarding the hiring of a marketing firm called "Yellow Magnet," which the General Manager said would market WBAI programs on social media. The General Manager said that they had been paid a \$10,000 retainer. He said that he hoped to triple the "BAI Buddy" sustainer program this way. The local Finance Committee was skeptical about this company and the plan. This subject was also included in the memo I sent to the interim Executive Director and CFO, which is Item #1 in the appendix. The General Manager said that he would bring the contract signed with "Yellow Magnet" at the next local Finance Committee meeting.

Questions were also raised regarding a financial premium from a representative of a company called "World Financial Group." To some local Finance Committee members the company's methods sounded like a multi-level marketing structure. Two committee members who are licensed financial professionals said that the premium was illegal because a paid employee of the company was pitching it on the air. The General Manager said he would stop the premium and get the committee more details on this at the next meeting. The committee also asked for the contract WBAI has with the "World financial Group." This issue is also included in the memo in Item #1 in the appendix of this report.

At the June 8, 2017, local Finance Committee meeting the General Manager did not show up. The committee looked at the Profit & Loss Statement For the Six Months Ending March 31,

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2017, from the National Office at this meeting. Discrepancies were noted on line 92 of that statement. The National Office is not using the right figures for WBAI's ESB rent.

The CFO had sent out a spreadsheet showing each station's situation with regard to Central Services payments. The CFO did not want me to tell the local Finance Committee the amount of WBAI's FY16-FY17 arrears on Central Services fees payments because a public discussion would be, "detrimental to the finances of the station and [would] not solve the problem."

The committee discussed the chronic problem of not being able to get full financial information from WBAI Management regarding the station's finances.

At the NFC meeting of June 13, 2017, the CFO reported that the FY15 audit is going well. He said that the auditors are satisfied with Pacifica's progress so far, they have been provided most of the information they needed. They have done sample testing with information from the stations. The CFO is meeting with the Business Managers every week to expedite the process.

The CFO again emphasized the need for radio stations to pay their Central Services fees. He said that the National Office has not gotten about \$850,000 in Central Services fees over the past two years. He said that every month about \$44,000 of Central Services fees are not paid due to three stations. He said that this is having a serious impact on the National Office finances. He again said that Pacifica doesn't have an enforcing mechanism for the mandated Central Services fee payments. He said that he wanted the NFC to consider making a motion about this.

He said that the recent on-air fund raiser to raise money for the audit got about \$200,000. This will be used for getting the FY15 audit. He said that Pacifica doesn't have the money, at this time, to pay for a FY16 audit.

I brought up the issue of the CFO not wanting the Central Services arrears of stations to be publicized. He reversed his previous statement and said that it was all right to do so. As of June 2, 2017, WBAI is \$168,900 in arrears on its Central Services payments due since October 1, 2015.

There should be transparency about the finances of WBAI, but the CFO said that a vendor had cancelled a contract with one station because the vendor came to doubt the credit worthiness of that station, due to financial information it had learned about. Transparency is not free of problems.

The CFO said that the lack of funds at the National Office also makes it hard to hire and retain people, and that the California Attorney General had noted that Pacifica has not only been delinquent in getting its audits done, but has not been timely in filing its 990 tax returns. This is all due to an under-funded National Office.

When I brought up the issue of the discrepancies which had been noted on line 92 (the ESB rent) of the Profit & Loss Statement For the Six Months Ending March 31, 2017, the CFO was surprised and said that it sounded like a serious mistake which will throw that month's income statement completely off. He said that he would revise that line.

The NFC passed a motion mandating each General Manager to make sure that the station they manage can generate enough revenue to pay the following three expenses each month, in full and on time: The staff payroll, Health care costs and the allocated Central Service Payment.

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There is a provision for disciplinary actions if a General Manager can't cover those three expenses. The question is whether this can work in Pacifica. A copy of the full motion is Item #2 in the appendix.

The NFC adjourned to an executive session meeting after this public session was over to discuss a legal matter of a confidential nature.

The WBAI Spring 2017, on-air fund raiser ran from May 2, 2017, to June 4, 2017, a total of 34 days. In the daily tally reports the final tally is given as \$338,695. This makes the daily tally about \$9,962. The WBAI FY17 budget calls for a daily tally of \$14,000 a day. The goal for the entire on-air fund raiser was \$434,000.

A complaint was lodged regarding two of the premiums used in the Spring on-air fund raiser. I have seen on a public mailing list an E-mail from the interim Executive Director to the effect that two WBAI premiums, the Zapper and the Orgonite premium were ordered removed from the air. These two premiums appear to have been responsible for the two best tally days of the Spring 2017, 'on-air fund raiser. The claims made for both premiums were dubious.

The aforementioned Profit & Loss Statement for the first half of FY17 shows WBAI with a deficit of \$131,472. It shows a Listener Support line of \$945,889 which appears to incorporate almost all of the revenue that the station received in those six months, except for a \$50 donation. As I've pointed out before, this lumping of all revenue into the Listener Support line is not good. It inflates the station's Listener Support and it masks how the station is doing on the other revenue lines. This makes it hard to make good financial decisions regarding revenue sources and can result in erroneous financial statements to various agencies that require accurate accountings of non-profit organizations' finances.

WBAI's and Pacifica's finances continue on a serious downtrend. The General Manager estimates WBAI's ESB debt at about \$2,100,000. The National Office is limping along. Pacifica and WBAI are very fragile financially right now. The major on-air fund raisers for 2017 are over, the Summer on-air fund raiser is generally less remunerative than the others are, and all of Pacifica has to get to FY18 before significant funds can be raised again. It all looks dire.

The next NFC meeting will be held on June 27, 2017, and will begin in executive session to consider legal and financial matters of a confidential nature. The next local Finance Committee meeting will be held on July 6, 2017, at WBAI, 388 Atlantic Ave, 3rd floor, Brooklyn, NY 11217. The public is invited to attend.

R. Paul Martin
WBAI LSB Treasurer

Appendix

Item #1

MEMORANDUM TO: Bill Crosier interim Executive Director, Sam Agarwal CFO,
WBAI LSB

FROM: R. Paul Martin, WBAI LSB Treasurer

DATE: May 9, 2017

RE: Some issues that have arisen as a result of discussions at a WBAI
local Finance Committee meeting

I'm writing to inform you about some questions and concerns that came up at the WBAI local Finance Committee meeting on May 4, 2017, which have caused committee members to be concerned.

The three issues are:

- The way payment for a premium is being handled
- Hiring of a marketing company
- WBAI offering a premium of questionable legality

The way payment for a premium is being handled

The local Finance Committee was told by WBAI General Manager Berthold Reimers that a retreat has been offered by Gary Null as a premium; the payment for the retreat is \$2,500, and that payment is being sent to Mr. Null, after which Mr. Null pays WBAI \$500, the other \$2,000 goes to pay for the actual retreat. Committee members raised questions about the legality of this way of handling the payment. They believe that the money must legally go to WBAI as the charity to which the payment is being made, and that WBAI should then pay Mr. Null the \$2,000. There is also a question regarding the issue of the tax deduction credit which the listener should receive. If the \$2,500 payment for the premium is paid to Mr. Null and he gives the \$500 to WBAI is Mr. Null getting the tax deduction or is the listener who's actually paying for the premium getting the tax deduction?

Hiring of a marketing company

At this local Finance Committee meeting the WBAI General Manager told us that the station had signed a contract with a marketing company named Yellow Magnet, which is supposed to promote WBAI programs on social media. Mr. Reimers said that the goal is to triple the BAI Buddy enrollment through the use of this marketing firm. One local Finance Committee member who has employed marketing firms said that tripling BAI Buddy enrollment is not the parameter that one would specify in a contract. Members questioned why this function wasn't something given to volunteers or a college to help with. The General Manager said that he is meeting with the Yellow Magnet representatives twice a week. There was also the question of what line of the FY17 budget this item came from. Mr. Reimers told the committee that currently the programs being promoted by the company on social media are the

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Katie Halper Show, Tall Tales in the Big City, Randy Credico - Live On The Fly and Global Black Experience /Global Beat.

Mr. Reimers said that WBAI had signed a contract with Yellow Magnet for a year and a half of this service, and had paid them a \$10,000 retainer three weeks ago. We were not told if there is more money owed to this firm during the duration of the contract.

Committee members asked how this company was hired, and if the job was put up for open bidding. Mr. Reimers said that there was no bidding for the contract, but that the agreement was reviewed by some WBAI Management personnel and some WBAI LSB members, none of whom were lawyers. Mr. Reimers said that he did not want to name anyone, but he later said that WBAI Producer Barika Edwards had brought the Yellow Magnet company to him. He said that he would bring a copy of the contract to the local Finance Committee at its next meeting on June 8, 2017.

Local Finance Committee members are concerned about the high price of this service and about the way in which this company was selected to do this work.

WBAI offering a premium of questionable legality

Also at this meeting the WBAI General Manager said that WBAI is offering a premium which consists of a one hour financial consultation with Loyan Mensah, who is a financial advisor associated with a company called World Financial Group, which appears to be associated with an international insurance company. Mr. Mensah has been personally pitching this premium on the air. The premium does not require the listener to pay anything, and Mr. Mensah or the World Financial Group pays WBAI \$100 for each listener who partakes of a financial consultation. Mr. Reimers said that this premium is provided at no cost to WBAI.

A local Finance Committee member who is a former insurance agent and a former WBAI Producer said that this activity is illegal, that insurance agents are not allowed to promote their services in this way. Another member who is involved in the financial industry said that the Financial Industry Regulatory Authority, Inc. (FINRA) would revoke the license of Mr. Mensah if they heard about this.

There was a question as to whether or not WBAI would be contingently liable for the representations and actions of this firm, since people would be introduced to them by WBAI.

During the meeting it came out that the General Manager's son, Yoan Reimers, works for the World Financial Group in Florida. This raised the question among committee members of whether there has been a violation of Pacifica's conflict of interest policy as stated in bylaws "Article Thirteen: Conflicts of Interest."

The committee told the WBAI General Manager that a lawyer should be consulted regarding this matter. The General Manager said that he would immediately stop the premium from being offered by Mr. Mensah until he heard from legal counsel.

The local Finance Committee members would like Pacifica Management to look into these issues to see if there is reason to be concerned about them, and to see if there are violations of the law involved and to determine if any of these issues could have a negative impact on WBAI or the Pacifica Foundation. There is also the question of whether any of the on-air issues could constitute an FCC violation.

I am also attaching an E-mail from Noel Jameson, a WBAI local Finance Committee member

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who works in the financial field and who is very concerned about what he learned at the May 4, 2017, meeting. I hope that Pacifica Management can straighten out any problems that are found with what has been done.

----- Forwarded Message -----

Subject: [wbailsbfinance]

Date: Sat, 6 May 2017 00:32:22 +0000 (UTC)

From: Nmj njameson@yahoo.com [wbailsbfinance] <wbailsbfinance@yahoogroups.com>

Reply-To: wbailsbfinance@yahoogroups.com

To: rpm@glib.com <rpm@glib.com>

CC: wbailsbfinance@yahoogroups.com

R. Paul,

As you are aware, at last night's Finance Committee meeting it was revealed by the general station manager, Mr. Berthold Reimers, that World Financial Group, Incorporated an affiliate of Aegon N.V., a multinational life insurance, pensions and asset management company headquartered in The Hague, Netherlands with revenues in the tens of billions has been an on air premium provider of financial services to our listenership and that the Mr. Reimer's son, Yoan Reimers, apparently works for World Financial Group, Incorporated. When Mr. Reimers was further questioned about the relationship and the nature of the WBAI's agreement with World Financial Group, Inc. the general manger's response was essentially that his son was in Florida (!?) Putting aside for a moment the issues of how this group was vetted and by whom, the appropriateness of them being allowed to ultimately market a multi level marketing product to our listenership and whether or not the Financial Institution Regulatory Authority (FINRA) has approved the relationship, approved the apparent rebates being offered and approved the script or content for the on air discussions it is apparent that the general station manager was either unaware of the obvious conflict of interest and possible breach of his fiduciary duties to Pacifica and WBAI or he did not care.....this is most troubling and has several possible legal implications for all involved!

It was further revealed that the general manager had apparently hired and paid a consulting firm, Yellow Magnet of New York, a \$10,000 retainer for social media, online fundraising and other marketing related consulting services. Per usual the station manager could not (and/or would not produce the contract) and could not sufficiently described the total compensation that was agreed to. This raises a number of questions including but not limited to was there an open bidding process for the services, who vetted this group, who drafted and reviewed the contract that was used, does any member of WBAI's staff or management benefit from this relationship directly or indirectly and where did \$10,000 come from, what was not paid because the consultants were paid and does the general manger have the authority to hire outside parties and pay them whatever he thinks appropriate for services that seemingly have not been purchased previously without review by the finance committee, Pacifica or the Local Station Board?

It has been clear to me that a conflict of interest policy is either wholly lacking or has not been adhered

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to. My experience as a finance committee member has led me to conclude that the general manager has consistently refused to provide financial information in a standardized format as requested by a passed motion of the finance committee for a couple of years now and up until now I have wanted to chalk up most of his reluctance to provide the most basic financial information in a clear, concise and consistent manner to either his lack of financial training and/or the fact that we have been operating in an ongoing crisis mode but these two recent events coupled with the apparent lack of even the minimum adherence to reasonable policies and procedures for dealing with vendors, providing transparency and accountability make me question my initial assessment.

R. Paul, originally my intent in writing this was to resign my position on the finance committee as the current situation is completely and totally unacceptable to me but I realized that quitting would not change the situation for the betterment of WBAI and it would make me sad about the situation so instead of resigning I am respectfully requesting that the you notify in writing the Local Station Board and the Executive Director of Pacifica on or before Friday May 12th of these developments and that you provide evidence of such notification to the finance committee members. I believe that these recent developments have risen to the level that the immediate direct involvement of the Local Station Board and/or the Pacific Foundation's executive director is required otherwise I feel my only recourse is to notify and seek outside regulatory oversight of the situation as a possible means to remedy or rectify what is seemingly taking place at WBAI. I base my position upon my belief that we have been entrusted with the hard earned money from our listeners and by all accounts we do not adequately account for it and now we apparently engaged in obvious conflicts of interest with the possibility of some within WBAI profiting directly or indirectly at our listeners' expense; a completely and totally unacceptable situation!

Respectfully,

N. Martin Jameson
Finance Committee Member

Item #2

Motion: "Whereas the National Office has been driven into a state of deterioration and dysfunction to great degree by the significant absence of Central Service Payments from several stations totaling a deficit of \$800,000 over the past two years, and

Whereas the National Office is currently having to address Financial burdens and emergencies which have been hidden, ignored and left un-addressed for many years and now threaten the very existence of the Foundation,

Therefor be it resolved that all Station Managers are hereby given the mandate to manage their stations as necessary to successfully generate enough revenue to pay the following three expenses each month, in full and on time:

- The staff payroll,

- Health care costs and
- the allocated Central Service Payment.

It is understood that income and expenses are not fixed and fluctuate from month to month and therefore a station should develop a reserve to use when income is lower to fulfill this obligation. It is also understood that by joint consent the ED and the CFO may grant an exemption, for that month, to a station that cannot meet its payroll or health care expenses with the commitment that the station will make good on omitted payments in subsequent months.

As income may not be sufficient to keep up with all expenses, General Managers and Business Managers must report all outstanding deficits, payments that are in arrears and bills that cannot be paid due to lack of revenue,. These reports must be accurate and complete, without any omissions, and must be updated every month.

If a General Manager of a station repeatedly fails to accomplish these obligation they will be subject to evaluation and disciplinary action including filing of reprimands and possible suspension without pay and/or termination. General Managers that can meet these obligations without major neglect of other bills will likewise be properly and publicly acknowledged.

The first month this policy begins enforcement will be July 2017.” (Passed 7 for, 2 against, 1 abstention)

EXHIBIT #7

WBAI Treasurer's Report February 10, 2016

The National Finance Committee (NFC) met on January 19, and February 9, 2016. The WBAI local Finance Committee met on February 3, 2016.

At the January 19, 2016, NFC meeting the CFO reported that the FY14 audit was under way. The auditors have assembled their whole team, and the CFO has given them a lot of information. He said that the auditors are asking the right questions. The CFO pointed out that the letter to Management that the auditors gave for the FY13 audit, showed deficiencies in accounting and process. The CFO said that the audits for FY14 and FY15 have to be taken care of.

The CFO said that he's drawing up a very ambitious timeline, but the FY15 audit is delayed. He said that the FY14 audit should take at least a couple of months to finalize, and he expects to get the FY14 audit done by March. He wants to start the FY15 audit then to get it done by the end of June. He said that rapid actions are needed. He noted that WBAI and WPFW both don't have Business Managers, and they are lagging behind in their accounting. He said that it was inefficient doing those station's accounting at Houston. His plan of action is to bring those stations' books to the National Office, get them cleaned and prepare them for the audit. He said that he's finding that it will be hard for the stations to hire someone who can get the audit done in time. He noted that if Pacifica can't get the FY15 audit done by end of June we lose CPB grant money again. A second problem is that Pacifica has to file its IRS 990 forms. He said that filing the IRS 990 forms is getting significantly delayed. He said that there is a 1½ month extension after the due date, but we'll go over that extension if the FY15 audit is not done by June 30, 2016. He's of the opinion that the National Office knows how to get it all into the Great Plains software. He said that he's not interested in keeping the books at the National Office he just wants to make sure that the proper processes and procedures are in place before hiring Business Managers. The CFO also said that MEMSYS reconciliation is troubling because it opens the door to manipulation or outright fraud.

The CFO said that he is not in favor of using the Quickbooks software, he wants to discontinue the use of Quickbooks. He said that once the National Office has a good handle on WBAI's accounting process they can find someone skilled in the Great Plains software and then Pacifica can have only one basis for accounting.

The CFO also said that Pacifica relies on Listener Support too much, which he said is not efficient for the long term. He said he wanted to make some proposals in an executive session.

On January 15, 2016, Gary Null & Associates, Inc. Filed a lawsuit in the United States District Court, Eastern District of New York, Civil Action No. 1:16-CV-241 naming as defendants Pacifica Foundation, Inc., Berthold Reimers, Lydia Brazon, John Gladney Proffitt, Margy Wilkinson and Mitchel Cohen. The suit alleges copyright and trademark infringement.

Pacifica's insurance that deals with lawsuits has a \$250,000 deductible.

At the February 3, 2016, local Finance Committee meeting the WBAI General Manager reported to the committee that former WBAI interim Program Director Tony Bates had been

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hired as a consultant for \$2,500 to run the December on-air fund raiser, and that a similar arrangement had been set up for the same amount of money for premium contributions to the current WBAI Winter on-air fund raiser. The \$2,500 includes air fare to and from Los Angeles and accommodations for the three weeks that he lives in New York City to do this job. The General Manager was pleased with Mr. Bates' performance.

At this local Finance Committee meeting the General Manager said that he was already planning a one week extension to the current on-air fund raiser.

The General Manager told the committee that WBAI had been about \$6,000 short of the money needed to make the February 1, 2016, payroll. So that had to be borrowed from elsewhere in Pacifica. On that date WBAI owed the Empire State Building (ESB) for two months of tower rent at \$12,000 per month. He said that WBAI had paid the National Office about \$50,000 in November and December for some back Central Services fees and other expenses, and that WBAI is now about two months behind on Central Services payments. He said that the station has been behind on those payments by two months for the past six months. He said that WBAI's \$31,000 debt to WPFW had been partially paid and the debt is now down to \$7,000. He said that WBAI is doing a number of off-air fund raising events. The General Manager told the local Finance Committee that a recent Gary Null retreat that was a fund raiser for WBAI had grossed about \$200,000 but that WBAI's net from that event was only about \$6,000. Committee members were concerned about WBAI only getting what amounted to 3% of the overall gross as a contribution after having contributed on-air publicity for this event. There were questions regarding the conformity of this arrangement to the charity laws of New York.

The General Manager told the local Finance Committee that there were problems with getting producers to comply with the rules and laws related to not-for-profit fund raising events held in the first floor space at 388 Atlantic Ave. He said that some producers are going to the landlord at 388 Atlantic Ave. first to arrange an event instead of going to WBAI Management first.

The General Manager told the committee that WBAI's insurance covers all of the off-air fund raising events without an extra charge. The station just has to fill out a form giving the details of the event.

In response to a request, the General Manager gave the following summary of recent off-air fund raising events:

Event	Donation to WBAI	Date of Event
Gary Null event at church	\$10,472	October 9, 2015
Gary Null at the New School	\$18,050	December 11, 2015
<i>Everything Old is New Again</i>	\$2,570	December 17, 2015
TOTAL	\$31,092	

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The General Manager told the committee that WBAI's monthly expenses are about \$128,000. He gave a written report which showed that the station's indebtedness as of February 3, 2016, was about \$956,000, which figure does not include unpaid Central Services fees owed to Pacifica, some of which go back years.

In January the National Office put out a Profit & Loss (P&L) statement for the first quarter of FY16. Overall this P&L statement shows Pacifica with a surplus of \$468,611. It shows WBAI with a deficit of \$48,118. This figure includes a revenue of \$70,000 from a bequest.

This P&L shows the tower rent to ESB as being \$144,142. WBAI has been paying \$12,000 a month for the tower rent. So it appears that the accrual of that expense amounts to \$108,142.

At the February 9, 2016 NFC meeting the CFO reported that the next payroll is due on February 15, 2016, but because that day is a national holiday, Presidents' Day, the National Office needs to cut the checks on February 12, 2016. There is a cash flow problem. The CFO said that some stations regularly have a problem meeting the deadline to get their payroll money into the National Office for transfer to the payroll processing company. He said that he doesn't want to follow the practice of stations borrowing money from other stations. He wants LSBs to talk to their General Managers and let them know that meeting those payroll deadlines is critical. He said that recently Pacifica had to borrow \$90,000 from a bank in order to make payroll. He said that Pacifica does not have a line of credit and that the bank had made an extraordinary accommodation for Pacifica, had it not done so all of the Pacifica payrolls would have failed to be paid on time.

The CFO also told the NFC that the PNB passed a resolution that the CFO should be on all bank accounts. He said that right now he can't see how funds are being managed and if any station's accounting is proper or not, and he can't tell if timely action is required. He said that this is one of the deficiencies that was pointed out by the auditors. He said that he will be pushing this issue hard because it's important for good accounting and control.

The CFO also said that PNB action may be required to deal with cash flow concerns in Pacifica. He said that he plans to discuss that at a later time with the auditors once he can view the details of all of the bank accounts in Pacifica.

During a discussion of the CFO's report at this NFC meeting it came out that last month the PNB had passed a motion that all of the Pacifica bank accounts would be consolidated. Each station or other unit would have a separate account, but they would all be in the same bank, and the CFO would more easily be able to view them and, if necessary, make transfers that way.

Pacifica is now five months into FY16. WBAI's FY16 budget has not been approved yet, and the last draft FY16 budget proposal was sent out by the General Manager on December 14, 2015. The NFC Chair, who is also the PNB Treasurer, has asked that the WBAI Treasurer, the WBAI General Manager and the CFO discuss a new version of that draft budget proposal which can be sent to the NFC by its next meeting on February 23, 2016.

The WBAI Winter 2016, on-air fund raiser began on February 1, 2016, and was advertised as lasting for 28 days. As noted earlier the General Manager is planning an additional

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week for this on-air fund raiser. In the December 14, 2015, draft budget proposal this on-air fund raiser is listed as lasting for 37 days. The overall goal for this on-air fund raiser is budgeted as a tally of \$460,000. The daily tally goal is \$12,432.

From information put out by WBAI Management the Winter on-air fund raiser has raised a tally of \$75,050 after eight days of pitching, which is an average of about \$9,381 a day. This means that so far WBAI is missing its daily goal by an average of \$3,051 a day.

The Fall and December on-air fund raisers missed their tally goals by a combined amount of about \$125,000. The Winter 2016, on-air fund raiser is doing better on a daily basis than those two on-air fund raisers, but it is still missing its tally goals, so far. WBAI cut most of its Paid Staff in 2013. There isn't really more that can be cut to lower expenses now. The station needs to increase its revenue if it is to become self sustaining. While it is good that the off-air fund raiser events are raising some money, that revenue is not of sufficient magnitude to offset the deficiencies of the on-air fund raisers. While large donation premiums are raising most of the money in the on-air fund raiser, it is thought by many, including me, that the nature of some of the premiums puts off WBAI's regular listeners, which can have a long term negative impact on WBAI's listenership.

I have been informed that KPFK has lost its first round of arbitrations. The arbitrator has ruled that KPFK must pay the seniority pay that it has owed 18 of that station's Paid Staff for some time. There are other grievances pending for arbitration. KPFK could potentially have a very large bill to pay should it lose many more of those arbitrations. That station would need help, possibly six figure help, from the rest of Pacifica in order to pay its bills. While all of the stations are in on-air fund raiser mode right now there is cash available, but a significant outlay for KPFK would have an impact on all of the stations later in FY16, and that would certainly make recovery from Pacifica's long term financial problems more difficult, or it might stop such a recovery all together.

Despite the National Office's P&L showing a surplus after the first quarter of FY16, Pacifica's finances are still very precarious. The foundation will need good luck and/or good Management to get through the current fiscal crises intact.

The next NFC meeting is set for February 23, 2016, and the next local Finance Committee meeting is set for March 3, 2016.

R. Paul Martin
WBAI LSB Treasurer

EXHIBIT #8

WBAI 99.5 FM Radio Pacifica Foundation_New Profit and Loss by Month - Accrual June - August, 2019

Profit and Loss by Month - Cash June - August, 2019

	Jun 2019	Jul 2019	Aug 2019	Total		Jun 2019	Jul 2019	Aug 2019	Total
Income									
5000-00 Listener Support				0.00					0.00
5000-01 Listener Support - Administration	50,953.19	64,647.49	99,732.38	215,333.06		50,953.19	64,647.49	99,732.38	215,333.06
Total 5000-00 Listener Support	\$ 50,953.19	\$ 64,647.49	\$ 99,732.38	\$ 215,333.06		\$ 50,953.19	\$ 64,647.49	\$ 99,732.38	\$ 215,333.06
5003-00 Mail Fund Drive				0.00					0.00
5003-01 Mail Fund Drive - Administration	-100.00	-200.00	-200.00	-500.00		-100.00	-200.00	-200.00	-500.00
Total 5003-00 Mail Fund Drive	-\$ 100.00	-\$ 200.00	-\$ 200.00	-\$ 500.00		-\$ 100.00	-\$ 200.00	-\$ 200.00	-\$ 500.00
5750-00 Community Events Income				0.00					0.00
5750-01 Community Events Income - Administration	160.00	35.00		195.00		160.00	35.00		195.00
Total 5750-00 Community Events Income	\$ 160.00	\$ 35.00	\$ 0.00	\$ 195.00		\$ 160.00	\$ 35.00	\$ 0.00	\$ 195.00
5752-00 Major Donor Income				0.00					0.00
5752-01 Major Donor Income - Administration	4,000.00			4,000.00		4,000.00			4,000.00
Total 5752-00 Major Donor Income	\$ 4,000.00	\$ 0.00	\$ 0.00	\$ 4,000.00		\$ 4,000.00	\$ 0.00	\$ 0.00	\$ 4,000.00
5801 BAI Bequest		208,874.63		208,874.63			208,874.63		208,874.63
PayPal Sales	3,965.18	3,817.79	2,684.17	10,467.14		3,965.18	3,817.79	2,684.17	10,467.14
Sales of Product Income		155.79	-49.72	106.07			155.79	-49.72	106.07
Total Income	\$ 58,978.37	\$ 277,330.70	\$ 102,166.83	\$ 438,475.90		\$ 58,978.37	\$ 277,330.70	\$ 102,166.83	\$ 438,475.90
Cost of Goods Sold									
6750-00 Premiums Expense				0.00					0.00
6750-03 Premiums - Development				0.00					0.00
Premiums - Gary Null		13,959.50	12,500.00	26,459.50		1,948.95	8,000.00	12,500.00	20,448.95
Premiums - Third Party	5,061.20	14,988.15	3,691.48	23,740.83		6,514.20	19,158.15	3,582.48	29,254.83
Total 6750-03 Premiums - Development	\$ 5,061.20	\$ 28,947.65	\$ 16,191.48	\$ 50,200.33		\$ 8,463.15	\$ 25,158.15	\$ 16,082.48	\$ 49,703.78
Total 6750-00 Premiums Expense	\$ 5,061.20	\$ 28,947.65	\$ 16,191.48	\$ 50,200.33		\$ 8,463.15	\$ 25,158.15	\$ 16,082.48	\$ 49,703.78
Total Cost of Goods Sold	\$ 5,061.20	\$ 28,947.65	\$ 16,191.48	\$ 50,200.33		\$ 8,463.15	\$ 25,158.15	\$ 16,082.48	\$ 49,703.78
Gross Profit	\$ 53,917.17	\$ 248,383.05	\$ 85,975.35	\$ 388,275.57		\$ 50,515.22	\$ 252,172.55	\$ 86,084.35	\$ 388,772.12
Expenses									
6000-00 Salaries & Related Expenses				0.00					0.00
6000-01 Gross Salaries	48,210.43	49,056.70	49,246.56	146,513.69		23,996.50	110,988.04	49,246.56	184,231.10
Total 6000-00 Salaries & Related Expenses	\$ 48,210.43	\$ 49,056.70	\$ 49,246.56	\$ 146,513.69		\$ 23,996.50	\$ 110,988.04	\$ 49,246.56	\$ 184,231.10
6200-00 Health Benefits				0.00					0.00
6200-01 Health Benefits - Administration	9,486.44	9,486.44	9,486.44	28,459.32		7,000.00	18,972.88		25,972.88
Total 6200-00 Health Benefits	\$ 9,486.44	\$ 9,486.44	\$ 9,486.44	\$ 28,459.32		\$ 7,000.00	\$ 18,972.88	\$ 0.00	\$ 25,972.88
6300-00 Consultants				0.00					0.00
6300-01 Consultants - Administration	1,500.00	1,500.00	1,500.00	4,500.00		1,500.00	2,250.00	1,500.00	5,250.00
6300-02 Consultants - Programming				0.00					0.00
Fund Drive Consultants				0.00					0.00
Christine Blossdale		4,500.00		4,500.00			2,500.00	2,000.00	4,500.00
Kathryn Davis		1,800.00	690.00	2,490.00			1,800.00	690.00	2,490.00
Total Fund Drive Consultants	\$ 0.00	\$ 6,300.00	\$ 690.00	\$ 6,990.00		\$ 0.00	\$ 4,300.00	\$ 2,690.00	\$ 6,990.00
Total 6300-02 Consultants - Programming	\$ 0.00	\$ 6,300.00	\$ 690.00	\$ 6,990.00		\$ 0.00	\$ 4,300.00	\$ 2,690.00	\$ 6,990.00
6300-03 Consultants - Development	1,000.00	3,000.00	2,000.00	6,000.00		1,000.00	2,000.00	2,000.00	5,000.00
Total 6300-00 Consultants	\$ 2,500.00	\$ 10,800.00	\$ 4,190.00	\$ 17,490.00		\$ 2,500.00	\$ 8,550.00	\$ 6,190.00	\$ 17,240.00
6400-00 Central Service				0.00					0.00
6400-01 N.O. Central Services Fees	16,890.00	16,890.00	16,890.00	50,670.00		0.00	0.00	0.00	0.00
6412-01 PRA Central Services Fees	4,222.00	4,222.00	4,222.00	12,666.00		0.00	4,222.00	0.00	4,222.00
Total 6400-00 Central Service	\$ 21,112.00	\$ 21,112.00	\$ 21,112.00	\$ 63,336.00		\$ 0.00	\$ 4,222.00	\$ 0.00	\$ 4,222.00
6500-00 Telephone				0.00					0.00
6500-01 Telephone - Administration	432.84	452.29	463.62	1,348.75			1,425.29	463.62	1,888.91
6504-01 Internet / Cable Connection	117.77	122.37	123.44	363.58		117.77	122.37	123.44	363.58
Time Warner Cable	544.91	746.96		1,291.87		972.27	1,291.91		2,264.18
Total 6504-01 Internet / Cable Connection	\$ 662.68	\$ 869.33	\$ 123.44	\$ 1,655.45		\$ 1,090.04	\$ 1,414.28	\$ 123.44	\$ 2,627.76
Total 6500-01 Telephone - Administration	\$ 1,095.52	\$ 1,321.62	\$ 587.06	\$ 3,004.20		\$ 1,090.04	\$ 2,839.57	\$ 587.06	\$ 4,516.67
6500-02 Telephone - Programming	554.87		121.98	676.85				121.98	676.85
6501-02 Telephone-Radio Lines - Programming	5.00		14.23	19.23			5.00	14.23	19.23
Total 6500-00 Telephone	\$ 1,095.52	\$ 1,881.49	\$ 723.27	\$ 3,700.28		\$ 1,090.04	\$ 3,399.44	\$ 723.27	\$ 5,212.75
6531-01 Insurance Expenses - Administration	17.39	17.39		34.78		17.39	17.39		34.78
6572-00 Bank Charges				0.00					0.00
6572-01 Bank Charges & Fees	5,559.44	2,300.23	3,516.59	11,376.26		5,719.44	2,300.23	3,516.59	11,536.26
Total 6572-00 Bank Charges	\$ 5,559.44	\$ 2,300.23	\$ 3,516.59	\$ 11,376.26		\$ 5,719.44	\$ 2,300.23	\$ 3,516.59	\$ 11,536.26
6580-00 Travel				0.00					0.00
6580-01 Travel - Administration		47.95		47.95			47.95		47.95
6580-02 Travel - Programming	494.44	226.40	475.06	1,195.90		194.44	526.40	475.06	1,195.90
6581-01 Local Travel - Administration		99.10		99.10			99.10		99.10
6581-05 Travel- Volunteer Transportation	248.00	157.00	375.00	780.00		375.00	157.00	375.00	907.00
Total 6580-00 Travel	\$ 742.44	\$ 530.45	\$ 850.06	\$ 2,122.95		\$ 569.44	\$ 830.45	\$ 850.06	\$ 2,249.95
6600-00 Office Expenses				0.00					0.00
6600-01 Office Expenses - Administrative	124.75	651.00	137.00	912.75		124.75	651.00	137.00	912.75
6600-02 Office Expenses - Programming		1,000.00	150.00	1,150.00			1,000.00	150.00	1,150.00
Total 6600-00 Office Expenses	\$ 124.75	\$ 1,651.00	\$ 287.00	\$ 2,062.75		\$ 124.75	\$ 1,651.00	\$ 287.00	\$ 2,062.75
6610-01 Rent Expense - Administration	5,300.00	5,300.00	5,300.00	15,900.00		5,300.00	5,300.00	5,300.00	15,900.00
6630-00 Tower Rent				0.00					0.00
6630-01 Tower Rent - Administration	12,360.00	12,360.00	12,360.00	37,080.00		14,311.26	14,451.94	12,360.00	41,123.20
Total 6630-00 Tower Rent	\$ 12,360.00	\$ 12,360.00	\$ 12,360.00	\$ 37,080.00		\$ 14,311.26	\$ 14,451.94	\$ 12,360.00	\$ 41,123.20
6631-01 Rent and Lease of Equipment - Administration	779.18	389.59		1,168.77		779.18	389.59		1,168.77
6635-01 Storage Rental	168.00	168.00	168.00	504.00		168.00	168.00	168.00	504.00
6640-00 Utilities				0.00					0.00
6640-01 Utilities - Administration	1,062.21	1,281.24	805.23	3,148.68				4,886.60	4,886.60
6641-01 Utilities - Tower - Administration	1,012.98	1,017.14	1,361.06	3,391.18		2,061.72	2,141.49	1,361.06	5,564.27
Total 6640-00 Utilities	\$ 2,075.19	\$ 2,298.38	\$ 2,166.29	\$ 6,539.86		\$ 2,061.72	\$ 2,141.49	\$ 6,247.66	\$ 10,450.87
6680-00 Maintenance Technical - Administration				0.00					0.00
6680-01 Maintenance Technical - Administration	3,650.00	5,912.50		9,562.50		3,650.00	4,000.00	1,912.50	9,562.50
6680-04 Maintenance Technical - Operations		360.38	6,540.00	6,900.38			360.38	6,540.00	6,900.38
Total 6680-00 Maintenance Technical - Administration	\$ 3,650.00	\$ 6,272.88	\$ 6,540.00	\$ 16,462.88		\$ 3,650.00	\$ 4,360.38	\$ 8,452.50	\$ 16,462.88
6694-01 Programming Services - Administration	4,535.00		3,310.00	7,845.00		2,085.00		2,450.00	4,535.00
6698-00 Web-Site Expenses				0.00					0.00
6698-01 Web-Site Expenses - Administration	337.96	109.96		447.92		337.96	109.96		447.92
6698-02 Web-Site Expenses - Programming			134.55	134.55				134.55	134.55
Total 6698-00 Web-Site Expenses	\$ 337.96	\$ 109.96	\$ 134.55	\$ 582.47		\$ 337.96	\$ 109.96	\$ 134.55	\$ 582.47
6700-01 Tapes and Supplies - Administration	571.40	947.67	1,080.99	2,600.06		571.40	1,061.82	1,072.16	2,705.38
6701-00 Other Programming				0.00					0.00
6701-01 Other Programming - Administration	500.00	1,500.00	500.00	2,500.00		500.00	4,500.00	500.00	5,500.00
Total 6701-00 Other Programming	\$ 500.00	\$ 1,500.00	\$ 500.00	\$ 2,500.00		\$ 500.00	\$ 4,500.00	\$ 500.00	\$ 5,500.00
6751-01 Fund Drive/Marathon Exp-Administration	17,866.39	3,834.10	7,022.03	28,722.52		2,169.59	25,666.62	8,686.54	36,422.75
6760-01 Advertising & Marketing	79.81	1,392.00	79.88	1,551.69		79.81	1,392.00	79.88	1,551.69
6760-03 Advertising and Promotion - Development	335.00	398.85	335.00	1,068.85		335.00	398.85	335.00	1,068.85
Board Operator	2,310.00	690.00	832.50	3,832.50		2,310.00	690.00	832.50	3,832.50
Broadcasting Equipment			83.58	83.58				83.58	83.58
Cleaning		810.00		810.00			810.00		810.00
Meals & Entertainment	155.16	153.59	221.45	530.20		169.16	153.59	221.45	544.20
News Department / Stringers	328.88	328.88	328.88	986.64		986.64		657.76	1,644.40
Office Supplies & Software	568.98	1,281.67	869.19	2,719.84		568.98	1,281.67	869.19	2,719.84
PayPal Fees	631.24	105.27	176.67	913.18		631.24	105.27	176.67	913.18
Uncategorized Expense			13.84	13.84		4,998.00	-4,567.29	217.29	648.00
Uncategorized Expense								13.84	13.84
Total Expenses	\$ 141,400.60	\$ 135,176.54	\$ 130,934.77	\$ 407,511.91		\$ 83,030.50	\$ 209,245.32	\$ 109,672.05	\$ 401,947.87
Net Operating Income	-\$ 87,483.43	\$ 113,206.51	-\$ 44,959.42	-\$ 19,236.34		-\$ 32,515.28	\$ 42,927.23	-\$ 23,587.70	-\$ 13,175.75
Other Expenses									
6590-00 Board Meeting				0.00					0.00
6590-01 Board Meeting & Travel	172.00	160.00		332.00		172.00	160.00		332.00
Total 6590-00 Board Meeting	\$ 172.00	\$ 160.00	\$ 0.00	\$ 332.00		\$ 172.00	\$ 160.00	\$ 0.00	\$ 332.00
6591-00 Board Expenses				0.00					0.00
6591-01 Local Board Expenses - Administration		200.00		200.00			200.00		200.00
Total 6591-00 Board Expenses	\$ 0.00	\$ 200.00	\$ 0.00	\$ 200.00		\$ 0.00	\$ 200.00	\$ 0.00	\$ 200.00
6790-00 Community Event Expenses				0.00					0.00
6790-01 Community Events Expenses - Administration	4,451.00	493.27	1,045.30	5,989.57		2,326.00	2,803.27	1,045.30	6,174.57
6790-03 Community Event Expenses - Development	352.00	90.00	200.00	642.00		352.00	90.00		642.00
Total 6790-00 Community Event Expenses	\$								

EXHIBIT #9

Begin forwarded message:

From: Kathryn Horsley <kathrynhorsley@aol.com>
Date: November 16, 2021 at 12:19:30 PM PST
To:
Subject: Fwd: [spiritof1848] Gary Null and covid-19 vaccines

No doubt you all are fully aware of this crime against the public's health in Pacifica's name?

Sent from my iPad

Begin forwarded message:

From: ajamusankofa1949 via Spirit of 1848 <spiritof1848@googlegroups.com>
Date: November 16, 2021 at 12:02:45 PM PST
To: "berthold@wbai.org" <berthold@wbai.org>
Cc: "merosenberg@legal-aid.org" <merosenberg@legal-aid.org>, "bob@pnhpnymetro.org" <bob@pnhpnymetro.org>
Subject: [spiritof1848] Gary Null and covid-19 vaccines
Reply-To: ajamusankofa1949@aol.com

Hello Berhold,

This is Ajamu Sankofa, JD. I am a WBAI Buddy and a former producer of *A New Day*. Today, I sent a group of progressive medical professionals on list Spirit of 1848 a question about the nature of Gary Null's radio presentations on Covid-19 vaccines.

Free speech is not absolute. I think Null's comments are dangerous; they will undoubtedly cost lives. WBAI is placing itself on the side of the right wing crazies and possibly opening itself to some legal exposure. Of course, we can have differing opinions; but at least they should have sufficient indicia of clarity, nuance, public responsibility, and truth. Null appears to be willfully misleading people. His intelligent sounding disinformation needs to be addressed by the station. I remember Null's rantings about HIV. That was horrible enough. We may not have known better then. But this is unconscionable; we have a plethora of sound science about the efficacy of the vaccine science to rebut Null's spin on the data. It is shameless. WBAI must do better. What I have stated is my opinion only. Below is the feedback I have received up to this moment by medical professionals.

See their responses. They keep coming in:

1.

Hi, all -

Gary Null has made a handsome living peddling natural healing products under his own brand. Outrageously, he spent a good deal of energy being anti-AZT and promoting high-dose vitamin C for AIDS, publicly vilifying the late great Arthur Ashe for not following Null's AIDS protection.

Now he's at it again, widely spewing virulent anti-Covid vaxx garbage, and it hurts my heart that Pacifica gives him a huge platform - because, they say, he brings in a lot of revenue - a morally indefensible position.

In solidarity,

Martha Livingston

2.

It's a huge embarrassment! We need WBAI in NYC, and WBAI needs money to survive. There's the rub. WBAI allows anti-vax propaganda daily (and not just by Gary Null). For Gary, it seems it's allowed because he's raising money for WBAI, while also alas marketing his supplements through WBAI.

Instead of asking, "How do we end the pandemic?" [our country] seems to be asking, "What level of risk can we tolerate?" Or perhaps, "Who gets to tolerate that risk?" (Ed Yong, *The Atlantic*, 6/9/21)

Ruth Wangerin

3.

All- The CDC link listed in this thread actually addresses the risk of non-COVID mortality after vaccination (which is not elevated: in other words, vaccines are not causing people to die of other causes at higher rates)

Here is a link on breakthrough infections. It clearly states that the risk of both hospitalization and death for vaccinated people is much lower than for unvaccinated people.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/effectiveness/why-measure-effectiveness/breakthrough-cases.html>

Best,
Marian

Marian Moser Jones

4.

On Nov 16, 2021, at 12:59 PM, 'H D Cohen' via Spirit of 1848 <spiritof1848@googlegroups.com> wrote:

I haven't seen his "data" but from everything I've seen, the exact opposite is true. Sadly, it seems that many folks in the natural healing world have lined up against the covid-19 vaccines. Healthy skepticism about pharmaceutical companies and government regulatory agencies has morphed into definitively unhealthy reliance on biased, cherry-picked anecdotal accounts that have reinforced the very harmful, mostly right-wing agenda that has inhibited more widespread vaccinations.

Regards,
Hillel

5.

Here's the link: <https://www.cdc.gov/mmwr/volumes/70/wr/mm7043e2.htm>

Mindy Fullilove, MD

My webpage: <https://www.mindyfullilove.com/>

My Contently page: <https://mindyfullilove.contently.com/>

My blog: <http://mainstreetnj.blogspot.com/>

6.

Hi Ajamu, Good of you to check on this and get the record straight for Pacifica !

I'm sure others will respond to your request but here is a CDC MMWR from Oct 2021 reporting on morality from COVID-19 of vaccinated vs unvaccinated persons.

Here is a CDC MMWR from Oct 2021 reporting on morality from COVID-19 of vaccinated vs unvaccinated persons.

Kathy Dervin, MPH

7.

If 100% were vaccinated, then all deaths would be in the vaccinated! Nuff said?

George Kaplan

Sincerely,

Ajamu

-----Original Message-----

From: Berthold Reimers <berthold@wbai.org>

To: WBAI Staff Announce <staffannounce@wbai.org>

Sent: Wed, Nov 10, 2021 1:11 pm

Subject: Staff Meeting

Dear all,

This is the first reminder of our WBAI Staff Meeting. Please send your agenda items. Most of this meeting will be spent discussing Premium and fund drive. We are approaching a situation where WBAI can't sustain itself. Our goal is to raise \$100,000.00 per month and we have raised an average of \$95,000.00 per month but as you can see below and attached we depend on very few people to raise that amount. Currently, those few people are not being successful because of the repetition of the same premiums and have not come up with too many new premiums. We almost entirely depend on Gary Null premiums this month. We currently made \$14,400.00 this month and are \$18,000.00 short of our goal after 10 days. We owe 2 months of the tower rent or \$34,000.00. The situation is pretty dire. Your participation and help is needed and welcome.

Show	4/1/2021	5/1/2021	6/1/2021	7/1/2021	8/1/2022	9/1/2022	
	\$56,227.37	\$27,005.82	\$33,425.47	\$17,869.15	\$23,553.59	\$17,612.83	\$

Gary Null	\$5,905.62	\$14,536.06	\$32,109.45	\$6,027.54	\$21,330.79	\$21,631.28	\$
C Bosdale	\$28,502.24	\$24,900.61	\$10,200.00	\$26,650.00	\$14,196.27	\$8,136.27	
G Null / C Bosdle	\$36,299.14	\$0.00	\$2,257.02	\$450.00	\$16,490.00	\$11,265.00	
Building Bridges	\$4,824.78	\$5,140.23	\$335.23	\$5,455.00	\$11,770.00	\$1,125.00	
Bates / Luciano	\$0.00	\$0.00	\$0.00	\$0.00	\$13,178.77	\$11,200.00	
Bates / TCOYH	\$6,846.41	\$8,224.78	\$2,785.22	\$3,770.36	\$1,515.00	\$1,955.00	
Sojourner Truth	\$0.00	\$2,423.29	\$2,790.00	\$645.00	\$505.00	\$3,281.21	
T Bates	\$2,608.06	\$1,275.00	\$2,430.00	\$1,275.00	\$2,824.03	\$605.00	
Dreamleapers	\$515.00	\$0.00	\$26.05	\$962.68	\$4,653.22	\$170.00	
Any Saturday	0	0	\$80.00	0	0	\$1,420.00	
Exploration	\$1,325.00	\$900.00	\$1,500.00	\$0.00	\$0.00	\$0.00	
Backstage Story	0	0	0	0	\$60.00	\$3,075.00	
Natalie Tandwine	\$400.00	\$0.00	\$1,804.78	\$0.00	\$300.00	\$300.00	
Vantage Point	\$1,103.29	0	\$1,200.00	0	0	\$300.00	
Midnight Ravers	\$500.00	\$0.00	\$400.00	\$450.00	\$0.00	\$677.55	
Vintage Point	0	0	0	\$100.00	\$1,300.00	0	
Folk Radio	\$964.65	\$0.00	\$0.00	\$0.00	\$0.00	\$300.00	
Law & Disorder	0	0	0	0	\$850.00	\$300.00	
Living For The City	\$0.00	\$0.00	\$450.00	\$391.19	\$0.00	\$100.00	
Education at the Crossroad	0	\$580.00	\$100.00	\$230.00	0	0	
Kathy Davis	\$0.00	\$303.29	\$500.00	\$0.00	\$0.00	\$0.00	
R Credico	\$400.00	\$50.00	\$100.00	\$50.00	0	\$100.00	
Heart of Mind	\$0.00	\$300.00	\$0.00	\$0.00	\$0.00	\$280.00	
Mind Field	0	0	0	0	0	250	
Leonard Lopate	\$0.00	\$0.00	\$0.00	\$0.00	\$403.29	\$0.00	
RPM	0	0	0	0	0	\$197.24	
First Voices	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	
Old is New Again	0	\$242.09	0	0	0	0	

Joy of Resistance	\$0.00	\$0.00	\$0.00	\$0.00	\$120.00	\$0.00
Night Shift	0	0	0	0	0	0
Economic Update	\$0.00	\$0.00	\$0.00	\$0.00	\$200.00	\$0.00
On The Count	0	0	0	\$51.00	0	\$51.00
Gund & Butter	\$0.00	\$0.00	\$0.00	\$0.00	\$100.00	\$0.00
Aware Show	0	0	\$92.00	0	0	0
Out FM	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$75.00
Suga in My Bowl	\$55.00	0	0	0	0	0
Hour of the Wolf	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$50.00
Radio Gag	0	0	\$26.05	0	0	0
Total	\$146,476.56	\$85,881.17	\$92,611.27	\$64,376.92	\$113,349.96	\$84,457.38

Average from April to October 2021

\$

Here's the zoom link for the staff meeting at 7p Thursday, November 18.

WBAI Radio is inviting you to a scheduled Zoom meeting.

Topic: WBAI Staff Meeting

Time: Nov 18, 2021 07:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/88498356709>

Meeting ID: 884 9835 6709

One tap mobile

+16465588656,,88498356709# US (New York)

+13126266799,,88498356709# US (Chicago)

Dial by your location

+1 646 558 8656 US (New York)

+1 312 626 6799 US (Chicago)

+1 301 715 8592 US (Washington DC)

+1 669 900 9128 US (San Jose)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

Meeting ID: 884 9835 6709

Find your local number: <https://us02web.zoom.us/j/88498356709>

Thank You,

Berthold Reimers
WBAI Radio 99.5 FM
General Manager
(212) 209-2820

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To unsubscribe from this group and stop receiving emails from it, send an email to staffannounce+unsubscribe@wbai.org.

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Posted from the Spiritof1848 Listserv WWW.SPIRITOF1848.ORG #Spiritof1848

If you have been forwarded this email & want to join the discussion, email spiritof1848+subscribe@googlegroups.com to subscribe!

We welcome posts on social justice & public health that: (1) DIRECTLY address & make explicit the links between social justice and public health; and (2) provide information (e.g., conferences, jobs, publications) and substantive queries or comments.

Posts not allowed: (1) posts not explicitly connecting issues of social justice & public health (after 4th warning, you will be removed); (2) posts with only a clickable link and no explanatory text; (3) posts with attachments; (4) solicitations of donations; (5) petitions that ask for replies to listserv (rather than to sender or a website).

Some posts may be re-posted on our Facebook page for further distribution to the Spirit of 1848 community.

Email listserv administrator at 1848.spirit@gmail.com.

You received this message because you are subscribed to the Google Groups "Spirit of 1848" group.

To unsubscribe from this group and stop receiving emails from it, send an email to spiritof1848+unsubscribe@googlegroups.com.

To view this discussion on the web visit

<https://groups.google.com/d/msgid/spiritof1848/509526467.895224.1637092965477%40mail.yahoo.com>.

EXHIBIT #10

Subject: Do not offer the "Zapper" or "Organite" as a premium. Refund payments to people who got them

From: Pacifica Executive Director <ed@pacific.org>

Date: 2017-05-11, 10:14

To: "berthold@wbai.org" <berthold@wbai.org>, Tony Bates <tonybates@wbai.org>

CC: Christine Blodale <cbloale@kpfk.org>, Duane Bradley <dbradley@kpft.org>, Jerry Paris <JerryParis@wpfw.org>, Obidike Kamau <drkbiz@yahoo.com>, Quincy McCoy <q@kpfa.org>, Jon Almeleh <sirius@pacific.org>, Sam Agarwal Pacifica CFO <sagarwal@pacific.org>

Berthold and Tony,

Do not offer the "Zapper" or "Organite" as a premium, and refund payments to anyone who got them in your fund drive.

I reviewed the information you sent me about the "Zapper", Berthold, and also looked it up online. <http://doncroftzapper.com/terminator-faqs> The amount of BS on that web site (and that I heard on the show where this was pitched) is truly astounding. There are other charlatans besides Don Croft selling similar items and also making false medical claims, so even if you bought one from other sources it's still bad.

This is total snake oil. It's bogus, and the guy selling this is grossly misleading people with pseudo-scientific nonsense. I know you have good intentions, but do not fall for the claims this guy is making.

The same thing goes for "Orgon" and "Orgonite" that was also in this program. <https://en.wikipedia.org/wiki/Orgone> Saying that you can put this stuff near your electric meter and that it will reduce your electric bill is totally bogus.

I do know something about this. My master's degree is in biomedical engineering, and my bachelor's degree is in electrical engineering. While there are many legitimate medical devices, and ways to actually reduce your electric bill, these are not. I may also point out that I could find no references to scientific studies. Anyone who produces a real medical device knows that they are required by law to do clinical testing, and if the device works they should not be hesitant to do that. Clinical testing does not require that everyone is cured or that their health is improved. It just requires that the device be demonstrated scientifically to be safe and effective. People who know (or legitimately think) that their device works will not be afraid to demonstrate this scientifically.

I also listened to most of the show on WBAI yesterday where Goeff Brady and Tony were pitching this. <http://www.mediafire.com/file/y1p7tz1v0e16fnn/wbai+2017-05-10+Goeff+Brady+%26amp;+Tony+Bates+premium+Zapper.mp3> Although they said they were not making medical claims, all of the part of the show I listened to was in fact filled with medical claims. You cannot do this.

I also got complaints from WBAI listeners who heard this on the air.

There is a known placebo effect, and some medical conditions get better regardless of treatment in some people. So you can always find people who get better after they've taken some pill or used some device, but that does not mean that the pill or device caused this. It's correlation, not causation. A real scientific study will show that improvement, if any, is not due to random variations.

It is illegal to make medical claims like this in order to sell products. If WBAI was prosecuted I realize you might say that we are not really selling our premiums, but I the courts might not agree.

I know you want to help raise money for WBAI, but the only thing the Zapper will cure is empty wallet disease of the people selling this. Using this on the air opens us up to not only prosecution for making unjustified medical claims of something we are in effect selling, but also to liability from people who might experience some negative effects (even if not actually caused by the Zapper) while using it.

Further, this helps to destroy our credibility with listeners. This is the kind of thing that we get so many complaints about.

We complain, justifiably, about the way science is disrespected by our politicians and some of the media. We should not be doing the same thing with this kind of pseudo science nonsense.

Bill

Bill Crosier
Interim Executive Director
Pacifica Foundation
1925 Martin Luther King Jr Way
Berkeley CA 94704-1037
510-316-9783

EXHIBIT #11



Corporation
for Public
Broadcasting

May 22, 2020

Lydia Brazon, Interim Executive Director
Alex Steinberg, Pacifica National Board Chair
The Pacifica Foundation
3729 Cahuenga Boulevard West
Los Angeles, CA 91604

Subject: Pacifica Foundation's Removal from the Radio Community Service Grant (CSG) Program

Dear Ms. Brazon and Mr. Steinberg,

This letter serves to inform you that Pacifica Foundation (Licensee) is no longer eligible for CPB's Radio Community Service Grant (CSG) program effective May 31, 2020 (Termination Date). Licensee does not comply with the Radio CSG General Provisions and Eligibility Criteria (General Provisions) and has not completed the corrective actions detailed in CPB's Management Determination and Required Actions letter dated March 28, 2013, in response to the Office of Inspector General audit report number ASR1202-1208, published September 21, 2012. Because neither the Licensee nor KPFA-FM, KPFK-FM, KPFT-FM, WBAI-FM, or WPFW-FM (collectively Stations) has met or taken adequate steps to comply with the CSG eligibility requirements, CPB removed the Licensee and all of its Stations from the CSG program.

Music Licensing Agreements

As of the Termination Date, Licensee and Stations are no longer covered by the music licensing agreements that CPB negotiates and pays for on behalf of public media. Licensee and Stations will need to make other arrangements for the reporting of music use and payment of statutory license fees under the rules established by the U.S. Copyright Office.

Return of CSG Overpayment

As communicated in CPB's Management Determination and Required Actions letter dated March 28, 2013, Licensee is required to return \$137,506 in CSG overpayments. Please mail a check in the amount of \$137,506 made payable to the Corporation for Public Broadcasting to the address below no later than 30 days from the date of this letter:

Nick Stromann, Vice President and Controller
Corporation for Public Broadcasting
401 Ninth Street, NW
Washington, DC 20004-2129

Future Radio CSG Program Eligibility

To be considered for re-entry to the CSG program, the Radio CSG program must be open to new applicants, Licensee and Stations must demonstrate full compliance with the General Provisions at the time of application, and Licensee and Stations must fulfill all requirements outlined in the March 28, 2013 letter. All eligibility determinations will be made by CPB at its sole discretion.

Lydia Brazon, Interim Executive Director
Alex Steinberg, Pacifica National Board Chair
The Pacifica Foundation
May 22, 2020
Page Two

Questions regarding Radio CSG grantee requirements should be directed to CPB's Office of Grants Administration at CSG@cpb.org.

Sincerely,



Kathy Merritt
Senior Vice President, Journalism and Radio



Katherine Arno
Vice President, Community Service Grants and Station Initiatives

CC: VIA ELECTRONIC MAIL

Michael Levy, Executive Vice President & Chief Operating Officer, CPB
J. Westwood Smithers, Jr., Senior Vice President & General Counsel, CPB
William P. Tayman, Jr., Chief Financial Officer & Treasurer, CPB
Nick Stromann, Vice President and Controller, CPB
Andrew Charnik, Director, Radio CSG Policy and Administration, CPB
Nadine M. Feaster, Director, Office of Grants Administration, CPB

EXHIBIT #12

To: ed@pacificafund.org
From: bernieS <bernies@panix.com>
Subject: Letter to Pacifica iED re NY state fundraising law violations
Cc: Jon Almeleh <sirius@si.rr.com>

Bill,

About five months ago, after consulting with Jon Alemeh on the content, I anonymously sent the below letter via Certified Mail to Pacifica's previous iED, Lydia Brazon.

The reason I sent it anonymously is I didn't want to be blamed as the messenger if WBAI's fundraising was shut down by the NY State AG. I had no confidence my letter would be held in confidence, and I feared 'blame the messenger' retaliation by WBAI management and/or staff if an enforcement action led to a stoppage of fundraising. Apparently Ms. Brazon took no action on this matter, and I'm guessing the letter was never shown to you.

Jon Almeleh shares my concerns about this matter and recently encouraged me to send you a copy of this letter. I hope you'll look into this asap because it seems to be a serious legal liability for WBAI/Pacifica. As I type this, WBAI/Pacifica appears to be violating NY state law every day it's fundraising without the required registration to legally do so, which it has not had since 2013.

WBAI's offering highly questionable premiums such as the 'Zapper' and 'Organite' could alone bring a complaint to the NY AG's office which could trigger an investigation discovering that WBAI/Pacifica has been illegally raising funds since 2013. That could bring a NY State AG cease & desist action against WBAI/Pacifica to raise further funds, plus fines and other penalties.

As I see it, WBAI management is putting the radio station--and Pacifica--at serious legal risk, so I thought the Executive Director should be made aware of that.

On December 15, 2016 I email then Pacifica iED Lydia Brazon a letter via USPS Certified Mail detailing my concerns. She apparently took no corrective action.

Good luck with this, and please let me know if you have any related questions.

Sincerely,

-bernieS

Aris & Carolyn Anagnos Peace Center Foundation
Attn: Ms. Lydia Brazon
8124 W. Third St, Suite 200
Los Angeles, CA 90048

December 15, 2016

Personal and Confidential - Legal
Via Priority Certified Mail

Dear Ms. Brazon,

I am writing to you in your capacity as Pacifica Executive Director whose responsibilities include keeping the Foundation in compliance with federal and state laws. As a longtime WBAI donor who has given hundreds of dollars in recent years, I'm concerned that a serious legal liability may soon preclude WBAI from soliciting further donations unless you take prompt corrective action.

As you know, WBAI Pacifica solicits and raises well over \$25,000 several times a year. What you may not know is that New York state law requires all charities soliciting \$25,000 or more to provide annual financial reports and audited financial statements to the NY Charity Bureau of the Office of the New York State Attorney General. That agency was recently widely reported to have recently found another well-known charity in violation of this law--and ordered it to Cease & Desist soliciting any donations for not having a valid registration: <http://goo.gl/SfepMQ>

To see if WBAI Pacifica was at risk, I called the Office of the New York State Attorney General at (800)771-7755 and asked if WBAI Pacifica is registered to legally solicit more than \$25,000 a year. They said Pacifica Foundation Radio (EIN #94-1347046) has been delinquent since 2013 for failing to submit the required annual financial reports and audited financial statements to legally solicit more than \$25,000 annually. So WBAI has been illegally soliciting donations for about four (4) years, and its management continues violating NY state law by soliciting donations over the air, online, and by other means without being registered to legally do so. You can verify this by calling the number above. California, Texas, and DC law regulates charities similarly.

Please understand I have not filed a complaint against WBAI Pacifica with the Office of the New York State Attorney General, nor do I intend to. The New York AG's representative I spoke with said her office only takes action on such matters when a complaint is filed. However, anyone can easily file such a complaint at any time, and word is already circulating that WBAI Pacifica has been illegally soliciting donations: https://charitiesnys.com/complaints_new.html

My intent is not to get the Office of the New York State Attorney General to take action, but to bring this legal matter to your attention so you can compel WBAI management to comply with NY state law before it continues illegally soliciting donations. I trust that you as Pacifica's Executive Director will act promptly, before an embarrassing and financially crippling law enforcement action--such as a Cease and Desist Order from the NY State AG--happens because of WBAI management's continued illegal fundraising (which you've now been notified of via Certified Mail.)

As a WBAI Pacifica donor I'd much rather see this legal matter addressed and resolved internally at Pacifica, than through legal action by the Office of the New York State Attorney General. The latter would have major legal, financial, and reputational consequences for Pacifica. WBAI's fall fundraiser raised more than enough money to retain a public accounting firm and auditor to prepare the required annual financial reports and financial statements and file them with the Office of the New York State Attorney General so WBAI Pacifica can legally solicit donations.

I urge you in your capacity as Pacifica's Executive Director, whose responsibilities include keeping the Pacifica Foundation in compliance with federal and state laws, to promptly address this urgent legal matter. Thank you for reading this letter, and for volunteering to help Pacifica. Good luck.

Sincerely,

A Pacifica Donor
pacificadonor@gmail.com
721 5th Ave
Apt 36H
New York, NY 10022

EXHIBIT #13

This is very troubling and I'm sure John Verme, our iED, will look into it.

In peace,

Grace Aaron

home: (310) 286-1011

cell: (310) 402-4087

On Tue, Aug 6, 2019 at 11:08 PM Stephen M Brown

<sbrown13@nyc.rr.com> wrote:

Grace –

You asked me why Gary Null didn't reach out to Pacifica over his issues with Berthold's illicit offerings of premiums that he did not have, could not get, and therefore could not fulfil. Believe it or not, it did not occur to Gary. So I asked him if I could send you a copy of the lawyer's letter that he sent to Berthold. He said yes, and it is appended below. It speaks for itself. I think the new iED should see it, but I don't have his email.

<image005.jpg>

Stephen M Brown

sbrown13@nyc.rr.com



=====

From: ngreenfield@garynull.com

[<mailto:ngreenfield@garynull.com>]

Sent: Monday, August 5, 2019 6:09 PM

To: Berthold Reimers

Cc: Gary Null

Subject: Legal Demand to immediately cease offering Curing the Incurable Cookbook

Dear Mr. Reimers

As you know, I am legal counsel to Gary Null and Gary Null &

AS you know, I am legal counsel to Gary Null and Gary Null & Associates.

I am informed that despite repeated admonitions from Gary Null to you personally as well as to others, WBAI is continuing to offer Gary Null's Curing the Incurable Cookbook as a premium for pledges. As you have been explicitly told, all copies of the book from the current print run have been sold. Therefore, you cannot possibly fulfill the premium offers you are making, and for which you have received cash payments from your listeners.

Since you knew this in advance (because we told you so), what you have been doing, and continue to do by offering this cookbook in return for money, even though you know you cannot fulfill it, appears to be an act of deliberate deception rising to the level of criminal fraud. It could subject you, personally, and Pacifica corporately, to fines and jail sentences. The FTC monetary penalty alone for failure to fulfil a direct mail offering within 30 days of receipt of order, even if that failure was unintentional or unavoidable (which in your case was neither) is \$10,000 per event, in which each pledge is a separate event. And since your violation rises to the level of recklessness (gross negligence) and, at worst, fraud, the consequences might be catastrophic, both for you personally and for Pacifica corporately.

Even if you were able to provide immediately upon reading this letter a WBAI check for \$12,500.00 to print 500 copies, you know very well that the books could not possibly be ready for a couple of months. Accepting orders now would put you in violation of the FTC's Mail Order Rule and liable to its federally specified penalties.

When you offer a premium that is not available, you are committing consumer fraud and deceptive trade practices under New York State law as well as a violation of the Federal Trade Commission regulations requiring the timely fulfillment of premiums. As your actions involve Gary Null products, you are also harming Gary Null and his reputation through the above mentioned acts and are additionally liable for unfair competition and unjust enrichment, all of which are compensable at law

On behalf of Gary Null and Gary Null & Associates, we demand that WBAI immediately cease and desist from offering as premiums the book Curing the Incurable or any other product associated with Gary Null or Gary Null & Associates except with his explicit written permission. We also demand that you, as station manager, make a public statement on WBAI explaining that neither the Curing the Incurable cookbook, nor any other Gary Null product is available as a premium because all stock has been sold out and that the station apologizes for its error. The station must then offer refunds to anyone who does not give consent to waiting until the book is ready and is informed of that projected date.

In the event of your failure to cease offering unauthorized premiums, I have been authorized to seek injunctive relief and damages in court as well as report your violation of FTC regulations to the appropriate federal agencies for enforcement.

Please respond immediately by email and postal letter that you understand and will comply with the above demand that you cease and desist your illegal actions.

Very truly yours,

Neal S. Greenfield, Esq.

General Counsel

Gary Null & Associates Inc.

35 West 35th Street, 12th Floor

New York, NY 10001

(646) 926-5453

EXHIBIT #14

Blodale-special-(Brent Michael Phillips)-the-end-of-sufferiing

Mabel Williams 00:00

Tune to WBIA, the station that tells our story and tells it like it is. This is Mabel Williams, widow of a Robert F Williams negros with guns and you're listening to WBAI, New York 99.5 FM. And I mean every word of it.

Christine Blodale 00:57

That's right do a little expression of yourself. Hello, everyone. I am Christine Blodale and Oh, I'm so very happy that you tuned in today. In this very, very special hour, we are going to find out some amazing information from my in studio guest. Mr. Brent Michael Phillips is a successful MIT trained engineer, and how he became an award winning author and Amazon number one best selling co author, and the inventor of the formula for miracles, which is an audio technology that actually clears subconscious blocks that we have, when you just listen to it. That journey we're going to be talking about today with Brent Michael Phillips because how you how you started off as an engineer and how you ended up to where you are today is an absolutely fabulous story. And I want to let our listeners know. Welcome to Pacifica radio

Brent Michael Phillips 01:51

That is great. I'm excited to be here.

Christine Blodale 01:53

Me too. So So when I say MIT trained engineer, I mean you I hate to wait, who was it that claim that they started the internet? was it?

Brent Michael Phillips 02:05

It was Al Gore, Yes.

Christine Blodale 02:06

yes. But I think that he also had a little something to do with the early beginnings. Let our listeners know about your, your beginnings in the engineer world and how you got to where you are today.

Brent Michael Phillips 02:18

You know, it's kind of funny, I would be the first to admit I never thought I'd be doing anything like this. To be a professional healer, a spiritual teacher, teaching people how to harness the power of their mind find their life purpose, not even on my radar. because growing up, I was pretty much your typical nerd. I loved math and science.

Christine Blodale 02:36

Did you like Star Trek.

Brent Michael Phillips 02:37

I love Star Wars and Star Trek. Yeah, I've been playing Dungeons and Dragons continuously since around 1980.

Christine Blodale 02:44

You were one of those.

Brent Michael Phillips 02:45

I was one of those way before it was cool. Yeah. And so it was a very natural thing for me. The one thing I was good at, that I could get paid for was working with computers. Yes. And so I was very lucky to end up in college at MIT. And at MIT. I discovered the internet. And of course that sounds funny today, but back in the 80s, no one had ever heard of the internet.

Christine Blodale 03:04

This was in the 80s.

Brent Michael Phillips 03:05

Yes. And they had something on campus called Project Athena, where they had internet enabled clusters of workstations for all the students to use.

Christine Blodale 03:13

It was, but it was just on the campus, right,

Brent Michael Phillips 03:15

just on the campus. But it was amazing. It was like a whole new world I discovered. And I thought, wow, this, this technology is going to change our world. And it really has certainly, and so that I made that the focus of my studies, I got my bachelor's degree, I went on to graduate school there. And during my time in graduate school, I'm very proud to have been part of what was the telemedia networks and Systems Group under Professor Tenant House, where we were doing advanced applications on the web. So just one of the many projects I was involved in, in 1994. We sent the first ever real time video over the web. Wow. So we're doing some really amazing things. So

Christine Blodale 03:51

there's no there's not not much happening with the videos on the web today. Yeah, of course not YouTube. Yeah.

Brent Michael Phillips 03:56

And so long story short, when the internet boom hit, I think figured, well, heck, I don't want to sit here in grad school making \$900 a month for the next six years. So I left MIT moved to California and I had a wonderful plan. I recruited my lifelong best friend, we were going to start an internet company. I was going to work really hard for a couple years. sell it for millions of dollars. Yeah, and then move to some tropical island where I'd spend my days hot tubbing with supermodels. And so that was the plan. That was you heard the old joke? How do you make God laugh? How you just tell them your plans? Yeah, and so things actually got off to a pretty good start. It's kind of funny in retrospect, in my first year out of MIT, I did the first website for the launch of the Sony PlayStation. Wow, I did the first website for Nissan Motors has it the first website for Disneyland, we did websites for several divisions of Sony. And so things went really well. At first year out of MIT, I had 15 people working for me,

Christine Blodale 04:51

that's pretty darn good their Brent.

Brent Michael Phillips 04:53

We actually I so quickly maxed out the technical limitations of the web circa mid 90s. We started a second company to make a revolutionary kind of online game based on my graduate school research. And today we know them as massively multiplayer online games or Mo. We. So I created the very first mogh that actually ran on a 14 four modem in 1996 14.

Christine Blosdale 05:16

Fourteen four modem. Yep, those were the I remember those.

Brent Michael Phillips 05:20

Yes. So it was a really exciting time. And I thought I was well on my way to incredible success.

Christine Blosdale 05:26

That island was looking pretty good.

Brent Michael Phillips 05:28

It was looking it was it's really, in my grasp. Right, right. Right. What I didn't see coming was I was while I wanted to be successful, so badly, I was willing to do anything. And I was literally working nonstop. It was it was 16 hour days, seven days a week, no breaks, no holidays, no vacations, no weekends, it was just work, work work. Because after all, I was the primary technical person, bootstrapping to startup companies right at the beginning of the internet boom with employees with employees. So it was this incredible demand on me. And a few years into it, my body started to break down. I'll never forget the day it really hit me hard. I had little problems stiffness in my wrist tingles in my elbow and things. But there was one day I was going out to my car to drive home. It was like 1am or something, right? Typical long day. Yes. And I remember my hands were shaking so badly. I couldn't get my car home. Oh, and I thought, Well, okay, that something's wrong. Right? I was I had heard about repetitive stress injuries, and I figured no problem. I'll go to the doctor and they'll take care of me. Well, within a very short time, that my pain got so severe, I had to move in with my parents. Because some days I couldn't even cut my own food. I had to limit the amount of driving I did, because holding the steering wheel was too painful. Then I would when I would drive, I'd have to pull over every 10 or 15 minutes to rest,

Christine Blosdale 06:49

painful and dangerous and dangerous, right? I

Brent Michael Phillips 06:51

couldn't even read books anymore because it was too painful to hold of book open. So this started as a little tingle in my wrist, but it became this devastating high level Chronic pain. But again, I figured, heck, you know, go to the doctors don't know what to do. And so long story short, I spent three years in conventional therapy. And I kind of climbed the hierarchy found the better and better doctors. I ended up spending two years in really intensive physical therapy at the currently job clinic in LA. And that's where all the professional athletes in the Olympians go. Right. So I was seeing the best people available anywhere. Finally, after about two, three years of this, I finally got an appointment to see the head doctor there. And I figured, wow, if there's anyone that can help me get out of pain, get back to my life. It's going to be this guy, right? I'd seen him on TV done surgeries on sports stars and all this stuff, right? And so I was so excited. I'm like, finally I'm gonna have the answer.

Christine Blosdale 07:44

You're gonna have some relief, right? Because You were in pain this whole time.

Brent Michael Phillips 07:46

I was only able to work maybe a few hours a day, because I had to spend an hour or two with heat and ice and massage and balls and things just spent an hour on the computer, but also it was really a nightmare. When I go in to see him and he Got all my files in front of him. And he just looks at me and says, Well, I'm sorry, son, but there's not there I or any doctor can do for you. You're never going to be out of pain again, never be able to go back to work. And I was just like, what? And I remember the last thing he said before I left he goes, tell me, so is there someone that can take care of you until you die?

Christine Blodale 08:19

Ah, what?

Brent Michael Phillips 08:21

Yes. And he put me on permanent disability,

Christine Blodale 08:24

permanent disability

Brent Michael Phillips 08:25

at 27 years old.

Christine Blodale 08:27

That's impossible to I mean, it's that's so rare.

Brent Michael Phillips 08:30

It's extremely rare. It's very unusual for someone to be put on permanent disability at that age. Yeah. Right. And when I left, his secretary said, I'm sorry, please don't come back. We only have limited resources, and we can't be wasting them on impossible cases. Wow. And so that was really the beginning of what I call my first dark night of the soul, where everything kind of falls apart all at once. When I told my partners about this, I figured, well, heck, you know, they think Hang in there. I thought they'd be like, hey, Brent. Well With you, we'll get through this together. Because I had, you know, my talent and sweat and equity had built up this multimillion dollar company for them. And one of my partners was my lifelong best friend. Instead, they just fired me for my position. Even though I had equity in the companies, they essentially told me to go screw myself. what I call the cherry on the hot fudge sundae was I found out my life, life's best friend had also been secretly dating the woman I was crazy in love with,

Christine Blodale 09:26

oh my god.

Brent Michael Phillips 09:28

So it was a Wipeout on all levels. I was in terrible pain,

Christine Blodale 09:31

emotionally, physically,

Brent Michael Phillips 09:32

emotionally, physically,

Christine Blodale 09:33

spiritually at that

Brent Michael Phillips 09:34

spiritually. I've been told I could never work again. There was no possibility of a cure. I had lost my best friend. I had lost my multimillion dollar company

Christine Blodale 09:43

and lost the love of your life.

Brent Michael Phillips 09:45

I also lost one of the great loves of my life. Yeah. And this all happened within a matter of weeks.

Christine Blodale 09:49

Oh, my God.

Brent Michael Phillips 09:50

And I got depressed. I started drinking a lot, I think. Yeah. I was very lucky though. I had a friend of mine, go, Hey, Brent, when life's really got you down when it's seemed impossible That's when we need positive thinking.

Christine Blodale 10:02

Oh, and so you want to slap them.

Brent Michael Phillips 10:05

At the time I was all ears. I was open to anything that

Christine Blodale 10:07

Oh, because you're in so much pain

Brent Michael Phillips 10:09

I was in so much pain. I was so desperate. And so back in the 90s, we call it a positive thinking nowadays we call it law of attraction. It's really the same thing. Yes. So long story short, that same intensity and for ferocious focus that got me straight A's in the most difficult major at MIT. That made me one of the stars at the Internet, boom, I applied to positive thinking. And so I started going to this weekend seminars and jumping on the stage and high fiving My friends, vision boards, mantras, masterminds power words on the wall, you name it, i did all this stuff. And it went on for you know, maybe six, nine months. Unfortunately, I didn't see any change in my life. And so I wrote it off. I'm like, Okay, this is a bunch of nonsense. All I had to show for it was a big bunch of debt on my credit card, right? And I fell back into depression and despair. Again, I was very lucky to have a friend rescue me and they said, Brent, don't give up. Try alternative medicine And the way I was raised, I was raised in a very culturally conservative area. My parents basically said, Oh, you know, alternative medicine and meditation. It's a bunch of garbage. It's for hippies and people

that can't afford real doctors. Right? Right. But I was desperate. I was willing to try anything. And so long story short, I spent the next five years as basically a professional patient. All I did was go around getting treatments and therapies. I continue to see the conventional doctors, but I also saw acupuncturist or biologist, homeopaths, osteopath, chiropractors, Reiki healing, chronic healing, I did all these crazy diets and cleanses I mean, I could talk for hours just on the diets and cleanses I did. I was taking like 60 supplements every day. I had every healing device in machine known to man I had magnets and che machines and subsonic stimulators and cold lasers.

Christine Blosdale 11:06

Oh, you did go through the whole game,

Brent Michael Phillips 11:53

you name it. Nothing got help. Nothing worked. It was so frustrating. And I was in this cycle where Every now and then I find some new person or technique or medicine or something. And I go into see them, they'd say, hey, Brent, I'm so glad you found me. I can help you where no one else had. And they'd make me grand promises, hey, you know, 90% of the people I work with are out of pain and three months or six months, or a year or whatever it was, right? So then I'd slap down my credit card, go deeper in debt. And then inevitably, six months a year later, they go, sorry, Brent, I don't know what to do. It's just not working. And this didn't just happen once or twice. This happened over and over and over for a period of years. And it was so frustrating because I wasn't just, it wasn't just I wasn't getting better. I was getting worse. Oh, oh, now, I'll give everyone a little sneak preview. I learned many years later, I had Lyme disease I had contracted in graduate school. That didn't get diagnosed until around, you know, 2008. So that was going on that was hidden. Wow. I had also been suffering from chemical poisoning from aspartame, what we call nutrasweet. Yes, because especially when I was at MIT, I was a diet coke addict. add that on top of a neurological disease I was born with

Christine Blosdale 12:36

Oh, my goodness,

Brent Michael Phillips 13:05

and it created this horrible witch's brew. Yes, that made it essentially impossible to treat me. Yes. And you know, I have a list of like 140 different doctors and acupuncturist and things that I spent a fortune on, that they couldn't help me at all. And so it ended up long story short, in early 2003. I agreed to have an experimental surgery. I had found a doctor over a big County, USC, who thought, hey, Brent, I have this new procedure. You're a good candidate, I think it may help you. And so I signed up, I had the surgery. And when I woke up, instead of being cured of the pain, I found my right arm was paralyzed. Oh, so that was that was kind of rock bottom. It was not long after that my first wife left me. I was in a bad car accident and I had a concussion and whiplash and I could go on and on with all the tracks,

Christine Blosdale 13:40

My arm I can't feel my arm there's one after another,

Brent Michael Phillips 13:54

there's one after another. And really, that that was one of the darkest, darkest points for me. It was then that it was actually my aunt morgan. And they told me Hey Brent, one of my friends Her name was Terry started doing this kind of woowoo crazy New Agey like thing. And she goes, I think she's kind of nuts, but you might as well give it a try. And so I talked to Terry and Terry had a background similar to mine. She didn't come from engineering. She came from

finance. And she was Wharton School MBAs super smart. You know, she was making like 180 grand a year doing finance. And she got sick and found this process of this new age, energy healing that literally saved her life. And she gave up her job and finance to be a full time healer, right? And I remember when she told me this, I'm like, wow, this lady's nuts, right? Because you've really gone off the deep end of the New Age pool. Yeah. But I was desperate. So I booked a session with her. And I remember I walked in and it was, you know, beautiful summer day in Los Angeles. And she's like, oh, Brent, don't worry about it. We'll take care. Yeah. You know, just sit down and she explained to me the power of the subconscious mind, which I know a little bit about. I'd studied NLP and hypnosis and things like That, though I never had any success with it. And she talked about subconscious blocks and traumas, and basically spent an hour with me talk asking me questions about my belief in God, my relationship with my parents what had happened with my best friend, that terrible betrayal. All the money, I'd lost all the pain. I'd been through the heartbreaks and she was doing this block learning process with me. And honestly, at the time, I'm like, okay, lady, you know, it's all well and good to talk about your feelings, right? But that's not why I'm here. I'm here because I've been in terrible pain for the last like seven years and I can't move my arm, right? And I didn't see the connection. And so again, long story short at the end of our hour, she goes Okay, dear, just relax and you know, we'll take care of your elbow. I'm like, okay, sure, whatever. Right? And so I'm literally looking out the window thinking about what I want to pick up on the way home for lunch, and she kind of closed her eyes and went into a trance. And about a minute later, it was the craziest thing. I felt a little pop inside my elbow. It was like a little firecracker went off. I remember I said, Whoa. And I remember Terry just opened your eyes and smiled and said, okay, they're like, try your arm. And I didn't, I was like, Oh my god, I could move my arm again.

Christine Blosdale 16:10

After how after,

Brent Michael Phillips 16:12

it had been frozen like that for about four months.

Christine Blosdale 16:15

But after years and years of pain

Brent Michael Phillips 16:16

after years and years of pain, the surgery was what left it paralyzed. Correct. I couldn't move it at all. Okay. And so after one hour of doing this energy healing, are

Christine Blosdale 16:24

you able to move it.

Brent Michael Phillips 16:24

I was able to move my arm with without any pain. And that was the first of many scans.

Christine Blosdale 16:29

I just got chills, full chills,

Brent Michael Phillips 16:32

and understandably it completely changed the direction of my life. Yes, all of a sudden, I just had one of those moments of clarity. I knew what I was supposed to do. I knew why I was here. And so I dedicated my life to figuring this stuff out. Because let's face it, there's a lot of woo-woo in this world, right? Of course, of course there is I'm not opposed to it. But that's not the approach I took. I wanted to bring some of the rigor of science and engineering, to New Age practices to meditation to energy, healing. To see if I could sort out the fluff and find out, okay, what's really happening here?

Christine Blodale 17:04

What happened, right?

Brent Michael Phillips 17:05

What's really functional? And so it's kind of funny. I started on this journey of studying with a masters. And I admitted first, it's funny in retrospect, I was pretty arrogant. I figured, well, heck, you know, I crushed MIT. This should be easy. Well, let me tell you, it was just the opposite. I remember the very first energy healing training I went to there was probably 100 students there. I was dead last in terms of ability and talent. I was terrible at it. And this repeated itself and it took me years to figure this out. Now I look back and I see, well, I was so stuck in my head. I couldn't feel at all I wasn't present at all. And so I wasn't able to access intuition or to be able to channel energy like everyone else could. But what I lacked in natural talent I made up for with perseverance and dedication and scientific training and so on. I decided I was going to reverse engineer the masters. And so it took me about 10 years, and I went to all these incredible people. And here's what I learned. There was a lot of amazing people out there with some incredible talents that can do some wondrous things. However, the vast majority of them, it was some gift. It was either something they were born with, or an ability that just appeared. And very few of them had any real understanding of what they were doing or how it worked. Right. And that's where I came in. And so I worked with all these incredible people, gurus, Master healers, spiritual teachers, grade intuitives, and little by little, I pieced it together. I put together what I called the formula for miracles, which is, you know, there's a whole there's different factors to it involves that theta brain state involves connection to divine energy grounding into the earth, synchronizing the brainwaves. There's a whole lot of technical aspects to it. But I figured it out by looking at all these different people. And what They were dealing and I found the common piece, I found the common denominator. And that's, you know, today what I call the formula for miracles, which is, you know, a no nonsense simple engineering based approach to making changes in your life.

Christine Blodale 19:13

Because you reverse engineered it you didn't want this to know that it worked. You wanted to know how it worked?

Brent Michael Phillips 19:19

That's right. Because that's what they taught me at MIT exactly, is when you're given a system, you take it apart, you figure out how it works,

Christine Blodale 19:26

you put it back,

Brent Michael Phillips 19:27

you put it back together and you make it better. Ah

Announcer 19:48

case of frozen computer one more time. All right. This is going to restore itself or am I going to have to select an alternate means delivery. Come on, Christine. Let's go. Time's a wastin All right, it crapped out because we a term we use a technical term that we use in the radio station for things going awry, so hang on while we find it and open it in another message. Do we trust this thing to play one announcement while we find this thing?

Promotional Announcemnt 20:43

Ladies and gentlemen, it's time for celebration. A award winning midnight ravers can now be heard every Friday from 12 midnight to 2am. So wake the town and tell the people we'll continue to present the best in music history and social commentary, along with expert discussion of the important issues and events of today and yesteryear, so keep it locked into WBAI in New York 99.5 FM midnight waivers where every show is a special

Christine Blodale 21:24

didn't want us to know that it worked. You wanted to know how it worked?

Brent Michael Phillips 21:27

That's right. Because that's what they taught me at MIT exactly, is when you're given a system, you take it apart, you figure out how it works, you put it back together, back together, and you make it better. Ah, I wasn't content to just blindly reiterate what my teachers taught me. I wanted to really have a deep understanding of what they were doing and how it worked. So I could improve it so I could develop better what I call consciousness, technology,

Christine Blodale 21:53

consciousness technology. Yes.

Brent Michael Phillips 21:55

And the fact is, this is all technology. I know that may be a surprise for some of the listeners. We don't normally associate energy healing and mind power and meditation with technology. But honestly, it is technology.

Christine Blodale 22:15

How so?

Brent Michael Phillips 22:41

Well, let's take an example. If we look at travel, if we went back in time, 150 years, and I asked you, how long does it take to get across the Atlantic Ocean? They'd say, well, maybe three weeks in a fast ship. That was that was

Christine Blodale 22:41

And a lot of wind.

Brent Michael Phillips 22:41

Right? And a lot of wind and a good captain. Right? Yes. And that was the state of the art at that point. Nowadays, we can cross the Atlantic in a jet airliner in what, four hours, five hours. Heck, the space station crosses the Atlantic in like 20 minutes. Right. And so I want to offer there's a strong parallel there, there was a lot of things that used to take a long time that used to take a lot of training. But with improved technology, we can do much better. And so as an

example, to learn to be a healer, it took me seven years of full time work to achieve the rank of a master healer. Hundreds of thousands of dollars spent. That's a lot of work right? Seven years full time. Yes. I have improved that technology. I can teach most people how to get to that same place in anywhere from three weeks to three months. That's all it takes. Why it's just technology is the difference between a jet plane and a sailing ship. Right, right. Another great example is electricity. For humans have known about electricity for thousands of years, right? Yes, we've seen lightning bolts during storms, we felt the shock of static electricity. But it wasn't until the 19th century that we understood how it worked. And really the 20th century we really started to master it. And so that's what I'm doing with meditation, with energy, healing with mind power, the law of attraction. There are these things that we've known about for a long time, right. We've known about these things for thousands of years. But it's only right now is the first time in history where we're really starting to understand it and I see my role here. There's a reason why the divine chose an MIT trained software engineer to be a healer and a spiritual teacher

Christine Blodale 24:06

to get it to the people

Brent Michael Phillips 24:07

right, to figure it out, to reverse engineer it

Christine Blodale 24:10

to make it better,

Brent Michael Phillips 24:11

to make it better to make it more accessible.

Christine Blodale 24:13

And this is about this is what I love about the work that you do that you've dedicated your life to. It's, it's not about, hey, come see me and I'll fix you. It's, you want to give the tools to people so that they can do this themselves.

Brent Michael Phillips 24:29

That's right.

Christine Blodale 24:30

That's, that's what is so beautiful about the work that you do.

Brent Michael Phillips 24:32

That's exactly right. Many years ago, I calculated Okay, if I worked 50 hours a week until the day I die. How many people kind of work with one on one? The answer was not nearly enough. Nah. Wow. And so that's why I'm very focused. Yes, I am available for one on ones depends on sometimes I am sometimes I'm not. Yeah. anyone that's interested, you can always check out my website at awakeningdynamics.com, but my real focus is on showing people how to do this because Let's face it, most people don't have seven years of your life to devote to learning healing. No, right? Unless you're planning on being a professional healer that makes no sense.

Christine Blodale 25:08

Or even three to six months (right), full time.

Brent Michael Phillips 25:10

But what if you had? What if it all it took was three weekends and an hour a week? Yeah, that's what I want to offer. That what took me seven years of full time work I can do for people on a couple of weekends and an hour a week. Nice. And let's face it, if you experience just one incredible healing, that investment has been repaid 10 times, right.

Christine Blodale 25:30

And when and when we're talking about experiencing one incredible healing. That's not that's not just physical. Correct, right. We're talking emotional, yes. from trauma, heartache. sure we're talking all the different levels of pain and suffering that we've had through our lifetime. That's right. disappointments, yes. All those things and the things that are holding us back, maybe that are on a unconscious level that are holding us back from having that great relationship, having that wonderful career or job or expression of your life and doing what you're passionate about living out your dreams, those beliefs are holding us back, but also the memory in our in our body for many things.

Brent Michael Phillips 26:18

That's exactly how it works. Yeah. And of course, my background is in software engineering. So I tend to think in those terms. But it's a very powerful metaphor, that our bodies are like computer hardware. And they're running programs. What are the programs? Well, it's what we call the subconscious. I like to think of it it's the software of your soul. And so we all know about computers and phones and tablets, right? You have a bunch of programs installed on them. Yes, it's just code, right? Yes. And when you run the code, a certain result appears on the screen. Yes. If you don't like the way it works, you have to go debug or find a new program, right? Correct. I want everyone to know your life work exactly the same way. We're all full of programs. Everyone has a program for how much money they They make for the level of happiness, for their physical health, for their emotional health, for your level of fulfillment, for your sense of purpose. These are just programs within us. And if you don't like how your programs running, maybe you want to go change that code or install a new program, or reboot, reboot it. That's right. That's exactly right.

Christine Blodale 27:20

And what what you have what we have for our listeners today is something that can that will that will do just that. The end of suffering program that you have put together and I know that you've worked on this also for for quite some time. Can you explain to our listeners, what the end of suffering this this programming that's going to be available to our listeners, what this is or what it can do for someone?

Brent Michael Phillips 27:48

My motivation was what I recognized is in today's world, we're all very busy. We have so many demands on us. Yes, so many demands on our time on our energy on our money, our attention, our attention. Most of us don't have 30 years to sit on a mountaintop and meditate to achieve enlightenment. No, right? No, we got jobs, we got families, we got bills to pay, right. And so this is designed as really, it's set up shortcuts to higher consciousness. That things that in the past took many years of training and practice we could achieve very quickly. And that this was actually not an easy program to create. I worked on this for over four years. Whoa, yes. And that was a long time. And it took me four years to figure out how to put all the pieces together to give everyone really these shortcuts to higher consciousness, so that we can start to achieve that higher level of consciousness first on our own life. And I have a larger idea in mind too. And it's pretty simple. First, we all need the tools and techniques and knowledge to get our own lives in shape. We need to improve our health. We need to make more money, we need to have a better sense of purpose. Yes. So

that's sort of step one. Step two is once we've sort of developed some skill with what I call these higher dimensional tools, because

Announcer 29:23

due to VLC Alright, looks like we're gonna have to open this up on a different computer. Hang on, we'll see what we can do. j I can't even play announcements. totally totally frozen computer here. Huh?

Brent Michael Phillips 29:54

Then we're capable of coming together to tackle the bigger problems affecting our world. Oh, yes. Because quite simply, there is no problem that can persist in the face of high consciousness, correct high consciousness will overcome and solve every problem. And so what the end of suffering is, it's divided into two major sections, plus some bonuses. The first half is 8 lecture and presentation programs, really life changing material. This is some of the material that used to be taught in the ancient Mystery Schools. And one of my teachers who sadly recently passed before he died, he gave me permission to take this out to the world. And I'm very, very proud of that. And it used to be that if you wanted to learn this stuff, you had to go join a monastery or a nunnery or an ashram, you had to take your vows of poverty and chastity and celibacy and silence or whatever it was, right. Yeah. And maybe after 20 years of scrubbing toilets and and

Christine Blodale 30:52

and and writing down on parchment,

Brent Michael Phillips 30:54

right and doing menial work. Maybe they start to teach you this stuff. But again, we don't have time for that. No, no So I want to bring this right to the people. This is, you know, the real deal straight out of the ancient Mystery Schools what we need to know. And so the the first half of the program is what you need to know about how life really works, the the shortcuts to higher consciousness, and we'll talk more about those in a second. The second half of the program is using the patent pending formula for miracles technology. What I've identified is you know, it's about 340, different subconscious blocks and traumas that hold us back from higher consciousness that literally draw suffering into our lives.

Christine Blodale 30:56

Say that again, please.

Brent Michael Phillips 30:58

And so it remember that our life is created out of the code in the subconscious, correct. And when we suffer, what's happening is there's literally code inside of us that is attracting that suffering. And it sounds kind of crazy crazy on the surface, but we are all addicted to our suffering. Oh word. We love our suffering. We don't think we do. We identify with identify with it. We're proud of it. It's our story. Right is where we love our story. And but it attracts suffering. It's law of attraction one on one, right? And so I over the years of working, you know, in the 15 plus years, I've been doing this full time, I've worked with something like 18,000 people, I've seen over 1600 miracles occur. We're right in the middle of my sessions, which I think is pretty awesome. And what I've done is turn that into a small set of what I think are the most important and most common blocks that are sitting inside of you that are attracting suffering, you have no idea. And it's crazy, because remember, it is subconscious. Most of this stuff is genetic. That's the primary driver. So most of this stuff you were born with.

Christine Blodale 32:42

This is this blows my mind. Yes. is part of this blows my mind. So it's not even it's not. We are already dealing with the stuff that has happened to us as we're growing up as children. Right. But then you're saying that this is hereditary,

Brent Michael Phillips 32:56

I'd say about 80% of stories are terrible. Wow. Yes, and A lot of the rest, probably about 10% is childhood experiences. And the rest is kind of a grab bag of soul purposes and past life memories and other more esoteric pieces.

Christine Blodale 33:09

So, so go into that. What does that mean? Does that mean that what my, my parents what they suffered? I'm stuck, right? It's in my unconscious block.

Brent Michael Phillips 33:17

Yes, and me, all of us carry every experience of all of our ancestors back at least seven generations inside our DNA. And of course, scientists if we look at the science for a second, one of the great puzzles that came out of the Human Genome Project was that humans seem to have about 95% of what they call junk DNA. That means the scientists don't know what it does.

Christine Blodale 33:41

They just call it junk.

Brent Michael Phillips 33:42

They call it junk. And what's fascinating is, most other life forms on earth do not have any junk DNA. If you look at insects or flowers, or your dog or your dog, they have little or none. What is it about humans? Is nature really that sloppy? Of course, not the junk DNA is the higher dimensional aspect that connects you to your ancestry in the past lives and and your soul. And here's the challenge. A lot of people may say, oh, Brent, you know, I don't believe in a vow of poverty. Right? I believe you can be rich and close to God. And of course, any modern person that's been exposed to new thought, will believe that. But even if you haven't been religious, I guarantee you, your ancestors were and you're carrying all of those teachings in your DNA. And it may be holding you back and you have no idea. And of course, especially in the West, if we look at the Judeo Christian Muslim traditions, there's a huge premium put on suffering, isn't there? Yes. Right. We have been taught that to suffer is to be divine.

Christine Blodale 34:44

And we have inflicted suffering we have upon each other in the name of God. In the name of God. Yes.

Brent Michael Phillips 34:51

Yeah. And so we're literally have been coded from birth to suffer. Oh, wow. And there hasn't really been a good remedy before. Now. Other than, again, you go move to an ashram for 30 years meditate on a mountaintop that works. That's just very slow. Maybe, right? Maybe, right? Maybe it doesn't work well, if you have two jobs and a family, right? And an ex wife or whatever.

Christine Blodale 35:12

No, exactly. And a mortgage. So what are in the end of suffering program by folks, if you're just tuning in? This is I'm in studio with Brent, Michael Phillips, and we're talking about the end of suffering, this amazing program that the programming that he has developed over the course of several years, over four years, he's put this together and will after many decades of studying with the Masters, but what would you say Brent? Well, you have them here in the program, the the blocks, and the the programming that you have that work on overcoming these blocks or eliminating these blocks that we have, what are the major ones,

Brent Michael Phillips 35:56

the major ones are first of all, a lot of it **We have been programmed by our ancestors, especially our parents to suffer and worry to live in anxiety and fear. Hmm. And so there's when we have all these codes inside of us that are attracting that. And so it's really wonderful. I have this patent pending technology, that you just listen to it with headphones, and it will then train you into a what's called a theta brain state.** Yes, which is the gateway to the subconscious, the gateway beyond the veil. One of the most important things I learned in my research, and will actually go in and clean up your subconscious mind for you. And the great thing is, as an engineer, one of the things that I don't like about a lot of self improvement programs is it's kind of hit or miss, right? Use this process and use this formula. Maybe it helps, maybe it doesn't. Well, as an engineer, I think that's a lot of garbage. There should always be deeper layers, right? When you're debugging a system, there's always deeper you can go correct. And so there's six block turning programs about suffering, worry, anxiety, so The whole program just on money stress alone, oh, that's a huge Yes, there's a whole program on self esteem, which is one of the biggest things that drags us down and holds us back is our misrepresentation of self. There's a whole program on the ascension of consciousness. Many of us are taught that we're not allowed to talk to God or the divine or be powerful,

Christine Bosdale 37:19

you have to go through this person, right the robe on

Brent Michael Phillips 37:21

you have to go through the priest or it's only for men, or it's only for women or only for people that are older or younger, different color, whatever it is, right? We want to clear all that out. Every person is divine, every person is capable of this, then we get into attachment to result. And of course, the Buddha once said, the root of all suffering is attachment to a result. Yes. So I want to show people how to pull that weed that weed out by the fruit, right? Because imagine you have a weed in your garden, that's your suffering. You can go and take a pair of scissors and cut off the top of the weed. It's still there, but it's still there, and it's just going to grow back and you're gonna have to keep cutting. And that's how a lot of traditional psychotherapy energy healing works. It's kind of cutting off the weed at the top. You feel a little better for a short time, but then you're right back into it. Right, right. I want to show you how to get down to the root. The program six is what I call trauma clearing. That's your big gun. Yes. **And so what I expect for most people is one run through 90% of your blocks will clear. Maybe** not all of them. That's what the trauma clearing is for. That's with 1 run, 1 run through, you get about 80 to 90%. There will be some that don't clear it might be three or five or 10 depending on the person. Then you go back and run the trauma clearing on those really hard ones. Right. The goal is to give everyone the tools to get 100% clear. All included in the program.

Christine Bosdale 38:42

All included in this program. That's right. The end of suffering. And this is available. This is a what I love about this too is we don't we don't have to send anything out. We don't people don't have to wait for you know, for anything to be delivered. This is something that all we need is an Folks, we just need your email address. And we will be sending you

this as a as a special link. Yes, access to this program. And this is this is currently I know this is available on your website, you have this on your website.

Brent Michael Phillips 39:16

Yes I do. Anyone that wants to pay the full price, you can hop over to my website at awakeningdynamics.com, and it's listed there for 397.

Christine Blodale 39:16

So it's close to \$400 on your website, and you can go I've checked before the show I did. But we're offering it and wonderful Brent Michael Phillips is offering this technology for you and the world for a donation to this radio station because he's just a very extremely generous human being with his life and his talent. And he's offering it to free \$150 donation to this radio station. So I think it's an incredible offer for our listeners. It's an incredible journey and powerful, powerful I don't want to it's not medicine, but it feels like it is. It is something that is so, so powerful can apply to every aspect of somebody's life. And so I'm going to throw out the phone number we're going to go more deeper into this. I want to talk about the theta brain state because I think people hear that they don't understand it, want to have them wrap their head around it. So folks, if what you've heard so far, if this is if you've got goosebumps, like I have to this whole interview, if anything resonated with you, either on the the trauma and the the unconscious, or the subconscious programming that we have those programs that are playing that maybe you're not even aware of the the stress over money, the self esteem or lack of self esteem. There's so many things, so many doors that can be opened with this program. And again, this is from Brent Michael Phillips, who has been studying this and reverse reverse engineered, really the the Masters the secrets of the Masters for so many years, the master teachers, this is a \$150 contribution to the station. It is close to a \$400 value. And you can even go to this website if you want you're welcome to to pay the almost \$400 there, or you can call up right now and pledge your donation to the station for \$150 pledge. The number to call is 516-620-3602. Once again 516-620-3602. You want to ask for the end of suffering program by Brent Michael Phillips 516-620-3602 to once again 516-620-3602. This makes an incredible gift to yourself so that you can be present for you and your family and your community. your friends and your loved ones and your spouse. But it also makes an amazing gift of life to someone that you love. So if you are thinking about maybe someone that you know, needs this and benefits could benefit from this, as a matter of fact, everyone could, really. So if you want to call up and maybe get two of these, you're welcome to do that. All that matters is that you call up and you get access to this program. It's the end of suffering, the number to call is 516-620-3602. That number again is 516-620-3602. So, Brent, you you had talked about the theta brain state? Yes. When we are doing like right now I'm having a lovely interview with you on the radio. later on. I'm going to be driving home. Am I in the state of brain state at that point,

Brent Michael Phillips 42:59

Highly unlikely, highly unlikely,

Christine Blodale 43:02

I'm focused on just what's happening right here. That's right.

Brent Michael Phillips 43:04

Okay. When we are awake, we spend almost all of our time when we're awake and what's known as a beta state. It's a high frequency brain state. It's when we're thinking, calculating, planning, etc. And so that's what we've been conditioned to. The theta state, for most of us is only unlocked when we're asleep. And so it is the brainwave of

dreaming, sleep. If you've ever heard the term REM or rapid eye movement, sleep, yeah, that's when we're dreaming. That's the theta state. And here's what I found that in our normal beta consciousness when we're awake, the subconscious is off limits. It's like the bank vault is closed and locked tight. You can't get in, right? But the theta state if we can somehow achieve that same brain state when we're awake, that opens the subconscious mind. And so it literally gives you access to the source code of your life and allows you to start doing some reprogramming and so a good example and I'll just get a tiny bit geeky here. Most of the programs we run on our phones and our tablets and our computers are called executables. It's a bunch of machine code, right? Correct. If it's not working, right, you can't just go change that code, can you? No, no, you don't have the source code. Correct. You have to rely on whoever wrote it, to go make the changes for you.

Christine Blodale 44:20

You need an update.

Brent Michael Phillips 44:21

That's right. You need someone else to give you an update. Correct. That's how we've probably primarily lived our lives. If your money program is broken, you have to hope that someone gives you more money. Oh, I hope I win the lottery, right? Oh, I hope I have a rich uncle that dies.

Christine Blodale 44:34

Millions of people do the course.

Brent Michael Phillips 44:36

Right? That doesn't work very well. Know, what the theta state does is it's like getting access to the source code for your life. So when you learn to access the state of brainwave, you can literally reprogram yourself from the inside out, which is such a beautiful thing, because when I was at MIT, I was in the laboratory for computer science. We shared a building with what was called the AI lab, the Artificial Intelligence Laboratory. So I knew a lot of students and Professors in AI, what they saw as the holy grail of AI. Still today is what they call a successful self modifying program. That is a program that can update and modify itself automatically. There still is no such thing. They're still working on it, you know, 30 plus years after I left MIT, they're still working on it. There is only one thing in the universe that is a successful self modifying program. That's a human being. So it's really, you know, a profoundly powerful thing, that we have this capability Now, using the theta brain state using this technology to get in and see what's really happening inside of us. And there's actually different levels of technology I have available for people. The easiest to use is what we include in this program, the patent pending encoding technology that uses binaural beats through headphones to trick your brain into a theta state. That opens up the subconscious and you just listen and boom, it close you out from the inside.

Christine Blodale 46:00

You don't have to do anything other than just put. Just Just listen. Yep, just listen. You don't gotta go to the top of the mountain. Nope, you don't have to sit on a, you know in a room in a padded room and scream Nope. And get a pillow

Brent Michael Phillips 46:12

I do have more advanced work available for those that are drawn to it. I can show you how to do this much faster on your own. at the highest levels. We do what we call movement, people, calligraphy and entrainment into the quantum

field that can make enormous shifts very quickly. But that's not something I know how to put into a bottle in mass produce.

Christine Blosdale 46:30

This is accessible.

Brent Michael Phillips 46:32

Yes, this is very, very easy for everybody.

Christine Blosdale 46:34

And it's as easy to get as picking up the phone right now and calling this number again, folks. It's a it's it's just revolutionary, amazing material, healing on the on the most deepest levels, multiple levels. And I'm so excited that you're offering this to our listeners. It's the end of suffering program by Brent Michael Phillips. We do need your email address remember you will be given, you will be sent a special down a link that has a digital download for this entire package so that you can also get right into this material. You can do it at your leisure, you can do it at anytime you want. And you can have access to these profound programs on his website too. If you wanted to check out it is was it awakening dynamics dot com, yes dot com It is a it's close to \$400 value. It's priceless. It should I mean, it could be thousands and thousands of dollars. But there on his website, it is just close to \$400. He's offering it to you. He's gifting it to you and the world right now. For a \$150 pledge of support to keep this beautiful beacon of light on air. You can't hear this anywhere else. This information, this power that you will be able to have It's not readily available. And you have to think you have to ask yourself why? Why? Why is it that we are in this? Oh, what is that the groundhog day of suffering? year after year, day after day? Is the media, you know, also with the commercials and things? Are they playing on your fears? Are they playing on your low self esteem? Are they playing on your anxiety? This is powerful, powerful programming that is so easily accessed accessible to you. It is, again, we need your email address, but call right now. There's a reason why you tuned in. There's a reason why you stumbled across this program and you're listening to Brent Michael Phillips, when I hear you speaking about this technology and explaining it to my you know, to my new ears about it. It's so exciting to me because it is so life changing for so many people and it is completely available right now at a wonderful offer, it's \$150. Folks. This is an incredible, incredible offer. And I'm so very happy to be presenting this to you this material to you. So please do give us a call and support this amazing radio station. Pacifica Radio's WBAI in New York. The number to call with your donation is 516-620-3602. That number again is 516-620-3602. If you're calling right now and the lines are, they should not be busy, but if you're placed on hold, please stay on the line. Don't go anywhere. We're going to have somebody get to you right away. It's 516-620-3602. Once again 516-620-360 to Brett, I'm going to ask you if you can we've got about 10-11 more minutes to go if you can tell our listeners a little bit more about the end of suffering program once they once they call up and once we send them the actual the the link so they can get the download. What will the what will they experience when once they open up that when they click on that link shortly start, if you don't mind?

Brent Michael Phillips 50:20

Sure. So inside there, there's a whole bunch of different files. The first one is called overview it says Read Me first. That's just an overview file that tells you exactly what's in the program, as well as instructions on how to go through it. So step by step. There's both a long and a short introduction, the short introduction if you're familiar with energy healing, applied kinesiology, the subconscious there's a five minute short intro, listen to that and then you're into it. For those that need a longer introduction. There's about an hour long step by step introduction that gives you all the foundation you need. Then we get into really the three major sections are the the lecture presentations, the block

clearings, and the Trump clearing, we mentioned before the block clearings are pretty simple. And in fact, all the blocks are listed in that overview file. And you just want to listen to it with headphones. That is important. Because that's how using the binaural beat technology, we put your brain into a theta state that lets it work, its magic. It all emphasized in the instructions, it says, Please do not try to get through more than one block clearing section per day. This is heavy lifting in the subconscious. It's like doing a workout at the gym. And if you haven't been to the gym in five years, you're not going to go and work out for eight hours, right? So same thing here one a day that will clear hundreds of powerful blocks and such that create and attract suffering. In the lecture presentations sections, really I'm going to show you how life really works. And one of the things I've learned in my years studying with the Masters is that what we've been taught is about life and ourselves and God in the world is somewhere between incomplete and totally wrong. Literally, you have been told the wrong rules to the game. Imagine that.

Christine Blodale 52:05

How can you play?

Brent Michael Phillips 52:06

Yeah, how can you play? Imagine that you think you're playing soccer, but you're actually playing football. And you keep getting called for penalties. And you wonder why I'm trying so hard. Why am I just going backwards?

Christine Blodale 52:17

I'm working so hard. That's right. I'm doing everything I possibly can. And why does life just keep slapping me That's right inside the the head.

Brent Michael Phillips 52:23

And so in the lecture presentations, there's eight presentations. To show you how life really works. It starts off with the real reason why we suffer. And that's a great example of this backwardness, let's take money, stress, a lot of people suffering from money stress. Most people think the solution to money, my money, stress is getting more money. That's actually wrong. That's what's trapped us in this cycle. It's like being on a treadmill. You start running faster, the treadmill starts going faster. Right, you work harder, more money just flows out. More things go wrong in your life. What's happening? Well, we need to understand the real reason why we suffer There's a spiritual reason. If we can address that, then and only then will the money start to flow. Wow. And so we were trying to use money as like a rug to throw on an ugly stain on the carpet.

Christine Blodale 53:12

Yeah, exactly. If only I had more money.

Brent Michael Phillips 53:14

That's right. If only I had more money. That's the thinking that's keeping us stuck. So I want to show you the real reason why

Christine Blodale 53:20

99.9% of the population thinks that

Brent Michael Phillips 53:23

that's correct. And again, we've just been taught the wrong rules for the game,

Christine Blodale 53:26

and they'll do it. And some people will do anything for money. They will they'll sell their own mother.

Brent Michael Phillips 53:29

Yes. That there was I saw about one woman who had literally sold her left leg oh my gosh, because she was a drug addict and thought she would use the money to pay her way through recovery. And then she ended up just going and spending it all on drugs. I mean, horrifying.

Christine Blodale 53:45

Well, and we see and and political persuasions decide that you can go to Capitol Hill and you can see what money does

Brent Michael Phillips 53:51

that's right. program two is the answer The Great question, why can't things just be the way I want? Yeah, who doesn't think that right? Yeah. Why can't I just be a little healthier? A little thinner?

Christine Blodale 54:02

Why can't I look like,

Brent Michael Phillips 54:04

right? So and so, why can't I win the lottery be financially independent? find love. And there's, again, we're trying to run life backwards. That's why when we understand the real reason life is ultimately spiritual, then you'll understand why you've been stuck, why you haven't been able to get ahead, and then maybe you'll have more success because you'll be playing the right game. In Section three, and Section four, we start to get really deep. And quite simply, there is one great lie that attracts almost all of our suffering. And that's quite a statement, isn't it? One misunderstanding that attracts almost all of our suffering. And it's this What are you? And it's funny, even though I thought I was so smart, all these degrees success in engineering science industry. It wasn't until I was 10 years into my spiritual path that I understood what I was. I was totally wrong. I thought I was some kind of soul or spirit being, that's actually incorrect, there's a higher truth to it. And that leads us right into the issue of self esteem. There's the there's the long difficult way to overcome self esteem. And there's nothing wrong with that. You can dissect your beliefs and talk about your childhood. And that will that will provide some relief. I'm not opposed to it. But that's a long and difficult route. What I'm offering is a very simple and direct solution. What you are is not what you thought you were. And if you can connect to the real you, all of these negative self judgments and low self esteem immediately starts to fall away. Because you are not what you thought you were. You may think, Oh, I'm a loser because I haven't made a certain amount of money or gotten married or had kids or bought a house or whatever it is, well, none of that is actually you. And so you see how that works. Yeah, if you have the wrong idea of view, you will develop all these very damaging and painful judgments about You when you're shown the truth of you, they cannot persist

Christine Blodale 56:04

in in those messages, those repeated stories that your parents, you're no good you're never going to hurt anything. Those don't Won't they start to lose its power.

Brent Michael Phillips 56:13

It's like light and darkness. Wow. Right? The suffering is the darkness. Yes, yes. When it's all it's all you have. It's all you know. That's what you live in. Yes, but no darkness can withstand light. All right. And so this is the light of higher consciousness, the suffering, the lower vibrational energies, the judgments, that's the darkness, it simply cannot exist in the presence of light. And so I want to bring that light to people's lives that leads us to again the problems solution to all problems of higher consciousness. We then get into the key to success in presence, really what I call the foot in the door to enlightenment. How do we transcend the suffering day to day? How do we transcend not only our individual suffering, but collectively, what's happening with politics the economy the environment the planet in general, the whole planet in general. Yes, yes, I know, that causes a lot of people enormous anxiety and suffering, I have a message of hope. When you see the truth about life, much of that will disappear. That there really is a divine plan. However, me just saying that is not going to make a huge impact on your suffering. Because that's just an isolated fact in your head. Right?

Christine Blodale 57:23

Unless you unless you dive into programming.

Brent Michael Phillips 57:26

That's right, because lots of our spiritual teachers have told us that we're all one we're all connected. Everything's in God's hands some version of that right

Christine Blodale 57:33

but you don't know it until you experience it.

Brent Michael Phillips 57:35

that's just an isolated fact in the mind. I want to I want people to see for themselves. Yeah, I want to walk you through this step by step. So you can see that's not just something someone's saying it's not a bumper sticker, but it is the truth and it must be the truth. There's no other possibility.

Christine Blodale 57:50

Folks, give us a call right now. I got I have so many goosebumps I have goosebumps on my goosebumps. It is it's an honor and a privilege to offer This, this gift that is really a gift to humanity as a gift to the world. But we're offering it to you right now, for your donation for your pledge for your love of this station. And, and in a way to give back to yourself and to those that you love. It's the end of suffering. It's a program. It's a, we have a download. It's a digital download, you'll be given access to this very powerful program by Brent Michael Phillips. It is on his website, you can go and check it out. It's awakening dynamics.com. This is available on his site for close to \$400. It's \$397. Actually, you can get this right now for a donation of \$150. We want to get this out to you right away. I'm so excited about this. In I believe in divine timing because you you came into my life. Brent is in a very important time. This program came into my awareness and my life in a very important critical time of my life. I'm going to, I'm going to do they dive into this full program if with your, with your permission,

Brent Michael Phillips 59:07

It would be awesome,

Christine Blodale 59:08

okay, because I really I this is so exciting. It's like going on an awesome vacation. So I'm gonna jump into this to clear out all those, all those things that are conscious or unconscious that are that are that are holding me back, holding my my ability to have certain things in my life relationships, all those things, those wounds that happened to me as a child, but those wounds those traumas that happened to my parents and their parents and your Think about your family in the history. What he said was so profound, that what we are experiencing what's holding us back those blocks isn't just what happened to ourselves in our lives. It's our ancestors. It's your mother, your mother's mother, your mother's mother's mother, your great, great, great, great, great grandfather. Just imagine all of the things that they have experienced the emotions, the trauma All of that needs to be cleared and we're holding on to it. It's like walking around with a huge big heavy bag of stuff. So

EXHIBIT #15

c-blosdale-special-boku-new-superstar-superfood-pack_2021-03

Announcer 00:00

years and counting. Thanks to you. Our pledge line is open it is always open. And that number is 516-620-3602 Do what you can whatever you can to support WBAI 516-620-3602. Coming up at 10 o'clock will be Dream Leapers with Harriet Cole Stay tuned for additional programming coming straight ahead. (music fill)

Christine Blosdale 01:37

Hello, everyone. I am Christine Blosdale and I am so excited that you're tuned in today because we have our family on with us on Pacifica radio today to talk about well, to talk about the last few months what we've been going through what our bodies have been going through how much weight we've gained, and how much better we can feel. And I'm super excited and honored to have back on Pacifica radio. Our dear friends, the Rollei family we have joining us, Reno Rollei, Lin Rollei, and Reno Junior Reno Rollei Jr. joining us as well to talk about my goodness to talk about getting healthy in these somewhat interesting times. Welcome back Rollei family.

Rollei Family Group Relpy 02:22

Thanks, Christine .Great to be with you.

Christine Blosdale 02:24

Well as you can eat well. It's been a little stressful last few months as we know. But it's no surprise that with COVID and quarantines and our lack of exercise and probably eating and drinking a little too much. We have gone not only to the quarantine 15, maybe a little bit more. But we have put on quite a bit of weight in general. And we're going to be talking about an incredible package today that we're offering our listeners. That is the Boku Organic Super Lean Pack. And Reno, let's talk about we came up with this for a particular reason, didnt we

Reno 03:00

we did and you know what a great time to be doing what we're doing, Christine, again, such such an honor, so perfect to be in the superfood business with Boku and yeah, we created this super lean system as a health forming meal replacement system, not only to boost immune function and help, you know, prevent the sickness that so many of us are exposed to now with this COVID pandemic, but also to satisfy hunger and as a way to lose weight, frankly. And you know, it all started with a promo that we did just about 30 days or so ago, where we released this super lean bundle to our customers worldwide and we included a bit of a weight loss contest. And the response so far has been overwhelming. And it just boils down to the simple fact food is fuel. And when you fuel your body with health forming immune boosting superfoods, you satisfy hunger, you eliminate cravings, and as a result, you lose weight.

Christine Blosdale 04:12

And we know that stress is immune in addition to what we eat stress is something that affects us our mental health, our physical health as well. And there is something about this about the superfoods and what we have in this package too, that we're offering our listeners today. But there's also something that helps with the stress. I want to let people know too that it's not just about losing the weight it's about fueling yes our body but also our mind can you talk about that a bit the the mind connection?

Reno 04:49

Well for sure. And you know all that Reno Jr. You know, expand on this a bit but you know, Boku superfood as an example when we started this business back in 2007. We were the first superfood company in the world to include a broad spectrum blend of functional mushrooms, and other adaptogenic superfoods whose role it is whose job it is to help the body deal with stress. You know these these superfoods adapt to incredibly harsh environmental conditions, environmental stress, and experts believe that they share these amazing properties with people humans. So when we consume these superfoods, these adaptogenic superfoods, it helps the body to cope, and to deal with stress, environmental stress, emotional stress, physical stress. And by the way, there's probably not a single thing that works to undermine immune function more than stress. And we're all under so much stress, there's so much uncertainty that we're having to deal with now, we're locked down in quarantine, we're having to wear masks, we don't know when this ends, how bad it's going to be, whether we or our loved ones are going to get sick. So this kind of stress is probably the worst thing in the world that we need right now, as we're trying to fight, you know, this COVID pandemic and to keep ourselves healthy.

Reno Junior 06:13

Yeah, actually, if I could touch on that real quick Dad, you know, what, what we're alluding to, are the the psychotropic effects of our mushroom blend. You know, some people will call it mood elevating. And, you know, as, as you know, you guys are alluding to, it's exactly what we need, you know, during these isolated, isolated pandemic times. You know, I kind of think to Paul Stamets who's one of my personal heroes, who said, fungi can heal the world. And it couldn't be more relevant than it is right now, with all the turmoil nationally, you know, it's just funny to me, no one's everyone's, you know, focused on politics, and, you know, all the crazy restrictions that we have to deal with, but no one's talking about nutrition. And, you know, I'm not surprised, but it's, it's more than ever a call to action. And that's why I'm kind of, you know, glad we're all talking about this.

Lin or Lynn Rollei 07:00

Yeah, also, I am, you know, every day we all get little people send you texts and little things to, you know, inspire you. Somebody just sent me this one's called hidden fact, food has a frequency, ultra processed food, the frequency is between zero and five megahertz. organic foods are between 50 and 160 megahertz, superfoods. The heirloom plants are 160 to 210. But mushrooms, we're talking about the frequencies between 210 and 320. I mean, I just think that's like, wow, and our bodies.

Reno 07:41

Exactly. Hybrid, high vibration, high vibes positivity. These are the things we need to focus on, you know, find the silver lining in these challenging times, you know, be happy, get out in the sun, you know, try to do what you can to combat this stress. And as Reno Jr. points out, you know, it begins with nutrition, believe it or not it, the functionality, the benefit of these superfoods goes so far beyond, as you point out Christine, weight loss. It's, you know, mood elevating its immune boosting, it's this holistic experience, when you consume these superfoods on a daily basis, the way we do the way our customers do. It's truly life changing. And I believe there's nothing you could do to empower yourself to equip yourself better during these challenging times.

Christine Blodale 08:30

Well, and that's why I wanted you all on the Rollei family on today, because it's prolonged stress, right? So we've had months and months and months of this and exactly right. Reno, you had alluded to that you said, we don't know what's going to happen. So it's that thing, human beings, we like to be in control of things or think that we're in

control of things. So not knowing what is around the corner, not knowing what is next month, is putting everyone on edge. And on both sides of the coast. You know, you know, California and New York, you have so many stressors happening with unemployment, the political season, you got the left and the right, and the just all that stuff happening and people not knowing what's going to happen. That puts a stress on our body. And then on top of it, you have this thing, this, this little, this little mini computer that we carry with us all the time. And I just watched a great amazing documentary about how they they've engineered this and social media to addict you to keep you on it. And that sets our mood, right, the rate of depression and suicide has skyrocketed because we're so removed from our bodies we're removed from the sun. We're, you know, we're on these little devices. So I love what you said too, about getting out in the sun, Reno, and also flooding our bodies. Now this is where we're going to get into the superfood we need to be ingesting and the vibration of the the energy and the vibration of the food must be high because everything else is so damn low. But let's talk about in the in this package, it's the organic super lean pack. There's actually well there's four different packages. And then there's also an E book and we're going to talk about the E book as well. But one of them the main the you know, the Holy Grail is the Boku superfood, and I want you Reno to talk about how the the superfood the different elements of it, what's the ingredients, but also the energy and the life force that is included in that.

Reno 10:48

Yeah, so as you point out Christine superfood Boku superfood, it is our flagship product, it's what we launched the business with. This is an award winning product that really did change the game. In the superfood industry. We came out with this product back in 2007. It's a doctor formulated blend, it's certified organic, certified kosher, you know sometimes it's easier to talk about what's not in it. No gluten, no wheigh no soy, no dairy, no GMOs, no fillers of any kind. This is intensely potent superfood. And, you know, look, we're not bragging, we've been at this for a very long time. You know, we're not jumping on the bandwagon. Boku built the wagon, you know, that's the bottom line, we you know, we started this business, you know, in a quest to help our son avoid prescription drugs, we discovered superfoods back in 1995, they completely transformed us. And it's been our mission to share and to offer the same transformative experience for as many people as we possibly can. So this is a delicious blend of 55 ingredients. And I just want to talk quickly about our process, okay, because we're enormously proud of the fact that we travel the world. You know, we've been from high in the Andes at intermat 16,000 feet, where we harvest our mock up all the way down to the cranberry bogs in Quebec, where we harvest our cranberry that we use, you know, in our berry blend in our proteins. We begin with the most pristine mineral rich soils on Earth, which by the way, are not super easy to find these days based on the industrialized you know, farming practices that are happening all over the world. These ingredients are simply vine ripened, harvested fresh, and then dried gently at low temperature. Then powdered all the consumer the user has to do is simply put the water back that we take out in the drying process, shake it, take it you can make a beautiful smoothie. The point is to get this in your body. This is a blend of Boku super greens. nettle kelp, young barley grass juice, chlorella, spirulina we have a blend of sprouts pumpkin sprouts broccoli sprouts By the way, I invite you to please Google research broccoli sprouts, and an ingredient a phytochemical called (Sophie purifying - cannot get the name of the chemical) which has been clinically proven to obliterate cancer cells, cauliflower sprouts, kale sprouts, cabbage, red clover, we have super maca (sp) Of course we have our proprietary blend of 14 ancient functional mushrooms and we're all hearing about them you can't open a magazine now or turn on the television now not to hear people talking about the power the healing power of the immune boosting properties of these amazing mushrooms. We have super fruits a blend of 10 rock star super berries. This is a again a doctor formulated powerhouse blend one tablespoon. This is super important. Christine, one tablespoon of Boku superfood will deliver more nutrition than the average person will usually consume in several days. I know listeners here at Pacifica have heard me say this. I can't say it enough. I can't emphasize enough how critically important it is.

Especially now. One tablespoon will deliver more vital health forming immune boosting nutrition than the average person will generally consume in several days. So this is a tidal wave. Mix it in water your favorite non dairy milk, make a smoothie. Share it with your kids with elderly people but get it in your body because it will absolutely change your life. We'd like to say Boku superfood is organic nutrition, you can actually feel you get it in your body and different from pills and capsules in these supplements. You feel the difference. You intuitively know that you're fueling your body that beautiful machine with that high octane fuel that you need to perform.

Christine Blodale 14:58

And you and you said something there Really important that our beautiful machine, we have forgotten about that. And with this whole COVID thing, we've, I think that we've kind of dissed our bodies in in great in great ways that we have our bodies have a self healing mechanism, we just need to fuel it, as you were saying

Reno Junior 15:19

exactly exactly I was actually going to touch on that real quick, Christine, one of the most amazing things I learned when I went to school for plant based nutrition at Cornell was we're sitting in a class and learning about all the benefits of a plant based diet. And, you know, I'm sitting there knowing that I'm part of a, you know, I'm part of a company that deals in organic superfoods kind of like the, the zenith of nutrition, if you will, as far as plant based nutrition goes, but I learned something that I hadn't really considered. And that is that through a plant based diet, and consuming, you know, these wonderful plants and sea vegetables and all the other wonderful things that come from the earth, we can actually reverse heart disease. You know, one of the biggest things, you know, with all these stressors and all the food that we're eating during the quarantine, probably, you know, our cholesterol levels are a little bit higher, you know, have more fat in our blood, we're not exercising as much. And a lot of people, you know, we our bodies, are a machine, and we can heal that. But that machine is self healing, if you provided the nutrients that it needs, you can reverse disease that's already there. As far as heart disease goes, That's a fact. So, I actually I've been wanting to say this for a while and since we're on the radio Now, a lot of people ask me, you know, first of all, when we take them into the kitchen, I say here, you know, here's our here's our superfood, here's our protein, you know, we got a fiber product, we got to supersede we've got if you gave them a scoop and said, Now mix your favorite batch, they're gonna pick a super scoop of superfood, they're going to pick a scoop of protein, they're going to pick a scoop of fiber and a scoop of vitamin C, because that's the ultimate package. And that's what we have here. And then if you want to take it a step further, when you're actually consuming these superfoods, think of it as a meal because these are Whole Foods and my dad preaches that all the time. There's no additives in here, there's no concentrates, but you can actually enable your body to produce what's called nitric oxide, which is released from eating green cruciferous vegetables mainly, but also other superfoods as well. And that is the the number one compound that for reversing heart disease.

Reno 17:13

And you know, Reno, again, many of the listeners here at Pacifica have heard this story. They've heard it from Dr. Claire, my personal MD, I'm a living example. I come from a history of heart disease. I lost my father, my brother, both in the same year, both suffering from terrible heart disease, multiple bypass procedures. And there I go in, you know, at the insistence of Lin to get tested. And it turns out I have perfect cardiovascular health. And by the way, every time I say that I get goosebumps. I'm overwhelmed with gratitude. I am not bragging because the fact is, I've never dieted in my life. I eat whatever I want. Yes, I am active. I've never smoked cigarettes, I exercise routinely. But if I want bacon and eggs, I eat bacon and eggs. If I want a steak or a burger, I eat whatever I want. And yet I have been consuming Boku superfood steadily since we launched this company 14 years ago. And Dr. Claire attributes my perfect

cardiovascular health despite my family history, and the fact that you would think I would have some, you know, predisposed or, you know, some some likelihood of a condition. I he attributes my health to the fact that I have consumed superfood steadily because he confirms what you just said, Reno that there, there's only one thing clinically proven to reverse heart disease, there may be others but one thing with scientific data that clinically proves it can reverse heart disease. And that's a vegan diet. Well consuming superfoods is like a vegan diet times 1000 because of the incredible potency and concentration of these, you know these foods?

Reno Junior 18:58

Absolutely and, and it's not sorry to interrupt you, Mom, but it's not it's not a death sentence when you hear that you have heart disease in your family because what they're finding is that a lot of these diseases are not hereditary at all. What you what you you know, what you inherit from your parents oftentimes is, is their diet. And if their diet was the Western diet that was created by a bunch of ill informed or I don't know, there's other words I would use but people who don't really care about our health, then you're going to then you're going to develop the same diseases as your as your father did and his father perform so it's time to make the change now,

Lin or Lynn Rollei 19:30

yeah, I also wanted to add um, we just got back Reno and I just got back we had to babysit our granddaughter for a week in North Carolina. And my daughter told me before she left she said make sure you give her her super food. So I made it up with just water. And you know, you can test you could not take that away from her until it was done. She absolutely freaked out. She loves it. She drank the whole thing down, but the best part was the rest of the The day you know, she's a kid, she wants to eat pizza or noodles. At that point, I didn't care because she had her superfood in the morning.

Reno 20:08

Yeah, it's it's an incredible feeling of comfort and security of knowingness that, you know, a child at that age Skyla. You know, she's only two years old, but she's been consuming super food since, you know, she was in Ryan, our daughter's womb. And you know, from the time she's been a very, very young baby, obviously, she's only you know, again, two and a few months old. But every morning, that's her ritual. And I'm not talking like a little cup. She's got a big old sippy cup full of full of Boku and yeah, she wants that thing first thing in the morning. And like you said, Lynn, that that sense of security as a parent or grandparent knowing the rest of the day, you can go on with your life. And if she wants, you know, a little snack here, or a little cookie, or whatever the heck it is, you don't have to feel guilty because you know, that child got an amazing flood of superfood, nutrition to get her through the day.

Lin or Lynn Rollei 21:04

Same with the elderly. I mean, my gosh, you know, mom, and you know, your mom, Christine, I mean,

Christine Blodale 21:10

no, the elderly, especially because I see the little those little cans of the I the liquid food that they make. In the hospitals too, as well, because I had a stent in the hospital in the hospital food is horrific, and there's nothing healthy about it. But then you touched on something is really important is that one reason why little baby Skyla loves it is that she knows I think intuitively she knows that it's really good for her. But it tastes good. And this is something that's really important, because if it tastes really bad, even if it's the healthiest thing in the world for you and it tastes horrible, people are not going to take it, they're not going to ingest it, they're not going to drink it, they're not going to encourage their kids to drink it. But it tastes amazing. And that's because of the blend of all the different you've got

the greens, and then the fruits, and then the mushrooms. All of that is included. So let's we want to go through this package, because I know, we only have so much time. So the super food package is included in this pack that we're offering to our listeners. That's just one package that's included. But we also have the super, super protein. And that is included as well. Why don't you just tell our listeners a little bit about the Boku super protein?

Reno 22:26

Yeah, I'll try to keep it quick. It's the building block of life of protein is incredibly important. And the challenge, you know, with protein, like with so much of our food points directly at the adulteration of our food supply. And the fact that as Reno Jr. pointed out, you know, you've got these greedy big corporations, you know, practicing all this industrialized farming bombarding us with you know, it's estimated up to 10,000 chemicals a day. So unfortunately, typical protein choices, you know, are animal choices, chicken, beef, fish, and you know, you really have to ask yourself, what did what I'm eating, ate, you know, where did these animals come from? What were they fed? What were they, God forbid, injected with? So it's really, really difficult. So many people are turning to plant based proteins. Now, unfortunately, the number one choice for plant based protein is soy. And there's a multitude of reasons why we want to avoid soy. I'll talk about it just quickly. Number one, the vast majority cultivated in North America is genetically modified, you got to avoid that. The other thing is that it contains Phyto estrogens which mimic estrogen in the body and wreak havoc. You've got young kids, you know, going into puberty, very early boys developing breasts. And so you know, with Boku super protein Christine once again, Doctor formulated certified organic, certified kosher in this case, it's a four source vegan protein blend, we've got pea protein from Canada, we've got red Dulce, which is a beautiful plant that grows in the ocean extraordinarily high in protein. Also from Canada, we have Sacha inchi, which is the diamond of the Amazon, also loaded with protein, and then rounding it out. We have cranberry, the seed of the cranberry is extraordinarily high in protein. So with this four source vegan blend, we arrive at what's known as a complete amino acid profile. And you know, Jr. could get into the science, but I like to keep it simple. It just means it's in your blood. It's in your cells in seconds. Your body recognizes these foods, they're assimilated with remarkable efficiency, no gas, no bloating. In this case, our protein is perfectly sweetened with organic coconut blossom nectar. Once again we all love chocolate and this is real chocolate. Okay, this is organic cacao, the superfood source of all chocolate. So this is incredibly delicious. And the magic here is again if you look at the superfood which is in this kit, the only thing not in our superfood blend in abundance is protein. When you combine The superfood with the super protein. This is a complete meal. Then you're just simply going to we're going to talk about fiber, which is incredibly important. In this super lean kit. We also include Boku super fiber, which is an unbelievable doctor formulated gut healing blend of 18 different digestive superfoods, and also amazing. So when you add these three together, you're going to be satisfied you're going to satisfy hunger. If you use this as a meal replacement, Christine, this is the magic, simply pick a meal, breakfast or lunch is the most popular replaced those ordinary foods that you would normally consume with these extraordinary superfoods. you satisfy hunger, you'll sail right through the next meal. And as a result, the weights going to come off, it can't happen any other way.

Christine Blodale 25:53

replace that sandwich with dead meat in the middle, replace it with something that's alive and organic, and it's going to help your body tremendously. Go ahead.

Reno 26:04

I just wanted to real quick let you make a point, you know, sandwich, right? Imagine this is just one comparison. Let's assume for lunch. Once in a while, you go to a fast food window and you grab a cheeseburger meal. Okay, that cheeseburger meal has on average 890 calories. Okay, that's five times the calories of the Boku super lean system,

which is 193, 139 carbs, grams of carbs compared to 21 grams, okay, 64 grams of sugar, compared to seven grams in the Boku super lean Kit 31 times the fat. Okay, there's only one gram of fat in the Boku super meal, the soup the super lean system. So that's just one simple comparison. And again, we're not going to go to the drive thru window and eat a cheeseburger meal every day. But the difference is astonishing. Between a superfood, concentrated health forming immune boosting meal that's going not only to taste delicious. But again, to satisfy hunger, it's really important, I just want to point this out, understand that hunger is your body's signaling to you its need for fuel, your body doesn't want to be full, your body needs to be fueled. And the problem is that when we get hungry, we fill up typically with fattening, empty, processed calories. And what ends up happening just a few minutes later, we're hungry again, right? The Hunger alarm sounds because your body's searching for the nutrition that it needs to function. And it's not going to find it in that sludge that we're typically consuming. So what does it do? It says I'm still hungry, even though your belly may be full. I'm still hungry. So you crave something sweet?

Reno Junior 27:52

Are we really? Are we really actually hungry, though, let's ask ourselves after a question. You know, ask ourselves that question, are we really hungry, I think we've been fooled into thinking that we need three meals a day, I think we need the fraction of a fraction of the amount of the of that food. There are some benefits to being hungry. And you know, one of the only fads that I'm interested in, or I would advocate for, especially when it's, you know, when concerning our products is you know, intermittent fasting, you know, which is known to stimulate brain functions, increasing your network plasticity, increasing fat metabolism, promoting weight loss, immune system, boosting, improving glucose tolerance, which means you can handle more sugar, or your body processes sugar more evenly. So you don't have those, you know, insulin spikes are products, you know, when practicing intermittent fasting, or they're essentially mainlined in your bloodstream, but you know, those so those two things I wanted to touch on, because I would say that if I was going to, to make a real change in my life, and you know, if you're going to make a commitment to your own health, then you should also commit to cutting down the amount of food that you're eating, because I think the average person eats way too much. So that's that's the first part. And then, you know, we talked earlier about, you know, how we can, you know, elevate our mood during these trying times without the anxiety, the depression, all this stuff that everyone's going through. I think we need to touch on, you know, the gut brain access. And Dad, I know you know a lot about this, I'm sure many of you out there have heard about, you know, the relationship between your gut health and your happiness. You know, there's a lot of instances where these wonderful fibers will actually help produce serotonin because if you have a healthy gut, then you're a happier person. It's just this that there's a scientific relation there. Beyond the just the fiber that's in here. there's what's called prebiotics and the soluble fiber that we also have included in our blend that's going to help provide your gut with the ammunition it needs to fuel those probiotics that many of us are taking that are definitely included in most of our products, especially the the vitamin C product the supersede that we have that's a supersede biotic because it has probiotics and enzymes. So our fiber product is going to provide that the fuel that it needs to feed those organisms and truly help make a difference in your gut. Flora and fauna.

Reno 30:00

Well, for sure. And, you know, that brings us to the third product in this amazing kit, which is our super fiber. And when you talk about prebiotics, I mean, what a newsflash because everyone's going crazy right now over what probiotics everyone's heard of probiotics, and we know that probiotics different from anti biotics, okay anti biotic literally meaning against life, these wonderful drugs that kill invasive bacteria, you know, harmful bacteria. The problem is that antibiotics also kill the friendly bacteria, probiotics. And so we're all going around with, you know, gut biome that's wiped out of balance because of antibiotics, not just consuming the ones doctors prescribed, but

because they're in the food that we eat. They're in the chicken, they're in the beef, because why? Because the chickens and the cows had antibiotics. So now our gut biome is wiped out. So people think, okay, we have to take probiotics to help achieve that balance. Well, the fact is, we have trillions of probiotic organisms in our gut. What people don't realize is that those probiotics consume one thing in order to thrive and multiply so that you can achieve that balance. And you know that one thing is prebiotics. No one's talking about that, because the only place on earth that you can get prebiotics is from fruit and vegetable fiber, right. So that's where the magic comes in, you consume this super fiber, and this is not fiber, you can get over the counter in any drugstore, this Boku super fiber again, an incredible blend of five different plant based fibers, plus another 13 gut healing superfoods. And as you point out Reno, with the epidemic right now of digestive health disorders, it couldn't be more important to address this this problem, and restore gut balance so that we can get the trash out. And when we achieve balance in the gut. This is what's so remarkable that healthy gut when you talk about the gut brain axis will actually produce more serotonin, which is the brain chemical of happiness, then your brain, and you got to let that sink in. Okay, because there are I don't know how many millions of people out there in the us right now, taking anti depressant, pharmaceutical drugs, the sole purpose of those drugs, is to maintain the production of serotonin. That's the brain chemical of happiness. Well, again, if we start with the gut, and heal our guts, the gut will produce more of that serotonin than our brain.

Reno Junior 32:39

This number one, you know, thing that stress will cause stress, anxiety, depression, at least, for me, in the past, it's been, you know, constipation, I think a lot of us can attest to that. You know, I know many of many of my peers and people I've spoken to throughout this, this COVID epidemic are having having issues and that's the number one thing they call me for here at Boku. So

Christine Blodale 33:00

And no and nobody wants to talk about it, because it's the thing from when we were little kids, it's a poopy thing, you know, and nobody wants to talk about it. But the rate of colon cancer too. And you know, my father passed with that. And that's millions and millions of people around.

Reno 33:17

So let's, let's put it in perspective. Christine, sorry to interrupt, it's estimated 60 to 70 million Americans suffer some form of digestive health disorder. It's costing America nearly \$200 billion in health care and productivity loss. They say 75% and up of Americans over 45 will experience hemorrhoids. It's it's an epidemic. Constipation is a problem. You're right. People don't want to talk about it. You know, we like to start with the questions really simple. Just ask yourself, honestly, do I have a healthy bowel movement after every single meal? Because if you don't, then natural health experts suggest you're constipated. And a constipated clogged colon is tied directly to practically every major chronic disease known to man, we've got to get the trash out. We're not moving our bowels. And I like to tell people think of it this way your body is your temple, it's your home. Imagine turning the thermostat in your house up to 98.6 degrees and then just stop taking the trash out. Let it accumulate. This is what's happening in our bodies. We have got to move our bowels we've got to get our trash out. This is incredibly important. And that's where super fiber comes in. And that's why this kit is so incredibly important at this time,

Lin or Lynn Rollei 34:38

but I want to say that I'm super duper proud of this formula. I know Reno really worked hard on it my son, but I just want to point out some of the ingredients in it because you just hear them and you know it's really good. It tastes great. It's got ginger root papaya you know it's always good for digestion, peppermint aloe leaf marshmallow root

soothing. Um, it has licorice. It has some bentonite, Clay, rhubarb and you know all these other wonderful fibers. So I am really proud of it. And I think so far everyone who's tasted it, they love it and when you mix it together, that's what really gives you that bulky of a meal. When you blend it together with you know the protein and the superfood, it is very filling with having that extra fiber in there.

Christine Bosdale 35:29

And this is all part of this package that we're offering our listeners I'm I can feel that their listeners right now are saying just give me the phone number because yes, I'm sold already. So okay, so folks, it's really easy. You want to ask for the Boku organic super lean pack. And with this package, you're going to get the Boku superfood, a one month supply those super protein and the super fiber plus you're getting an additional the supersede biotic and we'll talk about that you're getting a small portion of that included in this package. And then we didn't even mention also for everyone who calls in right now, you're going to also get the ebook, and it's called Priceless Health Secrets, natural cures we want you to know about and that's written by Reno Rollei of Boku. So you get all of that it's like a 202 200 200 page book on

Reno 36:26

natural remedies. It's an alphabetized directory. Christine, this is your go to indispensable source of natural health information. We actually list ailments from A to Z, and then their natural alternative remedies solution. So it's really an indispensable guide. It's a beautiful book.

Christine Bosdale 36:44

That's just an added bonus. If people call up this number I'm going to get throughout the number. Again you want to ask for the Boku organic super lean pack. And it is available to you for a donation to the station of \$250. You can use your visa American Express MasterCard, but Call this number right now so we can send this to you this will be sent to your home. The number to call is 516-620-3602. 516-620-3602. You can also pledge securely online, but why not call that phone number right now and speak to someone and ask for the Boku organic super lean pack 516-620-3602

Reno let's go back into so we have in this package. The Boku superfood, the Boku super protein, and then the super fiber. And then the Also included is the super c biotic and I know right now, and if you could tell I have a little bit of a cold. I don't have COVID I have a cold, but right now I could actually use some, some incredible vitamin C. And this is not any of course because it's Boku it's not any ordinary kind of vitamin C. tell our listeners about this.

Reno 38:03

It's you know really an amazing vitamin C product from natural superfoods, Christine, this blend will deliver over 1,000% of the RDI the recommended daily allowance of full spectrum whole food. Vitamin C, we know how important vitamin C is for bodily function and especially for immune function. This is like Tang, remember that orangey drink from when we were kids, meets superfood and we did the seemingly impossible, you know we created something that's incredibly delicious and bio available. You know, that's the challenge was most vitamin C supplements. Most of them are simply not bioavailable, you know, we take them in so much of it goes to waste in this case, because these are pure organic superfood ingredients. Acerola Cherry, which is one of the richest natural sources of ascorbic acid, and phytonutrients on the planet, Inka Berry, another ancient superfood, very, very rich in vitamin C. And then what we've done, you know, so you've got prebiotics because of the natural plant based source of these ingredients, but then we've gone ahead and added probiotics as well. So this is a game changer in the world of vitamin C in the world of immune boosting, and it's really simple the serving size is small, you just add a shot to your superfood, your protein and your super fiber blend, add a shot of the super C and rock on

Christine Blodale 39:30

and I and I have to remind our listeners too those a lot of times when you go and get vitamin C at those, you know, stores, the vitamin C you, you think because they're selling it that it's safe. That's not true. Because a lot of times it's sourced from kind of crazy little places. And you I'm just gonna

Reno Junior 39:51

ascorbic acid, that's all that it is, this is ascorbic acid.

Christine Blodale 39:53

Yeah, throwing out any any brand names or anything like that. You just want to be very careful where you get your vitamin C and how it's sourced, that's what I'll say on this. Okay? So you know, we're going to, we're going to get everybody on the same page here. But how we're going to not only lose weight, but also increase our happiness quotient, and get especially those people that are stuck in this depressive state. One of the most important things is to fuel the body with healthy foods, nutritional foods that go right into the cells. So we're going to, **let's make a challenge to with our listeners to just even for a month, try the Boku superlean challenge. Once they get their package, and just try doing it, replacing a meal one meal a day with the Boku superfood with this combination, the superfood, the protein, the super fiber, and the super C and and then we can get feedback from people we can have people email us and let us know how they're doing. So let's throw out that gauntlet and remind people Reno, what they're getting. All together. In this package, the Boku organic super lean pack. Remind them again of all the goodies that they're getting, including the E book.**

Reno 41:11

You know, it really is the best of Boku. You know you're getting Boku superfood, the foundation. This is your vitamins, your minerals, your antioxidants, prebiotics, probiotics, **remember more nutrition in one scoop of Boku superfood than the average person will usually consume. In several days,** you're getting your Boku super protein, the building block of life, not just for building muscles, healthy bones, skin, nails, hair, protein is essential. This is the purest, most delicious protein, complete full amino acid profile in your cells within minutes, then you're getting our super fiber, right? This is so incredibly essential, we've got to get the trash out, we want to restore gut balance, get those healthy bowel movements back in action. **And the three of these combined is perhaps the ultimate meal it is perhaps the ultimate food anyone could possibly consume at any age. At any time. It's so simple, you mix the three together, add the water back that we take out in the drying process, shake it, take it let Mother Nature do her work.** Let her share her magic. These gifts are here for us to make a positive difference. Our bodies are capable of incredible healing, incredible performance. Again, we're beautiful complex machines, you're a Ferrari, when you pull up to that gas pump, you're not going to fill the tank of that Ferrari with high fructose corn syrup or diet soda, you're going to fill that Ferrari with high octane fuel. And that's what this is all about. Then on top of that, you get the super c biotic a flood of natural plant based vitamin C, that the body recognizes 1,060% of the daily recommended allowance in one single serving that's actually in the cells more and more people are going for these. You hear about it right? mega dose vitamin C, you know IV vitamin C, we're all looking for that mega dose that flood of vitamin C. **Well, here it is. Beautiful vitamin C naturally derived from plant sources, your vitamin C gift from nature. Add that shot to your drink. Get it in your body, and honestly, this will transform you. That's the point here, Christine, we've been locked down. We're not eating the best. We're not moving the way we should. We're adding that to that flood of toxins in our body. This is the antidote.** This is Mother Nature's gift to you to help recover to help cope remember these mood elevating adaptogenic superfoods to throw that switch and have you suddenly feeling great Have you suddenly looking and not

only searching for but finding the silver lining in this challenge that we're all dealing with? Again, we're capable, our bodies are capable. They're self healing, but we have to provide them with the fuel.

Christine Blosdale 44:23

Amen brother. And this is I mean, it's the beautiful thing is that it goes right into your system. And it's and it's delicious, every single thing that you have in this package. And this is the this is the challenge we want. We want people to not only feel better mentally, emotionally, spiritually, but we want them to help to just lose some of that weight that they put on and do it in a healthy way. Don't do it in this some drastic diet. This is this will be a 30 day challenge. If you can replace just one meal out of your normal Eating with a Boku meal and the Boku meal, it's going to be the superfood, it can be the superfood by itself or you can mix it all together. That's what I like. Because the protein is delicious on its own. And you mix it with a superfood, it's even more yummy. And then the super fiber, so you make sure that it's cleansing you that you're in, it's all organic, every single thing is organic, and it's been sourced beautifully from the rollei family. They have been doing this, you know, I'd like to say Pacifica started the community sponsored radio. The idea of community sponsored radio was started with Pacifica. Well, Boku started the superfood revolution. These people have been doing it long before any of these other companies have come up with the name superfood, and the quality. I know the quality of ingredients are absolutely pristine, because you work so extremely hard on sourcing all of this. And it's a gorgeous gift that we're offering to our listeners today. And it's a great challenge. It's a beautiful challenge for every single one of us, I'm going to do it, I'm going to do it, I'm going to start on it. And I'll tell you what will I'll communicate with the role plays and how I'm gonna weigh myself after this. And then we'll do 30 days. So we want to we want to get other people out there taking the challenge as well. If you want to feel better if you want to lose some weight. But more importantly, if you want to make sure that you and your family are firing on all pistons. Listen right now. We got to be smart. We got to know how to adapt. We it's not a survival thing. It is a thriving thing. We don't want to just survive, we want to thrive. And that's what Pacific is all about. And that's what Boku the wonderful rollei family. That's what they're all about. So if you want to take the challenge, call right now, donate it's a \$250 donation. Much of it is tax deductible. So you can use it as a tax write off if you like. We're a nonprofit radio network. So you can use that as a tax deduction. But more importantly, you're going to get these foods sent to you to your home. It's the Boku superfood, organic super lean pack. Remember, Boku organic super lean pack, you want to also give the phone people who you're calling the phone answers, make sure you give them your email address, because you're going to be getting an additional ebook sent to you in the mail in the email. And we want to make sure that we have your email address we're going to go over that in just a second. But in this organic super lean pack, the challenge for you is to replace one meal a day with this, you're going to get the superfood, the super protein, the super fiber, and the super C all of that sent to your home so that you and your family can get started and losing weight and feeling great. Plus, we're gonna send you also in an email, the E book, priceless health secrets from Reno Rollei. Here's the phone number again. And then we're going to ask Reno if he can tell our listeners a little bit more about the ebook to get the package as for the Boku organic super lean pack 516-620-3602. 516-620-3602 please do give us a call. And if you're placed on hold, just be patient, it means that there's a lot of people calling right now. So just be patient. And we'll get to your call as soon as we can Reno talk about this this book because I know that this is included in the package. And I know that this is something that you've wanted to do for a very long time.

Reno 48:42

It really is. It's my life's work. Christine, thank you priceless health secrets natural cures, we want you to know about this is over 200 pages. It's an alphabetized directory listing pretty much every ailment you can imagine. And a natural alternative and natural remedy which you know, again is an indispensable, just really handy bit of information to have

around for you and your family. And I wanted to quickly mention Christine too, there are a couple things you can really do to take this opportunity this challenge to the next level one Rino jr mentioned earlier intermittent fasting. And you know, I like to keep things really simple, right? It's as easy as this, stop eating at 7pm or eight or 9pm. Don't eat another thing for 12 hours. So if your last meal is at seven, you don't eat until 7am. That's 12 hours of intermittent fasting. Break that fast. With your Boku super lean system. Mix the superfood, the protein, the super fuel, throw that super c biotic in there, shake it up, drink it down. If you really here's the other way, by the way. So that's how easy intermittent fasting is you want to go a little further go 14 hours go 16 hours. It's really that easy. The next weight has just replaced two meals instead of one. So break your fast with the super lean meal, shake it up, drink it down, and then you know what you're gonna sail right through to lunch. And why not flood your cells again with more detoxifying gut healing, immune boosting, superfoods, do it again and replace lunch. You know, again, the ordinary foods with extraordinary superfoods sail on through to dinner and do whatever you want. Just be sure again to reset take that break and fast until the following morning. I promise you, everyone out there that's listening. If you do this, you will lose weight I have I just want to share quickly because our staff shared with us. We're getting so many these testimonials people writing in calling in that participated in our promotion for the Super lean system when we launched, I was reluctant. This is from one of our customers to fall for another scam diet. But this is amazing. I replace breakfast with the Boku super lean system for two weeks and lost five pounds. The best part is I was never hungry and haven't felt this strong in years. Here's the next one. This is more than a diet. This is my new lifestyle. I never would have guessed that losing weight could be this easy. And I'll never go back to a life without Boku. Then here here's one more in 30 days, I lost 12 pounds and my husband lost \$100 bet. But you know, there's so many of these that we're getting, and these are the results that we're seeing. It's not rocket science, it's the gift the magic of Mother Nature and through this super lien kit, and you know your pledge to Pacifica. It can happen for you as well.

Christine Blodale 51:42

And it's And the beautiful thing too is that it's not a because some people say well, I'll just won't eat. I know when you don't eat and you don't flood your system with nutritional these type of nutritional superfoods. When you don't eat your body. It's still it is it's starving, but it's not just starving for for bread and for preservatives and things like that. It is starving for actual real fuel. And so people I know people that they go, Well, I just won't eat for a couple days. And and I'll just drink water you put your your body is actually starving. Plus,

Reno 52:16

that's the beauty of this. Sorry, again to interrupt is this is not a diet. You're not abstaining or depriving yourself. In fact, it's the opposite. It's this is an indulgence, when you replace those ordinary foods with this simple literally going to take seconds to shake and take these superfoods, it's a flood, it's the opposite of dieting or deprivation, it's pure indulgence. The difference is you're not filling up your fueling up.

Christine Blodale 52:45

I'm gonna throw out the phone number one last time because we are up against the clock. So I'm going to throw that number out and encourage everyone to call up and pledge their support to this amazing radio station. But more importantly, to get this and to take the challenge. Let's take the challenge the 30 Day Challenge. I'm going to start it today. Right after the show I'm going to make my beautiful concoction of super foods, super protein, super fiber, and super C. It is all included in the Boku organic super lean pack. This is what we want to send to you to your home to get you started on this challenge. And it is a \$250 donation to the station. Much of that is tax deductible. So you can write it off on your taxes. And you're also going to get if you call up right now. And make sure you give us your email address. Make sure you tell the phone answer what's your email address is we will send to you the well Reno will

send to you the E book. This is over 200 pages. And it's priceless health secrets, natural cures, we want you to know about this is so important and this is so Pacifica as well included in this package is that ebook, you get all of those items sent to your home. And all we need to do is to get you to pick up the phone right now and to call this number 516-620-3602 that's 516-620-3602 wonderful, beautiful Rollei family who I love and adore we are out of time. But I just want to if you want to have any little final words before we leave anything you want to tell the wonderful listeners before we go.

Reno 54:24

Just I'd like to say thank you once again for the opportunity to share it means the world to us give this a shot. You really have nothing to lose other than those pounds that you know you've been carrying around so many of us for so long that we just can't seem to shake and especially now, you know on the heels of this lockdown and everything else boosts your immune system. You deserve to look and feel your very best and I think there couldn't possibly be a better way to get there.

Christine Blodale 54:51

Wonderful. Thank you so much. That's Reno Rollei Thank you Lynn Rollei for holding down the fort and create this magic This beautiful, beautiful, I think the gift that you that you all do and you create for this world is so important right now. And I just want to thank you from the bottom of my heart, also for helping the station raise the funds that it needs to, to stay on the air so we can keep informing people about their health and the best things that we can do. And Reno Jr. Thank you again, so much for your beautiful insight. insightful comments today. I really appreciate and love you all.

Reno Junior 55:25

And Christine, we love you, too. Thank you very much. And thanks everyone out there. I hope to hear all the wonderful things and feedback from you guys shortly.

Christine Blodale 55:33

Let's let's get some feedback from people. So the next time we come on air, we can share those stories. Okay, great. All right. All right, folks, please do give us a call. And keep in touch especially with me. We'll I'll make sure that the Rollei's find out you can also contact them as well. Why don't you throw out the website real quick. Reno.

Reno 55:52

Yes, Boku boku superfood.com you can visit our site we serve as customers in 65 countries.

Christine Blodale 56:00

Thank you all so much. Thank you. I love you Rollei family.

Rollei FAmily Group Relpy 56:04

Love you too.

Christine Blodale 56:06

And I want to thank you wonderful listeners for tuning in. Please keep those calls coming in. Again, it's a \$250 donation for the Boku organic super lean pack. Much of that is tax deductible. All you have to do is call this phone

number 516-620-3602. Until next time, please take good care of yourself sending massive heaps of love to you all. And stay tuned for more fund drive programming coming your way. Don't you go anywhere. Love Life.

Promotional Announcemnt 56:53

You're tuned in to listener sponsored WBAI New York. And this is today in women's history. On this day, March 5, a trailblazing aviation pioneer Jerry Kopp was born in 1931. At the age of 28, she was part of the mercury 30 a group of women selected to undergo physiological screening tests at the same time as the original mercury seven astronauts. But in 1959 NASA close the door on sending cop or any of the other mercury 13 women into space cop didn't see why

Announcer 57:31

would you send the one most qualified. And then in certain areas women have a lot to offer. In other areas men do I think that we ought to use both. It would be another 20 years before the first American women would orbit Earth and 32 years before a woman would command a space mission. But Jerry Kopp went on to pioneer new air routes across the Andes Mountains and Amazon rain forests. For the next 48 years, she used self drawn maps that guided her over uncharted territory larger than the United States. She made it possible to deliver medicine, food, seats, clothing and other necessities to people in isolated regions. In 1973, President Richard Nixon awarded her the Harmon trophy, naming her the top woman pilot in the world. In 1981. She was nominated for the Nobel Peace Prize for her humanitarian work in South America and received the Amelia Earhart award and medal. This has been today March 5 in women's history on WBAI New York.

58:44

I do my head check, baby How you feeling.

Promotional Announcemnt 58:49

And if you're headed out like Liz area, grab yourself find your keys and your mask. And if you don't have a web mask yet call 516-620-3602 an order one in white or black 516-620-3602 for a contribution of \$35 to this listener, sponsored non corporate radio station. These masks are cool. They're in black or white. They're 100% cotton, they have the say and keep free speech radio alive on them. And remember when you head out the door, you grab your keys, you grab your cell phone, you check yourself and you grab your mask and you put it on. You are tuned to 99.5 FM WBAI and wbai.org on the web. Going up at 11 o'clock will be hard for Mind with Catherine Davis but right now at 10am on a Friday morning please stay tuned for good

EXHIBIT #16

c-blosdale-special-Masimo Mizuko-Great-Lies-in-History_2019

unidentified announcer 1 00:00

All right, coming up next is a special, Great Lies in History from Christine Bosdale and match meeting Golden Age Radio. We'll be back next week. So right now listen to Great Lies in history.

Christine Bosdale 00:28

Hello, everyone. I am your host, Christine Bosdale and I am really very happy that you joined us today because we have a very special program. And I have on on the air with me today Masimo Mizuko. And we're talking to him from Italy, is that where you are Masimo, Italy?

Masimo Mizuko 00:46

That's where I am. Last time we talked, I was in Los Angeles. Now I'm in Italy, I'm actually in the very south of Italy by the very bottom of the boot, so to speak.

Christine Bosdale 00:55

Yeah. In Masimo Mizuko is an award winning of Italian filmmaker who has done so many amazing documentaries over the lifespan of his career. And he has focused in on the last few years that I'm aware of has focused in on some documents, some very powerful documentaries that we're going to talk about. But in this program we are going to talk about because of what's happening in the news right now, too. We know that there's saber rattling going on with the United States and Iran talking about another yet another war, but it just sounds awfully familiar to me, Masimo. And the work that you've done, you've done this incredible documentary series called The Great Lies of History. And I just thought it would be really important and valuable for our listeners to hear about just a few of the lies that have been perpetrated against not only America, but the world in general, on a lot of different subjects. So welcome.
Masimo Mizuko

Masimo Mizuko 02:01

Well, Christine, thanks for having me. To summarize my my documentary career in a few words, it's not easy, but I'll go I'll try and go very fast. First of all, the the the main focus of my research in the last 12-14 years has been 9/11, as you know

Christine Bosdale 02:14

yes,

Masimo Mizuko 02:20

that has, to me has I have always considered that the the the mother of all lies. Because if you understand exactly what happens on September 11, then you might even understand what is going on today. And like you said, for example, this crisis now with Iran is certainly something that should not be happening again. I mean, we're what we're witnessing, again, the same kind of dynamics, the same kind of antics that were used to spike up a war before. And then we know that's done. And if more people were more careful, and did not listen to only one side of the story, you would probably get a more balanced world together because this is becoming a dangerous game. Now, as you say you call it rat rattlesnake, or something like that. But it's becoming very dangerous. But that's one of the topics I

covered September 11. I did actually three films. One was only in Italian. It was broadcast by Italian television 10 years ago. And he started the whole huge debate on September 11, here in Italy, then he did two more one is called the American The New American Century, which looks at the background not so much at the facts of 9/11 but at the background of the neocons their history. After that I made also one I think possibly the most important film in terms of research called Cancer the Forbidden Cures,

Christine Bosdale 03:39

yeah,

Masimo Mizuko 03:40

because it reveals how many many many many different cures have been found in in the last 100 years natural cures with against cancer which have been either suppressed forgotten or distorted altogether by the official medicine because of course they they're not you cannot make any money out of natural products. So they're not interested in that. Another one that I made is called The True History of Marijuana, which basically shows how the entire problem of the of the prohibition of marijuana had very little, if anything at all to do with the drug aspect of the plant and it had almost everything to do with the industrial aspect of the plant. You know, 100 years ago we could make food combustibles paper, textiles a lot a lot of things from cannabis and for the new petrochemical industry to grow, it was necessary to get rid of the cannabis plant altogether so they use the demonization of marijuana of the actual flower of the plant in order to to remove the entire plant from from from the marketplace I did another documentary called The Second Dallas which looks up close into the assassination of Robert Kennedy. By looking at that film, you do realize that Sirhan Sirhan the convicted murderer was definitely not the person who killed Robert Kennedy. And I'm not gonna be a spoiler here, but you even get to find out who really killed him. In fact, watching that film, and then the last one he made is called American Moon,

Christine Bosdale 05:10

this is brand new. This is the this is this was just put out just this year.

Masimo Mizuko 05:16

Yes, this is about actually the so called or the hypothetical moon hoax theory. So well looks at the fact of whether we went to the moon or not 50 years ago. And I must say that I feel all the research I've made, I've come to the conclusion that no, we did not go, it was faked. But I have, I have looked into it into it in detail from a professional point of view, because in my early part of my life, I was a fashion photographer, and I could look at the Apollo pictures with with the professionals I so this is more, it wasn't really born out of my call it, my conspiracy. Part of my personality, it was really born out of a professional critic angle of what I saw in those pictures as a professional, I did realize that or pictures, those pictures were impossible on their own anyway, we can talk about that later. More, if you want.

Christine Bosdale 06:11

Yeah, no,

Masimo Mizuko 06:11

This is basically my filmography in the last 10 years that I've made,

Christine Bosdale 06:15

and the the film that you have put out, looks at both. Again, this is what I love about the documentaries that you do, too, you don't just take the perspective of this is what I believe. And I'm gonna just tell you this is this is how it is you show what the what the official narrative is, if it's from either the government or particular agencies, or the media, this is what we've been told. And this is what I love about all of the films in the great lies of history genre, is that you say this is what we've been told. And this is the other side, this is what other people Same thing with, with the second Dallas and who killed RFK, we were told this is what happened. We were told so many things about John F. Kennedy and his assassination. And Martin and Malcolm, you know, the list goes on and on. But you also have the other side. And so they're, they're they're sort of presented side by side. And you let the viewer look at that and go, Oh, boy.

Masimo Mizuko 07:22

Let's put it this way. I don't have the arrogance to say, what the truth is, I only have the the I only allow myself to go as far as denouncing what I think it's a lie. So if I can pinpoint the lie, then it's, it's up to each of us to decide what the truth actually was. You know, I don't have that that arrogance. As I said, to say, this is what happened on 9/11. I can certainly tell you what did not happen. That's relatively easier to do. If you try if you tell me, for example, that those buildings were collapsed, the Twin Towers collapsed because of the fires, I can prove to you that that is not the case. From there to say, who actually did it and why that's up to the viewer. I leave it for for decision.

Christine Blosdale 08:06

Yes. Well, I'm that's and there's your documentary filmmaking, you know, that's your, your expertise coming in, because you just present, you just present the facts. You can you can decide.

Masimo Mizuko 08:18

Sometimes they're very, they're very uncomfortable facts sometimes. But there's still facts, and I mean, where one has to decide whether he wants to face them or not. And this is, you know, I leave it up to everybody to each single person to decide whether you want to deal with them or not. And I don't push any conclusion in my films, I make a particular effort not to push towards any conclusion.

Christine Blosdale 08:38

Exactly. And that's why that's why they're so powerful. Really, they're absolutely powerful because it sinks in and, and let's just talk about because as a whole, all of the films that you have done, either on their own, you know, the true history of marijuana, the New American Century, cancer, the forbidden cures UFOs, in the military elite, oof, we can do that. The second Dallas, and of course, American Moon, your latest film that you did. There's something that happens to people. Is it cognitive dissonance is that the phrase where something is so overwhelming and against our own nature of what we would you know, what we would do as, as, as, as human beings as, as citizens of this country, or citizens of the world, that we would you know, we would never harm people or purposely harm people for profit, or for political gain or power. So it's sometimes it's hard for people to even you know, it's like, oh, no, nobody would do this. Nobody. Who would, who on earth would do this? But you have a very interesting perspective on that. Would you mind sharing that with our listeners?

Masimo Mizuko 09:50

Yeah. You know, I went, I myself went through that exact phase that you just described. I remember exactly the moment it was about 2002 Starting to discover the internet pretty much. And I ended up on a French website that was suggesting that 9/11 was actually an inside job. And I remember my exact gut reaction was, Oh, please come on,

Americans would never do this to themselves. This is a very, very natural, very understandable reaction. Because we, I mean, normal people, in fact, would never do this to anybody, not only to ourselves, but to anybody. The problem is that you need what we need to understand that sometimes you're not dealing with actually normal people. This is the problem. And this is the hard part. If you judge people by your own parameters, then nothing of this should have ever happened. Because we are all basically decent, honest people who want everybody else's wellness. But it's when you when you start thinking about some of these people were actually, I would say different from us. They don't really have any empathy for humans, they look at their own goal. And it doesn't matter. I mean, to people like this 3000 sailors that in Pearl Harbor, it's collateral damage, or 3000 people dead in the Twin Towers is collateral damage, of course, if they could avoid them, whatever. But I'm not even sure they would, because those 3000 people were actually necessary those victims to

Christine Blodale 11:22

launch war

Masimo Mizuko 11:23

action,

Christine Blodale 11:25

it was necessary to launch a war because there would be absolute righteous indignation, they were right,

Masimo Mizuko 11:30

you have to ignite the the indignation mechanism. And that can only be done with with at some cost exactly. So basically, as this was the hard part for me, I mean, even the moon, look at this, on I was born on July 20 1954. And the moon landing took place, allegedly on July 20 1969. So I was turning 15 that night. Not only that, but on that very evening, while everybody in the little town and the beach side where I was, was watching the world with the eyes glued to the television, I kissed the girl for the first time in my life. So that night for me had been for the entire part of my youth, the most important event that ever happened to me because I thought basically the stars were telling me, you're the one you're the you know, you're the center of the universe, this is all happening for you. Just imagine what I went through, when I ended up looking at those pictures on the moon with with the eyes of a professional photographer, which I had become In the meantime, I had to really tear myself apart, to make the effort to face the facts and not just seek refuge into into the dream that was so I understand that that many, many people are not willing and not ready to go through that path. And that's perfectly fine. This is why I don't force I don't like to force the conclusions in my films, because I understand that everybody needs to, has to be entitled to have their own escape route, if they want to. You can say on and on. I mean, even the funny part is that even the photographers I interviewed in the film, they actually tell me that, you know, yeah, of course these pictures cannot have been taken on the moon, they must have been taken on earth with artificial lights and all that. But I still believe we went to the moon. And one of them told me so I had the proof in my in my own image in front of me. The same person was telling me that those pictures were impossible on the moon was still wanted to believe that we went to the moon. So yes, it's perfectly understandable. It's part of human nature. And it needs to be respected.

Christine Blodale 13:36

Well, because it is over it is absolutely overwhelming in when when when it's put all together. When these documentaries to if it's just one thing on its own. You know, it is pretty overwhelming. One of my my favorite documentaries of yours is the New American Century. And because you lay out that there is a plan. And it's not some

secret plan, per se. I mean them who knows what else what else is being brewed underneath. But the, uh, was it the project for a new New American Century. This was a plan that when if you look back at it now, they've checked off a lot of the boxes, they've ticked a lot of the boxes off. But can you let our listeners know a little bit about the the project for New American Century? And what what the goal was and how far along they are?

Masimo Mizuko 14:25

How far along That's it? That's the hard part of the question. The document was published in the year 2000. So one year before 9/11. And it basically outlined what needed to happen for the military to regain their military superiority in the world, which at that point, they really wanted to improve and to multiply their budget by tenfold at least because they they felt that they don't have enough budget and it's written, black and white is certain we need a new Pearl Harbor in order to trigger a complete change in in the politics and in the military budget and in the war. So you can you can say that the event of a dilemma, which was by the way was called a new Pearl Harbor by many was just a coincidence. But then if you start looking at all the details, it turns out that it was just exactly part of the plan as it was planned.

Christine Blosdale 15:22

Yes. And there are certain countries that they that are listed on this document.

Masimo Mizuko 15:27

Oh, yeah.

Christine Blosdale 15:28

Right?

Masimo Mizuko 15:28

Well, not only not only in that document, they keep making lists, and they keep joining the list. For example, in the list by, I think it was denounced by General Wesley Clark, already 10 years ago, you had on the list, countries like Libya, and Syria, which at that time, did not present any problems at all. And lo and behold, suddenly, they become a problem, and then we have to go in and solve it. And and again, like you said, this is the visible part. I mean, God knows what's really the hidden agenda, because we only get to see what is necessary for us to see in order to support whatever war action wants to be undertaken. But I really, I don't know if I would have the courage to relook at what plans are, because that would be too scared probably to look at them.

Christine Blosdale 16:16

Well, the it's like a laundry list of hits. You know, there's Afghanistan, Iraq, which which they've, you know, they solve, and the whole, the whole destruction and bombing of Iraq was wrapped up in they even utilize the 9/11. It was at a certain point, I think it was 70%, or something of Americans believed that Saddam Hussein had something to do with 9/11. And he had nothing to do with it. Was he a bad cat? Yeah, he but he was our bad cat. We, you know, we we supported him for many years.

Masimo Mizuko 16:52

And so yeah, the propaganda, the strength of the propaganda is really shown in that film. Because it you know, get to a point where most Americans, as you said, 70% was convinced that Saddam had to do with 9/11. So it was pretty justified to go into Iraq as well. And actually, I remember the phase where we were only in Afghanistan. And some of

the neocons were pushing a buddy around Iraq. Sorry. And so well, now it's rock you know, it's Iraq's turn Iraq's turn. But they did not have the connection to go there. They quickly made it up. And it worked. It worked. Because when the media is all one sided, and they all all the media tells you the same story for morning to night. I mean, what are you gonna do? You're gonna have to listen to them. You cannot? Oh, it's I mean, yeah, the average citizen cannot just start searching on the internet for alternative voices every day. You have to you have to trust basically what your your broadcasters tell you?

Christine Blodale 17:45

Well, it's mass, hypnosis as well. If you have every single person that's on the cameras talking about mushroom cloud, the mushroom cloud, that Saddam's gonna unleash the mushroom cloud, it gets repeated repeat, it's a mantra. And after a while, everybody believes it, believes it. So then they're going to be all for, you know, the invasion and the bombing, which left so much so much devastation, it still does. And tying that into something that a lot of our younger listeners may not know about. But you have and I think this is also in the New American Century. You have reference to the Gulf of Tonkin? And it was what Robert McNamara was he the the Secretary of Defense?

Masimo Mizuko 18:29

Yes, he was. And he actually before he died, he admitted on camera, that the actual incident of the Gulf of Tonkin 1964 never happened.

Christine Blodale 18:40

Yeah, I mean, you haven't I mean, it's just, we got it wrong.

Masimo Mizuko 18:44

Because what 1000 soldiers have died and get them and say, Well, excuse me, why the hell did I have to go there if this never happened? Because it was made up? Yeah, I have a chapter in the New American Century, we cover all the wars that America used, sorry, that started with a lie some some kind of trigger episode. That wasn't really true. It starts back in 1898, with the war with Cuba, when an American ship was sunk, allegedly by the Spanish, but it was not in fact, in front of you. But that started the Spanish American word for the conquest of Cuba. And eight years later, we learned that there was never such an attack from the Spanish It was our own basically, who did

Christine Blodale 18:46

Oh, yeah.

Masimo Mizuko 19:01

Which was also started by a trick basically, Cheney, who was then Secretary of Defense, Dick Cheney, fooled Saddam Hussein into attacking Kuwait, letting him know that they would Americans would be okay with it. And as soon as he fell into the trap, they went, we went to save Kuwait. And while we were there, we attacked Iraq as well. It's always the same, it's always the same dynamics. And as you say, once you start looking at the larger picture, and then you look at what what's going on today with Iran, that's when it gets scary. Because the tactics are the same, the antics are the same, that the times change, but people seem not to learn, people seem not to learn every time we seem to want to believe that the the new incident is, like also this last incident that happened in with it with the oil carriers,

Christine Blodale 19:11

self inflicted right?

Masimo Mizuko 19:11

. To go to yeah, then you have to go to World War One and you have the sinking of the Lusitania, which triggered with helped the president to trigger the entry into war of the United States in World War One that also was set up by the Americans we only discover 50 years later. Then you have of course, the big one which is Pearl Harbor, which now we know historically, with their actual documents that says the Roosevelt wrote to the chiefs of staff to saying we should not react, we want them to attack first don't do anything, don't move, basically sit there and wait for this for that for them to strike. Then we have the Gulf of Tonkin in 1964, which helps start the the Vietnam War. Then you have the first Iraqi war in 1990.

Christine Blosdale 21:09

it seems like this one, they're gonna have a hard time, they're gonna, they're gonna keep doing whatever they want to do, but they're gonna have a harder time mobilizing the public to support it, I believe.

Masimo Mizuko 21:21

I hope so. I hope so. I mean, I hope that the lessons from the past helped in some way because otherwise every every time we start from square one again, it's almost ridiculous for those who understand these dynamics, it becomes a joke,

Christine Blosdale 21:34

at least, at least the like the films that you that you produce, give people that a little bit of that knowledge and ability so that they can talk to others and go No, no, no, no, this has happened before. This has happened here. This has happened there. This has happened with of Gulf Gulf of Tonkin with the the Gulf of Tonkin, to me is one of the when, when I see in the New American Century, when I see McNamara actually on camera admitting in a well, we the whole Gulf of Tonkin thing, we got it wrong. And the idea that however many was, what did you say 60,000 US

Masimo Mizuko 22:14

60,000 US troops and 3 million,

Christine Blosdale 22:16

3 million. 3 million people died needlessly. And they're still suffering from the agent orange and from the destruction, but 3 million people, human beings, children, mothers, grandparents, the thought of 3 million of any kind of life form being wiped off the planet would be an outrage. And it should have been front page news. And everybody should have just right then in there checked, checked, check that that military industrial complex and said How dare you? And yet it was just kind of one day, you know, it was here one day and then wiped out and then nobody, nobody talked about it. So the films that you do are really important, I think for people to have that dialogue, instead of just saying, I just have a gut feeling that they're not, they're not telling us the truth. They can actually use these films these documentaries and say no, I could point to here's the case. Here's the case. Here's repeated case, here, here, here, here. So that's the fact the power of it. And that's why I am so very happy to be and honored to be offering to our listeners during our fun drive masimo mizuko shows the great lies in history. Now this is the great lies in history, bonus six DVD collection. And it is it features all of the favorites that masimo has put together. It features the documentaries, the New American Century that DVD, the true history of marijuana, cancer, the forbidden cures, the second Dallas who killed RFK, UFOs. And the military elite, you get all five of those DVDs, but you also get the brand new film from masimo mizuko called American moon. And this is added on as an extra added bonus for free so you

get six DVDs and all you have heard that he has made available and he will make available to you now, the ability to make as many copies of these to hand out freely. That means if you want to burn five 5, 500, 5,000 copies, you can do that of each and every film. In this collection. Again, you get six documentary films, the New American Century the true history of marijuana, cancer, the forbidden cures the second Dallas who killed RFK, UFOs in the military elite and the brand new American moon six DVDs and all in the great lies in history bonus six DVD collection for a \$200 contribution to this radio station. The number to call is this 516-620-3602 that number again is 516-620-3602 and your donation of \$200 will get you all six of these DVDs that you can make multiple copies of to handout freely. That number again, is 516-620-3602.

Masimo Mizuko 25:09

I have to say, I don't sell millions of DVDs, but those that sell get duplicated a lot, they have my blessing. I mean, anybody who buys them can duplicate. And I hear from a lot of people who buy one DVD didn't say, I made 20 copies, 30 copies, again to all my friends. So that's really that the part that makes me more happy, brilliant to see this message going around and discussions happening. And again, you don't have to agree with me on everything. But at least to have an honest and open discussion on on such important issues. I think it's absolutely fundamental.

Christine Blosdale 25:42

And you did something so key there, because you're empowering people to have the ability to burn copies and to make as many as they want to hand out freely. So whatever in whatever subject matter they're, they're passionate about, if it's the true history of marijuana, and let me tell you, my friend, you are way ahead of the curve on this documentary and on bringing this issue up. Because since then, since this film has come out, we'll of course in California, there's the legalization of not only medical marijuana, but recreational marijuana, and there's this explosion of CBD, either with small amounts of THC to it or no THC in it, but just the, the, the CBD in the cannabinoid system, you were like one of the first to get that out into the world about the the conspiracy that the Big Pharma and and certain folks in the political spectrum wanted to keep this suppressed this incredible medicine that we were built for that we have the cannabinoid systems within us. So it was your work that actually helped get that out. And it's because you make these available for people to make copies of and and to share them with family and friends. That really, you know, it spreads the information. So thank you so much for doing that. And you were you're way ahead of the curve on the true history of marijuana. I mean, wow,

Masimo Mizuko 27:01

the idea of of this fact that the this was really shocking for my for me too, when I was actually making the film to find out that the human body has an exact same system which is actually called endocannabinoids endo means inside which is a duplicate and can act we have all the receptors for for the cannabis cannabinoids was shocking in itself. Because it means that that that whatever it's in that plant is meant to work in, in, in harmony with with our body. Not all of it. Of course, as you mentioned, CBD is one thing THC is another but in general cannabinoids and the receptors in the body seems to be to be built for each other, there's something magic there. That was really fascinating for me.

Christine Blosdale 27:48

The other reason why it was labeled such as a wicked weed was because the the unbelievable how you can make products out of it, how you can make paper and and fabric and you wouldn't have to cut down all of these trees. It's just it's literally a miracle plant on what it can do and how it could have How could have helped us out through so much of our of our, of our growing up as a country so to speak. It's covered in that in the film and the true history of marijuana as well.

Masimo Mizuko 28:20

Yes, if you go back 100 years ago, in the 1930s, you had this flourishing industry based on cannabis. You have this flourishing industry based on cannabis. And for anybody who wants to take over that industry and replace it with the chemical industry or with chemical medicines or with artificial fabrics. For example. You have to get rid of the plant. There's its the worst, the biggest enemy and the only way to get rid of the blank is to demonize Yeah, the history of what happened is it's really interesting. I think that, like you said, all the films, deal with different subjects, but they all have one thing in common, which is the great lies of history, the fact that in each of these cases, we have been told a big lie in order to cover an uncomfortable truth.

Christine Blodale 29:09

And nothing says that stronger than cancer, the forbidden cures, because we all know someone who has we've all had someone in our family or friends who have been subjected to cancer and who have who have either had a long battle with it or who have passed I recently lost a dear dear friend of mine who had a very rare kind of form of cancer and the only thing available again only thing available to to him was the was conventional medicine that would be covered. That would be taken care of but in cancer the forbidden cures you also tap into a bit about medical marijuana and the in the CBD. But there's a lot of other cures that people have they have you They have used these different modalities, and they have reversed the cancer. And yet again, we're told that the only thing that really works is what? radiation,

Masimo Mizuko 30:10

chemo surgery, chemo and surgery, the three main avenues, the only avenues that you are offered. And in fact two of them are carcinogenic. Funny point, right?

Christine Blodale 30:22

I know, I know,

Masimo Mizuko 30:23

actually carcinogenic and chemotherapy, you can even read it in the in the little leaflets in the inserts, this product may cause cancer to humans, why the hell are you giving this to me, I already have cancer want to get rid of it, right? This paradox, it's a paradox.

Christine Blodale 30:40

And, folks, if you would like to get a hold of these documentaries that we're talking about with masimo mizuko, you can do that by calling this phone number. It's 516-620-3602. That number again is 516-620-3602. for your contribution of \$200. Not only will you get cancer, the forbidden cures, you will also get the true history of marijuana the New American Century, the second Dallas who killed RFK UFOs, and the military elite. All five of those DVDs are included in the great lies in history, bonus pack, but you also get as your free added bonus, the brand new documentary from masimo mizuko, called American moon. And that is an added free bonus that gives you six DVDs and all you can make multiple copies of each and every one of them. So if you want to make again, if you want to make a couple 100 or 1000 copies of these films to hand out freely, you are welcome to do that you have the blessings of the filmmaker, masimo mizuko. But you have to call right now, again, it is a donation to this radio station, so that we can bring this kind of content so we can talk about these kind of ideas freely on the air, and more people will can become educated and and find out about these topics. Your donation of \$200 allows us to do that. The

number to call is 516-620-3602. It's a \$200 donation to this amazing radio station, WBAI that you turn to day in and day out for information that is not covered on the corporate media that is not covered in the so called mainstream media, give us a call right now and support that the number is 516-620-3602. And for a \$200 donation, you will get all of the DVDs not one, not two, not three, not four, but six DVDs from masimo mizuko, which include the New American Century, the true history of marijuana, cancer, the forbidden cures, the second Dallas who killed RFK, UFOs, and the military elite and the brand new documentary we're throwing that in as a free add on American moon 50 years of public debate on the lunar landings. All of those are yours for a \$200 contribution. That number again, is 516-620-3602. If you call in you're put on hold, please just be patient. We know that a lot of people are calling right now. And we will get to your phone call as soon as we can don't go anywhere.

Masimo Mizuko 33:17

We're supposed to be happy Christine. turning gloomy in this conversation.

Christine Blosdale 33:23

Well, it's intense, because we're talking we are talking about the great lies of history and and, you know, I don't like to be lied to masimo.

Masimo Mizuko 33:34

You know, sometimes, Mark Twain said something of the opposite. He said, it's very easy to lie to people, it's much it's much more difficult to convince them that they have been lied to. In other words, most people like you know, once they swallow the lie, they don't want to be told that they were fooled. Right, so they'll defend. Right?

Christine Blosdale 33:57

Oh my gosh, that's so true. The ego steps in as well. And what was it really?

Masimo Mizuko 34:03

What are you talking about? You know,

Christine Blosdale 34:05

yeah, well in, in Nazi Germany, you know, there was like little rumors going around about like, Hey, you know, might there might be, you know, rounding up people and you know, this things might be going on. And in the local Germans were like, hey, we've got great train system, we are on time with the trains, we must be doing a lot of you know, you know, transporting of goods and that we got great trains, you know, it. Again, it's that cognitive dissonance, it's like it's too crazy of an idea. It's too It's too outside of our minds to deal with it. So we just kind of just say that doesn't exist. Now. That's not happening.

Masimo Mizuko 34:42

This is also actually there's also another great quotation, this is by Marshall McLuhan. He said, small secrets are the hardest ones to keep. For the big ones. People's incredulity will always be sufficient. In other words, it's your own all Come on, that will protect the lie From from being exposed, because you yourself have this barrier that says, Oh, come on, which is again, I admitted before is, it's what I felt. The first time I heard about 9/11. And the possibility of an inside job, my instinct gut reaction was, Oh, come on, please get out of here. Yeah, you have, you're faced with a choice. Either you look at the facts, and you're ready to accept them, or you just steer away from them and turn a blind, a blind eye to it. Those are the choices that we can make.

Christine Blodale 35:29

Well, but it's living in denial, or, you know, living in your Disneyland world, which a lot of people would prefer, because life is demanding already, right? You got the kid you work, things get to do. It's like, Oh, no, you're not. No, I got, I got to stop and think and worry about this. And like protest, or, you know, I got to do that, too. But the idea is just at least for people to be, and this is what I want people from all political spectrums, right from from, from both sides of the aisle, so to speak, is to be open to at least hearing the information. And then again, they can make their decision. I never, I don't ever try and tell people how to think or what to think. But at least to look at the to look at, here's the official account. And then here are some people documents reports that might counter that. And would you take a look at that. And I think that's a great place to be? Well,

Masimo Mizuko 36:26

if you're ready to look at that, yes, absolutely. Because that's, that's really what what we're all about is about finding out. And if we, if we come to the world, and we want to live with preconceived ideas, and we're comfortable with them, okay, but fine, basically, we're wasting one, one lifecycle, and we'll have to come back and learn from scratch, whatever we missed the first time, that's I'm very convinced of that.

Christine Blodale 36:49

One area that in one of the documentaries in the great lies of history, one of them is something that people will instantly like, like push off, in because again, this is outside of our scope so much is UFOs and the military elite. And when you talk about UFOs, because anyone who mentions UFOs, or mentioned extraterrestrial, you know, life forms, they're immediately, you know, shunned, oh my gosh, you're one of those type thing. And this is something that for since the beginning of time has been documented, right? I mean, there's, there's cave drawings of like little saucers and spaceships. This is something that's been going on a long, long, long time. But and if anybody has ever had or witnessed something like this strange stuff happens to them to and you you've got this, in this documentary, UFO is in the military elite, can you let our listeners know a little bit about that? Yeah.

Masimo Mizuko 37:48

Actually, in that documentary, I wanted to stop short of looking at the alien form of life. I mostly looked at what the military has done in the last 50 years to cover up what they know. And that's plenty enough to tell you that there is a lot that we're not told. And of course, that leads you only to one conclusion that we're not alone in this world that we have been visited, and are being visited by alien life. But I cannot I do not reach that conclusion. In the film. All I do is put together all the testimonies of basically all military people, so absolutely credible witnesses. And once you see all these testimonies together, and especially what once you see what in each case the military has done in order to suppress that kind of information, then you know, by default, that there is something else out there that we're not talking about. It's It's obvious. There was actually a series I don't know if you have I'm probably you had it in America too, because an American series is called Project Bluebook, the TV series 12 episode series, and electorally tells the story, the very interesting angle, the story of the of the man, who was his name was Hayak. I think he was sent out in the 50s and 60s to debunk or his his actual duty was to debunk whatever came up or whatever people thought they saw, he would come in with an actual explanation. Oh, no, it was swamp gas, there's a weather balloon lights in the sky was this and this and that this was his job. His name is Hayak. And actually this that this TV series Project Bluebook looks at his own life, and how we actually totally believed what what the reports were saying. In other words, it separates the public person who had to lie, but it clearly tells you that all the things that he was telling was a lie. Right? He himself lives into this dichotomy where on one side is absolutely convinced that we're experiencing

something absolutely external from our civilization. And on the other one is forced because that's his job, to lie to to his own people the other citizens and tell them oh no This was just a swamp gas light, or was the light reflected in the sky or was burned hit by the light, I mean, stupid mistakes that they could they could come up with. And also what you said before about being ridiculed, it's interesting because at the same time, we know that the automatic reaction to the knee jerk reaction to the idea of alien life and UFOs is here. Yeah, well, you're one of those. Actually, if you look at the film, it shows what it was called the Robertson Panel in the 50s. It actually established and it was sent out to all the media already in the 50s. And it says exactly that. From now on. Every media in the country, every major media outlet in the country will have to use the ridicule in order to dismiss any possible ideas of alien life.

Christine Blodale 40:50

Wow,

Masimo Mizuko 40:51

whenever you're you're looking at people reacting at you with with a smile, what they actually doing is falling victim. They're victims of the propaganda. There's been teaching us to do that, since the 1950s. It's called the Robertson Panel. It's a very, very interesting document

Christine Blodale 41:06

so people can look that up the Robertson Panel, and as well as people looking at the project for a new America Century

Masimo Mizuko 41:13

first time in history that the word debunking comes up of in an official document.

Christine Blodale 41:18

Wow.

Masimo Mizuko 41:19

This one you in the media, you will debunk all possible ideas of foreign life and foreign visitations by using the ridicule

Christine Blodale 41:29

Wow. Oh my gosh, on

Masimo Mizuko 41:32

so people out there and next time you actually have this knee jerk reaction, and somebody says aliens in you go ha ha, before you laugh, think twice because you might have been conditioned to have that kind of reaction yourself.

Christine Blodale 41:44

Exactly. What have we been conditioned, we've cool My gosh, we've been Oh, I love the work you do, because it doesn't really make us think. And folks, all of these DVDs, all of the films in masimo's collection, the great lies in history bonus, six DVD collection can be yours. And you will be supporting this amazing radio station WBAI. At the same time, you will get the New American Century, the true history of marijuana, cancer, the forbidden cures, the second Dallas who killed RFK, UFOs and the military elite and the very latest from filmmaker masimo mizuko. It's called American moon it's over three hours long. It is called American moon 50 years of public debate on the lunar

landings. And you get that as an added bonus. So you get six DVDs and all And the best news is that you can make multiple copies of this. So if you want to make five, five hundred, 5,000 and hand them out freely, you are welcome to do that. The number though that you have to call in order to get this entire six DVD collection is this 516-620-3602. 516-620-3602. And then let's talk about let's talk a little bit more about the latest documentary that you've you've just come out with American Moon. Now this is the subtitle is 50 years of public debate on the lunar landings. And now most people will go well massimo we went to the moon because we saw the pictures. And and we've been reiterating for so long, you know that historic day and the flag waving on the moon. Which I want, which I want to get to because I think somebody had mentioned it too. And I don't know if it was in your film. Or it might have been in your in your film about like something about the fact that anything waving on the moon that there's not that kind of there's not wind there, or,

Masimo Mizuko 43:47

There's no atmosphere

Christine Blodale 43:48

and right because that's what you have to wear the helmets, right?

Masimo Mizuko 43:52

Theoretically where you have to wear a helmet. Yeah. The idea of the flags waving is a very controversial issue because in most of the videos from from from the moon missions, you have this flag waving but the astronaut is touching the flagpole. So you can never tell whether it's the flag is waving because it's actually wind

Christine Blodale 44:12

or if he's shaking it

Masimo Mizuko 44:13

or touching the flagpole. But there's there's three instances of which two I found there was only one before my documentary and other three because I found two more instances in which nobody's touching the flag. The astronautsd are quite a few feet away. And still when they go by or they move and insane one case there aren't even there, the flag moves by itself. That indicates that there is air on the set and therefore there we are on Earth and not on the Moon. But see the arguments pro and con. Having gone to the moon are quite complicated. I divided in the film in three parts I firstly show the proof in favor of the moon landing. So I wanted to give that room to those who claim that we went to NASA analyze them one by one. The moon rocks, for example is one big proof. brought That's usually brought in favor of the moon landings. Another one is that the laser reflector that allegedly on the surface of the moon that beams back a laser that you can beam at the Moon. There's a few of those then there's the, the technical proof against, for example, the difficulty of crossing the Van Allen belts with all the radioactivity and all that. And then the third part is the photography. And that's that's where I really come into into the game because as I said, I was a photographer myself, for for more than 20 years actually was working in the states for good magazines like Glamour, Seventeen, Mademoiselle, and so on, so that was pretty good. I mean, I knew my trade and I was actually using, at the time, the same cameras, the same exact film that NASA used for the pictures. So I know exactly what that film can do and cannot do. But because I am a conspiracy theorist, quote unquote. I didn't you know, I wasn't content with my own opinion. So what I did when I looked at the NASA pictures again in about the year 2000, when when NASA put them all online, I was able to download them in high definition. I looked at them and I said, Oh my God, this, this is artificial. It is not designed, but because of my own nature, I wanted to make sure so I called up one

of the photographers who's whose assistant I was, and a very very famous one good one name is Oliviero Toscani is done in the States has done a campaign for Benetton, and many more... anyway, calls him up and says, Oliveiro, how are you doing Baba blah, blah? What did you think the first time you saw the Apollo pictures, and what he told me and I quote him literally said, I thought that had they asked me to do them, I would have done a much better job. So this is from somebody who actually, you know, had nothing to do with the moon hoax theory. Then I said, oh my god here I have to move I have to go and interview some of this major major photographers it took me the whole film took three years to make two of which was chasing down photographers all over the world. Until I could get at least at least five of them. of the I'm talking about top tops top photographers in the world. One is Peter Lindbergh. For example, the guy who invented the so called supermodels in the 90s, Sydney Crawford, Cindy Crawford individually sort of those, I mean, this kind of guys, these guys know, their trade. And they were all around already in the 70s, which is important because they know, the same lighting techniques, the same cameras that were available at the time. And they all tell me the same exact thing. They say, Well, I don't know if we want to do more or not. But this pictures are taken with artificial lights. There's no way you could do this pictures. Yes, with the sunlight and in a single source situation like the moon, period.

Christine Blodale 47:37

And there's Yeah, there's your biggest issue with that. I mean, there's there's there's the whole wrench that's thrown in it. Peter Limburg on the law. I'm looking at the literature that's with American Moon and you quote Peter Lindbergh saying these pictures are 100%. Fake.

Masimo Mizuko 47:54

Yeah. Oh, yeah. It doesn't mince words with it, you know, it looks at them and says, Look, I know, because he knows the film that we use, the Ektachrome film, was extremely extremely difficult. You could not have any latitude at all on that film and suddenly in these pictures you have so much light coming from everywhere and there's only a single source I mean us as photographers we would have dreamt to have so much light coming from everywhere with a single light soucre it would have been fantastic but we had to bring assistants extra lights, reflectors, panels, everything to get that kind of light why didn't, the astronauts need the they did [starting at 48:08....missing text about single source film lighting....sync resumes at 48:33] , one thing I have to say if and again, if we did not go to the moon, I really feel sorry for those astronauts because if my my hypothesis, not only my but the moon hawks hypothesis is true. I really feel for those people because they were true heroes. They were not half heroes, they these guys are people who were willing to put the life at risk at any given time for the progress of science and just imagining what they have to go through. If one day they were told, You know what, you're gonna have to fake it, there's no way we can do this. For real. It must have been awful. I mean, I feel so sorry for them every time I look at them. It's It's It's terrible, what they have had to go through if my idea is through the day that we didn't go to the Moon.

Christine Blodale 49:18

Well in your film is also another important angle is that your means and since then, obviously, we have we have some certain technology to obviously our science and everything has, has increased from that time. But you also do the background about the whole space war, you know, the whole race to space and the Russians versus America and, you know, the promise to get to the moon and the pressure that that was that we were under for that to to also establish, you know, to establish dominance in that field. And so it's very, I mean, it's just a very compelling documentary, how long it's over three hours. So So you cover a lot, my friend,

Masimo Mizuko 50:02

yes, three and a half hours, actually,

Christine Blodale 50:05

the number to call is 516-620-3602. It's a \$200 donation to this amazing radio station WBAI that you turn to day in and day out. For information that is not covered on the corporate media that is not covered in the so called mainstream media, give us a call right now and support that the number is 516-620-3602. And for a \$200 donation, you will get all of the DVDs not one, not two, not three, not four, but six DVDs from masimo mizuko, which include the New American Century, the true history of marijuana, cancer, the forbidden cures, the second Dallas who killed RFK, UFOs, and the military elite, and the brand new documentary, we're throwing that in as a free add on American moon 50 years of public debate on the lunar landings. All of those are yours for a \$200 contribution. That number again, is 516-620-3602.

Masimo Mizuko 51:10

The part of the Russians was actually interesting for me as a discovery because I discovered that the Russians never really tried to go to the moon. This is another big surprise that they came looking at the official documentation, or let's be more precise, at up to a certain point in 1965. they they they may be tried, they were building rockets to possibly go. But these rockets kept exploding. They were so complicated and so impossible to put together that they just gave up

Christine Blodale 51:39

and expensive.

Masimo Mizuko 51:40

Basically, the United States was not racing the Soviets to the moon anymore. It was racing themselves because by then by 1966 1967, they told me basically I said promise the hell were we going to go to the moon, you couldn't just back up by car from that, from that promise

Christine Blodale 51:58

don't.

Masimo Mizuko 51:58

My idea, my my conviction is that they got to a point around 1968 that they realized technically they could not make it because of the many many problems I described in the film. But at that time, also, they had put together a such a sophisticated simulation system that they could actually simulate, then an entire mission to the moon and back without leaving Earth. So I can just imagine how natural it must have been. To make the transition, somebody must say, you know what, guys, okay, we're not going to make but we cannot tell the world we're not going to make. So let's use the simulator, so identical to what we expect to get out there. And we can reproduce the entire mission, from from liftoff or from orbit, all the way to translunar injection and back, we can all do that in the studio, and it was gonna look exactly the same. In fact, people don't know what the real thing looks like. It's gonna be the new standard. This is it. This is what the moon looks like. Nobody can argue with that.

Christine Blodale 52:56

But they weren't expecting masimo mizuko to come around 50 years later and look at the lighting and go no! . masimo mizuko, I could go on and out for hours and hours with you talking about this. But we are out of time for the

for the show. But I just want to thank you so much. And I'm gonna just mention just a couple of the films again, it's Oh, my gosh, the subject matter has been the great lies of history. But he has documentaries that the true history of marijuana, the New American Century cancer, the forbidden cures UFOs and the military elite, the second Dallas who killed RFK. And of course, his latest documentary just out American moon 50 years of public debate on the lunar landings, you have heard that he has made available and he will make available to you now, the ability to make as many copies of these to hand out freely. That means if you want to burn five 500 5,000 copies, you can do that of each and every film. In this collection. Again, you get six documentary films, the New American Century the true history of marijuana cancer, the forbidden cures the second Dallas who killed RFK, UFOs in the military elite and the brand new American moon six DVDs and all in the great lies in history bonus six DVD collection for a \$200 contribution to this radio station. The number to call is 516-620-3602 that number again is 516-620-3602 Thank you so very much masimo mizuko are

Masimo Mizuko 54:32

thinking again if you buy the DVD are free to make as many copies as you want and and please go to your friends and and make for a bad bad weekend for them to get them thinking and I'm not sure they're gonna like you.

Christine Blosdale 54:48

The next family gathering hey, yeah,

Masimo Mizuko 54:52

I got this for you.

Christine Blosdale 54:56

I love and adore you Masimo Mizuko. Thank you You again so very much for joining us.

Masimo Mizuko 55:03

Thank you. Bye bye,

Christine Blosdale 55:04

thank you. And I want to thank you wonderful listeners. Thank you so very much for joining us today. And make sure that you do give us a call to get this entire collection all six DVDs. It's the great lies six DVD collection, and it's available at this number 516-620-3602. That number again is 516-620-3602. And as masimo said, you can make as many copies of it as you wish. Again, thank you so very much for listening. I'm Christine Blosdale. Stay tuned for more fund drive programming coming your way.

music break 56:08

If you wander away your money when tax cuts, follow 1% if you're not out of rage, you are not listening. If you fear your healthcare will be gone and this game of life you're just a pawn. If you're not out ranged, you are not listening. With the rising waters, forest fires, death through storms out getting high. If you're not our raged, you are not in the state. When murder cannot be appealed cause a badge they're wearing is a shield. If you're not outraged, you are not listening. If you're not outraged, if you're not outraged, if you're not out raged, you are not listening. When coal miners waiting for their jobs don't realize that they've been robbed. If you're not out outraged you are not listening. When there's no food for a child, people vote for pedophiles. If you're not out a race, you are not listening. With Nazis marching in the streets, getting praise from White House tweets. If you're not outraged, you are not in a state where

the matches lead to the Middle East. No thought for justice, none for peace. If you're not outraged, you are not listening. If you're not outraged, if you're not outraged, if you're not out range, you are not listening. Where native lands were set aside, all drilling now is justified. If you're not out of reach, you are not in the state and protesters who are attacked or criticized for fighting back. If you're not out of rage, you are not listening. When there's bullying taking place in streets by being full who wants dressed in sheets? If you're not outraged, you are not listening. I went up on this flat science not taking forum. If you're not outraged, you are not listening. If you're not outraged, you're not outraged. If you're not outraged. You are not. If you're not outraged, if you're not outraged. If you're not outraged, you are not listening, when they love their guns more than a child society's in deep denial. If you're not outraged when Puerto Rico is ignored by a life even racist fraud, if you're not outraged, you are mistaken. When kids are tired from families, not one of us is truly free. If you're not outraged, you are not listening. And if they're just sending thoughts and prayers that shows that they don't really care. If you're not outraged, you are not. If you're not outraged, you're not outraged. You're not outraged, you are not outraged. If you are not outraged, you are not listening.

Ken Gale, pgm host 59:40

Hi, I'm Ken Gale WP is Tuesday evening environmental show equallogic One of the cool things about being a bi buddy is that you get to decide what WPA is worth to you. Are we worth more than your cable TV, or 10 bucks a month 20 100 a million. Just go to the wpa.org website and sign up With your credit card, you'll barely notice it. In return. You get a web

EXHIBIT #17

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Unidentified announcer 2 00:00

Coming up, there's almost 7pm And this is still web API, New York 99.5 FM and web api.org online. If you'd like to make

Eric Corley/ Emmanuel Goldstein 00:36

a call, please hang up and try again. If you need help, stay on the line and a hacker will assist you shortly. And everybody else stay tuned to 99.5 FM WBUR in New York, it's time for off the hook spring shaven? And very good, even targeted program is off the hook. Emmanuel Goldstein are with you on this Wednesday evening. joined tonight by Kyle. Yeah, I'm

02:25

over here. Can you hear me? All right,

Eric Corley/ Emmanuel Goldstein 02:26

I can hear you but two feet away from me. But I can hear you through the microphone everything. That's how it's supposed to work. And over in Skype land, Skype land. It was Skype built. You know, I never get that straight. We have arrived at Firefly.

Rob T Firefly 02:39

Good evening.

Eric Corley/ Emmanuel Goldstein 02:40

And we have Gila. Good evening. And we don't have Alex because last time we didn't have you guys. And the contract stipulates that if you guys are out, then Alex has to be out the next. It's very complicated. We don't have to get into it. Lawyers and all that. But welcome back. Did anybody make it to the April 1 2600 meeting? Last Friday?

Rob T Firefly 03:01

Yes, indeed, I was at the April 1 2600, meeting in person at the Citi Group building at 53rd in Lexington,

Eric Corley/ Emmanuel Goldstein 03:08

and you're not lying? Because you can do that on April 1. I know that. But you can't do that when you're talking about April 1 afterwards. So let's be clear.

Rob T Firefly 03:17

Yes, indeed, no, I could have lied on the day, I'm not allowed to lie anymore, because April 1 is over. So but it was a good meeting. Nice crowd there. There was also a drag queen performing magic tricks and playing running a bingo game, as well. And that was unrelated to the meeting, but it was something that was going on. It's an interesting place now that that Citi Group building,

Eric Corley/ Emmanuel Goldstein 03:38

I have to check it out, when I have time to actually go somewhere and look at something. But you know, I said sidenote to all of this. And this is a side note that we keep going back to and the places that disappear. The places that close Of course, you know, the hotel is one thing I'll tell Pennsylvania is actively being torn down. I don't think they've actually started on the outside yet. But that's only a matter of weeks, I believe. But those of you who came to the New York City meetings years ago, I don't know if you remember this, Rob. But we used to have two words go out to a place called around the clock. Do you remember that? Oh, yes, yes, definitely. It was it was placed on Stuyvesant downtown and East Village. I believe it was 24 hours, everything was 24 hours back then. You know now even for selca isn't 24 hours, but that's a whole other thing. Okay, so we would go to this place after every meeting. It was just you know, it was a cheap dining place. Really good food. But they closed down many years ago. I was I was bummed out about that. They were affiliated also with a couple of other places called dojo, where we went after other meetings that closed down. But upstairs was this Japanese slash Korean place called Yoko Chao. And by the same people also attached to that was the sunrise Mart which was a Japanese grocery store. And there was this this really The interesting bar that was attached to Yoko Chao anyway, it's all closed, it's all gone, because landlords are demanding higher rents. And it's just everything seems to be disappearing, shutting down. This being rent kicked out of out of the neighborhood, nobody can afford to rent a building anymore to rent a storefront. And this is really terrible, especially at a time when we need to recover from the last couple of years, to have those familiar places there. And it's just, it's so sad to see them all disappearing, and each village is just turning into a bunch of vacant storefronts, I, you know, there needs to be something that that is done to prevent this from just becoming, you know, a community of franchises where only the very, very rich can afford to operate. The magic of so many communities in New York City, is the independence you know, the small town or the small family business that survives in a big city. That's the magic of it. And, you know, so many people were a part of that in the past, they came to our meetings, and they experienced that they, they saw all the little shops and, and places to hang out afterwards. And to not have that in the future means that so many people won't be inspired, they won't get to enjoy that.

Rob T Firefly 06:30

Yeah, it's interesting. Over the years, you know, I'd been going to the local 2600 meetings since time immemorial. And one regular occurrence was at the end of the meeting, when they would kick us out of the food court, or the public area in in Citigroup, everyone would basically on moss go somewhere, and it was usually to one of those places in the village, we used to go to all the time, and there would be a regular place that we would all go get dinner together. And we would take this walk through the city together, it was a nice experience, you know, time to chat hanging out, whatever. Nowadays, it's actually interesting because the area has been made into a fully stocked fully functional, late night, late night hours having foodcourt. So dinner kind of happens at the meeting. Now, there are all sorts of different food places there and you can just go get something, bring it back to the table, keep hanging out. And I'm, I'm kind of on the fence over whether this is a good or a good thing or whether something has been lost, I think

Eric Corley/ Emmanuel Goldstein 07:30

well, I mean, that's different. That's something that's, you know, I can see the coolness of that having places that are open that are in the very place where the meetings are, as long as they're not, you know, McDonald's and Starbucks and just franchises as long as they're unique and independent. That's a good thing, even if it's a different part of town. But what I'm bemoaning here is just losing one place after another where the west around the clock, Yoko Chao was St. Mark's books of St. Mark's comments of St. Mark's records or, or gym spa, or Yafa. There's just so many places. And it's gotten to the point where the places I'm thinking of every single one of them is closed. And I can't think of any places that are open that I want to go to. And that's not what I want New York to become.

Rob T Firefly 08:12

Yeah, I'll coffee remember old called Coffee, oh

Eric Corley/ Emmanuel Goldstein 08:14

my God, there's so many good places that we would just it was part of the hacker culture was part of the East Village culture. You know, bookstores, record stores, coffee shops, restaurants, all sorts of really amazing places. You get rid of that you get rid of the magic. And you know, I know everyone's greedy, and they want to get as much money from their tenants as possible. But maybe this is a time to invest in a community and say, You know what we want you to prosper first, we'll figure out how to you know how to get cash out of you later. But right now, let's get you off the ground so that we have a community that people want to come to. But right now it's it's it's turning into the opposite. And it's really, really sad. So I just figured I'd mention that because I only just heard about that that just happened at the end of this week, the end of March, actually the beginning of April, that we lost Yoko Chou. And for those who didn't ever go to yoga, it was most incredible place you go up this, this big staircase. And then you were you were in Japan, basically, just all these different rooms filled with people and just a festive atmosphere. And the sunrise mark, the only way to get there was to take this weird elevator with no markings whatsoever, you go up a floor door would open and all of a sudden you're in this bustling supermarket. You know, magic like that. That's what that's what New York has been known for. And that's what we need to continue to be known for. And I know the same thing is happening throughout the country throughout the world. It's, it's sadness, but the only way to get through this is by joining together and supporting each other, not by taking advantage of each other.

09:51

You want a market for spaces that is varied instead of just on the incline and Really nothing affordable below a certain threshold that's dangerous that you lose people, building businesses building experience. And growing along that way, you create this barrier for people who want to enter into creating a business in an area. And then the places that are available, transitioning places that were formerly available into places that are at such a high bar, it really shuts out a lot of people that are, they're still on their way, like building a business or just to have been there forever, under certain scheme because in no time to reconfigure all of a sudden they have new competition paying that just simply has more more resources and more more cash.

Eric Corley/ Emmanuel Goldstein 10:45

Well, think about this, you know, you're walking down the street in New York, and you see, you know, a vacant store with a big realtor sign. And yeah, I know that one of them ends in 2600. Please stop sending us pictures of that one. We've seen it a million times, because a big Realtor in New York has last four digits of their phone numbers. 2600. Great. But, but you'll see that every every few feet, it seems. And you'll ask yourself, well, you know, why not just rent it cheaper to more people. So you know, you must be losing money by having all these empty storefronts. That's not how Realtors that's not how landlords think. Because if you start offering something at a lower price, then you're obligated to offer that lower price to others as well. And you can't have that you can't have you know, more more businesses or people taking advantage of a lower price. Better that you have a lot of emptiness. And a few people paying a lot. And what you wind up with when that happens is you have rich tenants. And that's it. And a lot of space. The fact that there's so much space tells you something is wrong with that way of thinking. So, you know, we we need to as a city as as, as citizens in New York and throughout the country, challenge this demand that we do something differently, and that we have as many of these small businesses survive as possible. Alright, getting off the soapbox now getting right onto another soapbox up. We still have this horrible and brutal war going on in Ukraine. Here's an interesting story that I think listeners might find a bit fascinating. The Federal Air Transport Agency, and I'll do my best

to pronounce this ROAs via cit. When we try it again. I get three tries. Rosa, Viet sia is responsible for overseeing the civil aviation industry in Russia. Its website is favt.ru fa vt.ru. They went offline a week ago Monday, and I believe that's still unreachable. The statement signed by the agency's head Alexander in the red code. It says due to the temporary lack of access to the internet, and a malfunction in the electronic document management system of the federal Air Transport Agency. The Federal Air Transport Agency is switching to a paper version seems practical paper version, Russian telegram channel, aviator Ashina that's aviator as aviator was spelled shi na said that Reza Viet sia was hit by a severe cyber attack on Saturday, leading to the collapse of its entire network documents mail. All kinds of files were allegedly erased proximately 65 terabytes of data has been lost 65 terabytes of data has been lost. Now according to ADA SheKnows source close to the matter. The agency lost a one and a half year worth of emails, and has no backups to restore its system. No backups. The source also said that the prosecutor's office and the FSB that's what the KGB turned into in Russia. They have been working with Reza Viet sia since that Saturday. Now Russian media outlets, Kommersant quotes two independent sources close to the agency. They confirmed that outages were likely caused by a cyber attack, which was caused by a brutal war on an innocent country. They left that part of the agency has presumably regained its access to the email service and expects to fully restore access to its data, data storage at some point in the future. Hope that the whole thing just doesn't happen again. Meanwhile, Rosa Viet sia keeps posting updates on its social media channels, including telegram NV K and linking to his website as if nothing happened. That's that's how they do things over there. According to the is a down right now monitor FA vi t.ru is not down for everyone. Experts have sounded Nick security warnings in the wake of the pullout from Russia by Microsoft and other tech giants with some playing down the impact that ordinary citizens and others predicting a return to pen and paper according to Alex, auto manof, the info security officer at infinitely virtual they will end up going back to pen and paper as computers stop operating due to lack of updates expired licenses and failures. And don't forget Alex attacks as well. Yeah, so bunch of terabytes lost. Rob.

Rob T Firefly 15:50

Well, I can confirm that the FAA vi t.ru is way down right now. The the site doesn't load it doesn't return a ping. Nothing. And according to down for everyone, or just me.com Right now it's down for everyone.

Eric Corley/ Emmanuel Goldstein 16:06

Wow. Well, you know, I can't say I'm surprised I can't say I'm surprised what else is going on? Russia's telecommunications regulator has doubled down on its warnings to Russian language wiki pedia. Over an article it says contains inaccurate information about the Kremlin's invasion of Ukraine. Russ come, it's gonna be a tough night for me. Russ calm that Zor said on Thursday, it's finding the nonprofit organization up to 4 million rubles, which is about \$49,000 for refusing to delete information about the Ukraine war launched by Russian President Vladimir Putin on February 24. I don't know if that sentence is is what they object to. In a press release, the agency said it was issuing the fine due to Wikipedias failure to delete illegal information. The Russian language Wikipedia contains, quote unquote false information on the subject of a special military operation of the Armed Forces of the Russian Federation in Ukraine aimed at misinforming Russian users. It wasn't clear if that's what the invasion was was for, for the statement was for but certainly misinforming Russian users is something that Russian government specializes in. The article in question was titled The Russian invasion of Ukraine 2022. It mentions injuries and fatalities, among Ukrainian civilians citing un data, as well as deaths among Russian servicemen. Russian authorities have prohibited media from calling Putin's invasion of war or an invasion. The state run media outlets adopt the term special military operation. Putin on February 24, said he wants to disarm Ukraine and eliminate the threat it poses to Russia's national security. He has the terms demilitarization and the notification Yeah, in some ways. The guy's right. I mean, Russia has never been in such bad shape as when it attack Ukraine. So I guess in that sense, Ukraine, there's a big

threat to Russia, saying they're getting out in front, like way out in front. Oh, you know that basically, if we invade an innocent country and slaughter its people and look like real jerks in front of the entire world, that's going to hurt us. So yeah, Ukraine, that's your fault. That's that is the logic. That is the logic that I'm seeing right here. As a justification for the invasion, Putin stated the need to protect the Donetsk People's Republic, the Luhansk People's Republic and Russia itself, and also use the unsubstantiated claims that Ukraine is a neo Nazi state, which is insane and crazy. There are probably more Neo Nazis in Manhattan than on Ukraine. I don't know. There's nasty people everywhere. But that certainly is not something that justifies what Russia has done. It's it gets worse and worse every week. And this week, we're seeing evidence of, of war crimes that Russia continues to, to insist are fake. It's just the parallels between what we've been going through in this country where, basically, whether it's talking about elections, or talking about vaccines, or virtually anything else, doesn't matter how many facts you have on your side, doesn't matter. What kinds of signs you can point to what kind of independent investigation you can point to? Because the answer is always no, it's fake. It's all a big conspiracy. And you're seeing the exact same thing in Russia now, where basically people are calling their relatives, people in Ukraine are calling their relatives who live in Russia, telling them what has happened to them, and they're not being believed because of what the state media is telling the people in Russia that this is all fake. that, basically, and try to follow me here. Basically, Ukrainians are dressing up as Russians, bombing their own cities, and then capturing and torturing their own people. All this while not getting in the way of the Russian troops, who are they're liberating the country, and making sure that nobody shows any data or any video or any evidence whatsoever of what is really happening. And that is, that is their version of the truth. It's so bizarre and crazy. But are we any less bizarre and crazy over here for some of the things that have been passed off? In the media, in Congress, in our streets, we're in a very dangerous place. And a lot of it is propelled by social media where people basically hear like minded views over and over and over again, until they believe that's the only reality and anything that goes against that has to be fake has to be fiction.

21:01

Yeah, it requires thinking it requires stepping outside of that hypnotic feedback loop of your beliefs being re affirmed and really thriving your whole rationale.

Rob T Firefly 21:22

Yeah, I encourage people to go to Wikipedia and look up the article 2022, Russian invasion of Ukraine, because right now, as of this broadcast, it's looking very good. There are obviously people in the know, taking care of this page, everything is well sourced and cited. So you know, I guess Putin should really be clicking the footnotes and suing those people. But it's a it's it's amazing, like Wikipedia, in general, is an example of how it's amazing when a bunch of people from all over the place can get together and make a thing happen. That's useful to everybody. And this article is a great example of that. Now,

Eric Corley/ Emmanuel Goldstein 21:58

are you seeing the same article they're seeing in Russia? Probably?

Rob T Firefly 22:03

No, I don't know. Because it cannot read Russian. There's the Russian version,

Eric Corley/ Emmanuel Goldstein 22:06

I assume the one they're talking about is the one that is in Russian over there that people are able to see. And I don't know if if we look that up here in the United States, will we be seeing the same? The same text?

22:19

So we should find it and translate it?

Eric Corley/ Emmanuel Goldstein 22:20

Yeah, I'd like to know, I'd like to know. Yeah.

Rob T Firefly 22:22

I mean, obviously, it's not the exact same text. It's being built up by the Russian speaking Wikipedia community as the English one is built up by the English speaking Wikipedia community. So yeah, it would be interesting to dive into now I'm looking at the Russian article. Of course, I can't read it. But it would be interesting to see what this is like,

Eric Corley/ Emmanuel Goldstein 22:37

well, you can put it into Google Translate and get, you know, at least 20% of it. Right. Okay.

22:43

There's probably enough people that are interested that speak the language and are interrupting it just as much as I was indicating for the English.

Eric Corley/ Emmanuel Goldstein 22:49

No, Rob, how did you get to that article? Can you tell listeners how you did that?

Rob T Firefly 22:53

Um, just by clicking around and looking at looking at various things on the Wikipedia main page, I mean, current events are there and how do we get to the Russian version, the Russian version, on any wiki pedia article that there are international versions of there's a column on the left side of the page that links to all the other language Wikipedias of that article.

Eric Corley/ Emmanuel Goldstein 23:15

Okay, in different countries, it's not such a translation, it's actually going to where it's being interesting. And

Rob T Firefly 23:21

they are the local equivalent. So Wikipedia, I gotta say, this

23:24

story really pinpoints who this this this statement, this declaration and lawsuit, I guess is for this is not for the consumption. Outside I think of Russia and and countries that sympathize with Russia, because who really would take this seriously, do you think Wikipedia feels threatened that, that a nation that is being reported on in this way is is condemning their no accuracy pedia

Eric Corley/ Emmanuel Goldstein 23:55

here is not going to feel threatened, oh, no poor person over there who's updating something? They very much are being threatened? And, you know, really bad things?

24:06

Well, I'm not sure how. That's a good point. I'm not sure how the accounts are managed. Someone who has moderated a bit more on Wikipedia would be able to tell us that. Yeah. Is it obfuscated in any ways or other protections for people that are perhaps located there, but I think it's hosted in this country, for the most part, it's probably mirrored around the world in various content delivery systems. But the point is, I don't think that, you know, the headline is necessarily to put Wikipedia on notice, because they're not going to, they're not going to feel like this is something they have to do better on or police their community over. This is strictly for them to say, look at how to point to this and have a domestic audience sympathize with how these big tech organizations are coming after their truth. And that's again, a similarity with politics and The the attitudes towards technology and so forth. Do

Eric Corley/ Emmanuel Goldstein 25:03

you have more info? Rob?

Rob T Firefly 25:05

Um, yeah, I've been, I've been looking at the Google translated version of the Russian Wikipedia article, which kind of you're right, it is all hosted on the Wikipedia servers, which I believe are in the United States. But the the article for the Russian, the Russian article for the 2022 invasion of the Ukraine has a link to another article, which is war crimes during the Russian invasion of Ukraine, and this is on the west, the Russian Wikipedia. And it does seem to be well put together as well. Like there. There is info on here that I think the the Russian government does not like being there. And yeah, this is this is worth a look for any of you who are interested. Yeah, run the Russian Wikipedia article through Google Translate. And of course, it's not perfect, but it is it is eye opening to see what people who speak a language are saying about this and reading about what I'd

Eric Corley/ Emmanuel Goldstein 25:54

like to know is Has anyone in our circle, use a VPN to actually become a presence inside Russia to see what they have access to what they don't have access to. And also to maybe figure out ways to influence that a bit to get more see the key, I think, to all of this, is to get the news into Russia that is being being a censored and filtered and kept from the people. I think when people find out, you know, there was a piece on VICE News Tonight, a few weeks ago, about the invasion that was just so incredibly moving, and just made you so angry to see. And you know, this is, this is real, you can't just conjure this up, and you certainly can't just dismiss it. And I think if people saw something like that, and plus all the many other pieces that Al Jazeera English and BBC World News and CNN International are producing, if that just got to people, if they were able to see it by clicking something on the net. I don't know. The question is, how much power do people have over there in the first place? But at least getting the truth out is, is something that I think it's our responsibility. I know that you know, the truth is never absolute. I know, there's always going to be inaccuracies. But the truth that is being peddled right now, by Putin, that's the biggest lie of all, and that's the one that needs to be shattered by any means necessary.

27:22

And there's a lot of a lot of Russian people that are outside of the country right now that are in various countries around the world that they can travel to or have stayed in by choice. They don't want to go back there. I mean, obviously, you know, money and logistics are difficult travel included. So that message in the story could also serve people that are outside of the territory, perhaps secondarily,

Eric Corley/ Emmanuel Goldstein 27:52

yeah. Russian people, they're not the enemy. That's that's important to realize. And, you know, if you simply are able to, to hear what they're saying to speak to them, you'll you'll recognize yourself in them. I'm also thinking about some of

28:07

these other countries India and, and China and all around the world. Countries that have influence that they can perhaps grow in their in their position on this and be more vocal. They have Russia's ear in many ways. That's also very beneficial.

Eric Corley/ Emmanuel Goldstein 28:26

Yes. Here's another story. That as a result of what's going on over there. Earlier this week, the are actually got this was last week, because we weren't on the air last week. The owner of the club eight big museum in Mariupol. Ukraine. Well, I don't have to say any more than that, do I? We've all heard of what's happened to Marissa Paul. They reported the the news on their Facebook page. That's it. The Mariupol Computer Museum is no longer there. Dimitri, sure upon off until PC mag, I only have information at the museum area was bombed. The ad evacuated on March 15. We fled from the area politicking only documents and some money was not possible to take anything else out. The city is surrounded by Russian troops. It was founded in 2003. The club a bit museum contains a collection of over 120 Retro computers, many of them ZX Spectrum systems, which were popular in Ukraine and Russia during the 1980s. Gizmodo documented the museum two years ago in a video so look that up if you if you want to see because you won't see it in real life anymore. Cherepanov had spent over 15 years collecting the hardware which also included an apple to see computer compact portable three and Atari 400, and many Soviet era computers from the 1980s and 1990s. In total more than 500 exhibits of the IT sphere from the 1950s to the early 2000s. Were located at the museum. That's according to club eight bits website. The bombing of the museum Ameria occurred as Marissa Paul is facing an intense siege from Russian military forces which have been shelling residential buildings across the city. Or unless you read Russian media they have not been doing that. In his Facebook post chair upon off added there is neither my museum nor my house and it hurts but I will definitely survive it and find a new home and let's hope so. And you know, I'm, I'm feeling shocked of reading this, but when you think of what's happened to the people, you know, the people who live there, targeted just as nonchalantly as this museum was. It's, it makes us seem rather small in comparison, but it affects us in so many different ways. And it's just a damn shame.

30:44

It's just the collective spirit. Many places like this exists in Europe, of course, in the United States and Western Hemisphere. It's It's heartbreaking people really have so many other areas of interests, too, but they pour their lives into something like that. So simple. Seems like a small thing, but it's a huge loss for for their life.

Rob T Firefly 31:10

Yeah, and it's, you know, it's very easy to draw this mental image of warfare, especially when it's far away from where you are, and you think of like old war movies and the front lines and the trenches and its soldiers suit shooting at soldiers. And it's, it's kind of easy to forget sometimes that it is, this is a this is in people's homes. This is in people's day to day lives in their cities and their towns. And it's it's at home, and it was it was in this person's home and it's it's very sad.

Eric Corley/ Emmanuel Goldstein 31:46

Okay, we have a letter from listener, getting off the hook before your radio show on March 23, I noticed an article on the EFF website warning of the consequences of engaging in certain forms of anti war activism. And basically, it discusses the node IPC package. We discussed that a couple weeks ago, and its peace not war plugin and how the bad behavior described as being engaged, engaged in by some versions of the package based on the location indicated by the IP address could lead to terrible unwanted consequences. Other forms of action intended for Russian and associated targets are similarly described as leading to trouble for good people. And yeah, thanks for joining that to our attention. You can find the article on [eff.org](https://www.eff.org/anti-war-activism-leading-to-digital-xenophobia) anti war activism is leading to digital xenophobia and a more hostile internet. I read a couple of paragraphs of this the horrific Russian military invasion of Ukraine has understandably led to a backlash against Russia, the temptation is to label anything Russian, from state media and students to cats. As bad, who's labeled cats Russian cats is bad, and to block it to signal outrage and authorization. This type of thinking has infected the open source and internet security communities as well. A terrible idea with potentially harmful consequences. Recently, the maintainer of a popular open source node js package no dash IPC released a new plugin called Peace knot or a Node js package is publicly available JavaScript code used by developers to add functionality to applications according to the maintainer. This plugin would display a message of peace on user's desktop serving as a nonviolent protest against Russia's aggression. Some versions of the node IPC package and networking tool that has been downloaded millions of times will automatically run this protest were. Then a post on GitHub claimed that some versions of the node IPC package were deleting and overriding all files with a heart emoji if the package was installed on a computer with a Russian or Belarusian IP address. And if the accusations are true, this is a terrible idea which could result in all sorts of horrible and unintended outcomes. What if a Russian human rights or anti war organization or a Russian hospital was using this particular software package? This action, although conceived of as a simple nonviolent protest by the package creator could result in the loss of important footage of protests or war crimes, loss of medical records or even the deaths of innocent people? It's a really good read good article on [eff.org](https://www.eff.org). And it's basically labeling these kinds of actions as half baked activism. And I can see why your heart is in the right place, but the actions don't match what it is that you want to accomplish. By all means. Express yourself get the word out there but when it comes to destruction, don't you know that you can count me out my head I get there. No, seriously, when it comes to destruction, it's it's a different story because you don't know what you're destroying. And you could be destroying something that's important. Something that is evidence of war crimes that happens to be in Russia or Belarus. So let's not make assumptions. By all means don't turn it down, let's get the word out. But there are things that need to remain up and in place. If, if we're going to get past this game, the article is called anti war. hacktivism is leading to digital xenophobia and a more hostile Internet can be found on [eff.org](https://www.eff.org). Speaking of EFF, this is April. And as is our tradition, in April, when there's a Hope conference coming up later in the year, we give 10% of haul Hope ticket sales for the month of April to eff as a donation. So we encourage people who have not yet decided to come to hope or who just want to buy a ticket and support the conference and eff gotta hope that net all the details are there. Hope, of course, hackers on planet Earth, that's our bi annual, bi annual one, that means every two years. We have that conference every two years. And it's it's an amazing gathering place for people from all over. I think we're going to have all kinds of interesting presentations, displays on what's going on in Russia, the whole Ukrainian situation and just ways from a hacker perspective that we can address world situations like this, as well as the talks about the Coronavirus, and just the hacker culture in general, there's still time to submit talk proposals or workshop proposals or seminars or all kinds of different things. Again, all the details are on hope.net. It's at St. John's University. First time we've been there that, as I mentioned, tearing down the hotel Pennsylvania. But so many things have changed since the last time we got together in 2018. So I really hope that we see a lot of people this summer because we're recovering from the last two years of hell, we're dealing with a world that's that's tearing itself apart. And we're trying to build something positive and different. We want to hear from you. So hope that net support eff comes to the conference, and learn what the real hacker world is all about.

Rob T Firefly 37:15

Absolutely, and every every couple of years without fail. After we've locked the schedule for hope, someone asks me Oh, I was I was thinking of getting my proposal in Is it too late. So don't wait until that point, get your proposal and we want to hear your ideas. We want to hear from new voices, people who haven't presented it something like this before, we want to hear from people who have presented it something like this before we generally just, we want to build the best conference we can through the work of our community through all the diverse and interesting people who are doing all sorts of diverse and interesting things that have always been the Hope Community This is this is what it's made of. It's not it's not made of us, it's made of you out there who who throw on this, who throw in on this with us and get up on a stage and share what it is you have to share. Go to hope dot net, the all the information is there to submit your your talks, your workshops, your ideas, we want to hear them.

38:14

I just wanted to add a instead of doing something half baked, you know, maybe share your your enthusiasm or get involved with people who are working on something that is fully formed and thought through. You can share bad ideas and get feedback from people. That's what this conference is about. It's about getting insight. Yeah, having a bad idea or two, but coming up with better ones as a result. And that can lead to really, really positive and, and fruitful protests where or hacktivism stuff that isn't destructive and in essence,

Eric Corley/ Emmanuel Goldstein 38:55

and don't assume your idea is bad. It might be you know, you might not have much faith in it. But let someone else tell you it's no. And then don't tell someone their idea is bad. No, it's that's you know, we don't like to shoot things down, about conversation and back and forth. And here's how I think it could be improved. And either things like that. Yeah, demeanor, you simple term Gala,

39:12

we talk we share. And I think you know, if you're thinking about it, someone else is going to want to hear about it. And I think the diversity of thought of experience of the opportunity to share all of that I think is really exemplified in hope and add hope and the ways that we can share and come together as a community. And there's always somebody who's going to want to hear what you have to say, and to have the opportunity to bump into each other in person again. seize that opportunity, send in your proposal plan to be here planted, you know, hang out and get to know other people and experience new ideas.

Eric Corley/ Emmanuel Goldstein 39:51

And the beauty of it is there is no pre qualification. You don't have to have a degree you don't have to have a doctor I mean he can doesn't hurt, we have plenty of people that you know, are giving talks that have all sorts of letters after their name. But you can also be in high school, you could be in junior high school, if you have something to say, and you're passionate about it, and you've you've played with technology in one form or another, we want to hear from you. Send us your ideas. And if you have a talk or a presentation that you want to give, this is the opportunity to do that. And it's, you know, anyone from anywhere in the world can do this. And since our new location is so close to the airports, you know, LaGuardia, and JFK, it's minutes away from that, it's so much more convenient, it really is so much more convenient to get to. Yeah, I know, it's not Midtown Manhattan, but I'll tell you, midtown Manhattan gets pretty crowded gets pretty expensive. And of course, with the hotel being torn down, that's pretty inaccessible as well. So that's, that's, that's the reality of the situation. But I think what we did was, because we made this decision

before they decided to tear down the hotel, that it would be better for us to go to a more open space, that's more positive environment, where the people of St. John's actually are supporting what the conference is all about the hotel. You know, it basically allowed us to do various things, but I wouldn't say they were supportive, you know, we were just another business to them. And that's, that's kind of how it worked. That's how it works in any hotel. So anyway,

41:27

and it was kind of self service after a while because we knew most of how we needed to do things. And we could do it better anyway, ourselves.

Eric Corley/ Emmanuel Goldstein 41:36

One thing that we really do need help doing better is publicizing we're terrible at publicizing our own things. Yeah, we're talking about it here. But, you know, we're awful at getting it out into the into the media into the streets. And that's where we could use your help. So please help us spread the word you may have noticed, we've been talking about this now for 10 minutes. And we haven't even said the date of when it's going to happen. If we leave out things like that. We forget to talk about the important aspects of it. And then we'll just go the whole hour and hey, when when is it you never

42:05

told us? I'm gonna tell you it's right. Right now. mark this down. Wouldn't be funny if we still forgot to tell you this summer. The end of July. This summer. This summer? Yeah. Yeah, no, no. Come on. Come on. I'm with you. Yeah, wake up. The 22nd to the 24th. Of what? July? I said July? I didn't

Eric Corley/ Emmanuel Goldstein 42:26

hear that. Okay. Yes, July 22. Through 24th. That's a Friday through Sunday. So okay, I hope that net all the info is there. Get your talk proposal in Yes. And by the way, we have overtime coming up at eight o'clock on YouTube channel 2600. You can join us there you can call us there. We'll give you all the information on at eight o'clock on our YouTube channel. But some horror stories for the second time, in 24 hours and electronic roadside message board was hacked to display a profane message to motorists driving by this was in Phoenix. The message condemns Russian President Vladimir Putin who declared war on Ukraine. Basically, I guess six weeks ago or so a mystery prankster with unauthorized access to construction traffic signs along Interstate 17. And Phoenix basically acted aside and said this message that I can't read on the air. But it's the same message that that Trump people are saying about Biden, so you'll probably see those signs around. So this is basically the same type of message. Within the first 24 hours, more than 100 missiles rained down on troops and civilians in Ukraine. Well, you know, all that I don't have to go over the early part of the war there. But I guess it's another form of activism. very crude activism. But highway hackers, hackers hacking signs, well, and

43:58

these are systems that we kind of don't give a second thought and when we're passing them by, they're so useful for various purposes. And sometimes, you know, the right people the right information, you can make them do different things. It's

Eric Corley/ Emmanuel Goldstein 44:13

not, you know, they can still form people. That's a sign it's a damn sign. It's not really a hack. I can tell you this, because, you know, back in 1997, when we had the subway hack, do you remember that? It was basically the autumn 1997 edition of 2600. After the beyond hope conference, on our cover, we have a hack sign and a subway system. It basically says the hacker quarterly, volume, whatever number whatever. It was done as as the illustration for our front cover, it was done in advance of that front cover for us as a gift. And it's kind of like a message to get out to people that hey, we're still around. But it was reported in all of the newscast every single TV station in New York City reported this as the subway system being hacked and all it was, was was somebody pointing I'd like the equivalent of TV remote at a one of those signs that scrolls a message. There was no password, there was nothing that could prevent somebody from doing this. That was the hack, and there was only one sign that was affected. So, so this is not that different. It was one sign on a highway, so they changed it, you know, with some Putin advice. Okay, now Russian hackers are accused of targeting us and Ukrainian organizations, and they have set their sights on the North Atlantic Treaty Organization and multiple Eastern European countries. Google's threat analysis group reported this last Wednesday reinforcing US officials warnings about Russian based cyber attacks on global targets. A Russian based hacking group known as cold driver, or Callisto. Your pick has targeted one of NATO's Centers of Excellence military training organizations, as well as multiple unnamed Eastern European nations. Google said this in a tag blog on all these phrases. I'm supposed to know that I don't think I do a tag Blitz the threat analysis group but they have their own blogs, I guess. And they say that these are the first observed attempts by cold driver to target the NATO Training Center or the Eastern European countries have the hackers attempted to carry out phishing campaigns, which is a type of cyber attack that tries to steal user data like usernames passwords or credit card information using email addresses that appear to belong to trusted entities. Google set is unsure whether the attacks were successful as the hackers targeted non Google email addresses using new Gmail accounts but has not spotted any successful phishing attacks on Gmail accounts during these campaigns. Cold driver has also attempted phishing attacks against multiple unnamed US based nongovernmental organizations, a Ukrainian defense contractor and the military of an unnamed Balkan country. I don't think this could be any more vague than if you just kind of kind of made it up on the fly. Yeah, there's people out there using Gmail accounts to try and get information and hack other accounts. Not surprised not surprised at all.

47:08

It's so funny to me that the the other information that you would need to verify or kind of cross reference this and place it to give you more insight into it is stuff that you know, might not be public or remains, you know, only certain organizations know about it. The word there are private security companies that are aware of of more details. So it remains this sort of this vagary this this gray area, we don't really get a good explanation for it because Yeah, could be a matter of facts. Just another day at NATO's Training Center, or, specifically these Putin hackers. I think they should be Putin hackers, right. They're not Russian

Eric Corley/ Emmanuel Goldstein 47:52

Putin hackers. I like I like the sound of that. Well, because if you put knacker

47:56

everybody's so convinced, well, the priorities this military campaign, they wouldn't be the same if he wasn't there. So I'm not entirely convinced that but like, okay, let's say that, you know, the Russian hackers aren't necessarily at fault here. These are state hackers and it's not necessarily the the government so much it's it's Putin's regime. So it's Putin hackers in this

Eric Corley/ Emmanuel Goldstein 48:18

commented the other way I met someone who's hacking Putin Putin hack that's what I meant by but I guess it

48:24

probably was the hack on NATO. Okay, go on. Yeah, sorry. I'm gonna get on

Eric Corley/ Emmanuel Goldstein 48:27

That's it. That's the whole story is not really not much there. It's just basically we're suspecting that that there's entities hacking

48:34

other entity, you gotta take it all be skeptical of it all. And and realize that there's, there's these kinds of things going back and forth, and they can be all manner of wrong.

48:48

Go ahead, go. What are we not saying there's not enough actual news that the news is, maybe this sort of thing is maybe happening? Like we have hard evidence of a lot of other things that are going on? Maybe this is not, you know, the best place to focus our energies at the moment. Maybe,

Eric Corley/ Emmanuel Goldstein 49:07

maybe, maybe, maybe. Well, here's a here's our listener letter. How about that from Charlotte? Good evening. I heard your show recently when he talked about an email scam involving Bitcoin pay off to stop the scammer from sharing video with porn use to all your contacts, etc. All right. What all right, this is a ring a bell?

49:25

No, I've, I've recalled this email. I know a lot about this type of thing. It's like

Eric Corley/ Emmanuel Goldstein 49:33

can I read the email first? My partner received that email this afternoon. We are not worried about the porn part since it isn't a reality. We are concerned about them having her email password which they showed she changed her password but we don't understand how they got it to begin with and how to prevent them getting it again also should report this to someone and if so, who we love to show support WBI. Please let us know what we should do. You. Thanks Charlotte for that nice letter. As far as what you should do, first of all the support that VDI, give to wbi.org or call 212-209-2950. And pledge your support to keep this radio station going. That is super important. But letting us know about this is important, because then we can talk about it and let other people know. And I'll speak in a second. But basically, what I believe is that I've seen these emails too. They didn't just hack your password, what they did was they hacked a service that was insecure, where that password was used by that email account. I'll give you an example. Let's say that you have your main email account, let's let's call it Gmail. Since my people use Gmail, you have your Gmail account, you use a password there, alright. And then you have your your supermarket loyalty program, which nobody really cares if they hack into that. It's just you know, a filler, but you use the same password there. Okay, Gmail wasn't hacked, but the supermarket was and they got everybody's password. So you're gonna see that password, and you're gonna say, Oh, my God, how did they get my password because you use the same password for different things. Now, if you use a different password or variation, you can tell where the insecurity was, and which which one was was compromised. They did not get into your machine, they got into a weak link in the chain where

that password was used. So it's an argument for not using the same password. It's an argument for mixing it up a bit, because somewhere along the line, something will be compromised. Go ahead.

51:35

Yeah, I was just gonna say it could even be that very email organization, depending on what address okay, even Gmail, maybe there was a breach along the way someone bought or otherwise obtained a huge list of passwords, and email addresses that are that could be targets. So this campaign is instead of instead of getting in just pulling all of your email, which maybe they had, time or didn't, we're not interested in, they're using this to, to hustle you make you feel the sense of urgency and act and act. Two, send them a fee, because of embarrassing information they alleged to have you know, that's not true. They will make you up in this way. You can easily tell if you use techspace email or otherwise, look at where the email is coming from. Sometimes there's spoofing, and in other ways they're trying to trick you into thinking that this is an actual, that's coming from somewhere else and so on.

Eric Corley/ Emmanuel Goldstein 52:34

So the last one because we're out of time.

Rob T Firefly 52:36

Yeah, check your email address at have I been poned.com That's H A VIBENP, w e m ed.com. That's how have I been poned because that will check to see if your email address was in any other data breaches that these people could have gotten ahold of. And you'll then know where that data breach was. Okay, we

Eric Corley/ Emmanuel Goldstein 52:56

are out of time, but we're going to continue on overtime, which you can find on YouTube. Channel 2600 is our channel you can click on the link that's on the 26 hundred.com webpage. We back next week write to us O th at 26 hundred.com Goodnight?

54:59

tuned Day. This is Ralph pointer. Join me and others every Wednesday eight to 9pm Eastern Time on WBA I 99.5 on your radio

EXHIBIT #18

-6-

MEMORANDUM TO: Bill Crosier interim Executive Director, Sam Agarwal CFO,
WBAI LSB

FROM: R. Paul Martin, WBAI LSB Treasurer

DATE: May 9, 2017

RE: Some issues that have arisen as a result of discussions at a WBAI
local Finance Committee meeting

I'm writing to inform you about some questions and concerns that came up at the WBAI local Finance Committee meeting on May 4, 2017, which have caused committee members to be concerned.

The three issues are:

- The way payment for a premium is being handled
- Hiring of a marketing company
- WBAI offering a premium of questionable legality

The way payment for a premium is being handled

The local Finance Committee was told by WBAI General Manager Berthold Reimers that a retreat has been offered by Gary Null as a premium; the payment for the retreat is \$2,500, and that payment is being sent to Mr. Null, after which Mr. Null pays WBAI \$500, the other \$2,000 goes to pay for the actual retreat. Committee members raised questions about the legality of this way of handling the payment. They believe that the money must legally go to WBAI as the charity to which the payment is being made, and that WBAI should then pay Mr. Null the \$2,000. There is also a question regarding the issue of the tax deduction credit which the listener should receive. If the \$2,500 payment for the premium is paid to Mr. Null and he gives the \$500 to WBAI is Mr. Null getting the tax deduction or is the listener who's actually paying for the premium getting the tax deduction?

Hiring of a marketing company

At this local Finance Committee meeting the WBAI General Manager told us that the station had signed a contract with a marketing company named Yellow Magnet, which is supposed to promote WBAI programs on social media. Mr. Reimers said that the goal is to triple the BAI Buddy enrollment through the use of this marketing firm. One local Finance Committee member who has employed marketing firms said that tripling BAI Buddy enrollment is not the parameter that one would specify in a contract. Members questioned why this function wasn't something given to volunteers or a college to help with. The General Manager said that he is meeting with the Yellow Magnet representatives twice a week. There was also the question of what line of the FY17 budget this item came from. Mr. Reimers told the committee that currently the programs being promoted by the company on social media are the

(MORE)

Katie Halper Show, Tall Tales in the Big City, Randy Credico - Live On The Fly and Global Black Experience /Global Beat.

Mr. Reimers said that WBAI had signed a contract with Yellow Magnet for a year and a half of this service, and had paid them a \$10,000 retainer three weeks ago. We were not told if there is more money owed to this firm during the duration of the contract.

Committee members asked how this company was hired, and if the job was put up for open bidding. Mr. Reimers said that there was no bidding for the contract, but that the agreement was reviewed by some WBAI Management personnel and some WBAI LSB members, none of whom were lawyers. Mr. Reimers said that he did not want to name anyone, but he later said that WBAI Producer Barika Edwards had brought the Yellow Magnet company to him. He said that he would bring a copy of the contract to the local Finance Committee at its next meeting on June 8, 2017.

Local Finance Committee members are concerned about the high price of this service and about the way in which this company was selected to do this work.

WBAI offering a premium of questionable legality

Also at this meeting the WBAI General Manager said that WBAI is offering a premium which consists of a one hour financial consultation with Loyan Mensah, who is a financial advisor associated with a company called World Financial Group, which appears to be associated with an international insurance company. Mr. Mensah has been personally pitching this premium on the air. The premium does not require the listener to pay anything, and Mr. Mensah or the World Financial Group pays WBAI \$100 for each listener who partakes of a financial consultation. Mr. Reimers said that this premium is provided at no cost to WBAI.

A local Finance Committee member who is a former insurance agent and a former WBAI Producer said that this activity is illegal, that insurance agents are not allowed to promote their services in this way. Another member who is involved in the financial industry said that the Financial Industry Regulatory Authority, Inc. (FINRA) would revoke the license of Mr. Mensah if they heard about this.

There was a question as to whether or not WBAI would be contingently liable for the representations and actions of this firm, since people would be introduced to them by WBAI.

During the meeting it came out that the General Manager's son, Yoan Reimers, works for the World Financial Group in Florida. This raised the question among committee members of whether there has been a violation of Pacifica's conflict of interest policy as stated in bylaws "Article Thirteen: Conflicts of Interest."

The committee told the WBAI General Manager that a lawyer should be consulted regarding this matter. The General Manager said that he would immediately stop the premium from being offered by Mr. Mensah until he heard from legal counsel.

The local Finance Committee members would like Pacifica Management to look into these issues to see if there is reason to be concerned about them, and to see if there are violations of the law involved and to determine if any of these issues could have a negative impact on WBAI or the Pacifica Foundation. There is also the question of whether any of the on-air issues could constitute an FCC violation.

I am also attaching an E-mail from Noel Jameson, a WBAI local Finance Committee member

(MORE)

who works in the financial field and who is very concerned about what he learned at the May 4, 2017, meeting. I hope that Pacifica Management can straighten out any problems that are found with what has been done.

----- Forwarded Message -----

Subject: [wbailsbfinance]

Date: Sat, 6 May 2017 00:32:22 +0000 (UTC)

From: Nmj njameson@yahoo.com [wbailsbfinance] <wbailsbfinance@yahoogroups.com>

Reply-To: wbailsbfinance@yahoogroups.com

To: rpm@glib.com <rpm@glib.com>

CC: wbailsbfinance@yahoogroups.com

R. Paul,

As you are aware, at last night's Finance Committee meeting it was revealed by the general station manager, Mr. Berthold Reimers, that World Financial Group, Incorporated an affiliate of Aegon N.V., a multinational life insurance, pensions and asset management company headquartered in The Hague, Netherlands with revenues in the tens of billions has been an on air premium provider of financial services to our listenership and that the Mr. Reimer's son, Yoan Reimers, apparently works for World Financial Group, Incorporated. When Mr. Reimers was further questioned about the relationship and the nature of the WBAI's agreement with World Financial Group, Inc. the general manager's response was essentially that his son was in Florida (!?) Putting aside for a moment the issues of how this group was vetted and by whom, the appropriateness of them being allowed to ultimately market a multi level marketing product to our listenership and whether or not the Financial Institution Regulatory Authority (FINRA) has approved the relationship, approved the apparent rebates being offered and approved the script or content for the on air discussions it is apparent that the general station manager was either unaware of the obvious conflict of interest and possible breach of his fiduciary duties to Pacifica and WBAI or he did not care.....this is most troubling and has several possible legal implications for all involved!

It was further revealed that the general manager had apparently hired and paid a consulting firm, Yellow Magnet of New York, a \$10,000 retainer for social media, online fundraising and other marketing related consulting services. Per usual the station manager could not (and/or would not produce the contract) and could not sufficiently described the total compensation that was agreed to. This raises a number of questions including but not limited to was there an open bidding process for the services, who vetted this group, who drafted and reviewed the contract that was used, does any member of WBAI's staff or management benefit from this relationship directly or indirectly and where did \$10,000 come from, what was not paid because the consultants were paid and does the general manager have the authority to hire outside parties and pay them whatever he thinks appropriate for services that seemingly have not been purchased previously without review by the finance committee, Pacifica or the Local Station Board?

It has been clear to me that a conflict of interest policy is either wholly lacking or has not been adhered

(MORE)

to. My experience as a finance committee member has led me to conclude that the general manager has consistently refused to provide financial information in a standardized format as requested by a passed motion of the finance committee for a couple of years now and up until now I have wanted to chalk up most of his reluctance to provide the most basic financial information in a clear, concise and consistent manner to either his lack of financial training and/or the fact that we have been operating in an ongoing crisis mode but these two recent events coupled with the apparent lack of even the minimum adherence to reasonable policies and procedures for dealing with vendors, providing transparency and accountability make me question my initial assessment.

R. Paul, originally my intent in writing this was to resign my position on the finance committee as the current situation is completely and totally unacceptable to me but I realized that quitting would not change the situation for the betterment of WBAI and it would make me sad about the situation so instead of resigning I am respectfully requesting that the you notify in writing the Local Station Board and the Executive Director of Pacifica on or before Friday May 12th of these developments and that you provide evidence of such notification to the finance committee members. I believe that these recent developments have risen to the level that the immediate direct involvement of the Local Station Board and/or the Pacific Foundation's executive director is required otherwise I feel my only recourse is to notify and seek outside regulatory oversight of the situation as a possible means to remedy or rectify what is seemingly taking place at WBAI. I base my position upon my belief that we have been entrusted with the hard earned money from our listeners and by all accounts we do not adequately account for it and now we apparently engaged in obvious conflicts of interest with the possibility of some within WBAI profiting directly or indirectly at our listeners' expense; a completely and totally unacceptable situation!

Respectfully,

N. Martin Jameson
Finance Committee Member

Item #2

Motion: “Whereas the National Office has been driven into a state of deterioration and dysfunction to great degree by the significant absence of Central Service Payments from several stations totaling a deficit of \$800,000 over the past two years, and

Whereas the National Office is currently having to address Financial burdens and emergencies which have been hidden, ignored and left un-addressed for many years and now threaten the very existence of the Foundation,

Therefor be it resolved that all Station Managers are hereby given the mandate to manage their stations as necessary to successfully generate enough revenue to pay the following three expenses each month, in full and on time:

- The staff payroll,

- Health care costs and
- the allocated Central Service Payment.

It is understood that income and expenses are not fixed and fluctuate from month to month and therefore a station should develop a reserve to use when income is lower to fulfill this obligation. It is also understood that by joint consent the ED and the CFO may grant an exemption, for that month, to a station that cannot meet its payroll or health care expenses with the commitment that the station will make good on omitted payments in subsequent months.

As income may not be sufficient to keep up with all expenses, General Managers and Business Managers must report all outstanding deficits, payments that are in arrears and bills that cannot be paid due to lack of revenue,. These reports must be accurate and complete, without any omissions, and must be updated every month.

If a General Manager of a station repeatedly fails to accomplish these obligation they will be subject to evaluation and disciplinary action including filing of reprimands and possible suspension without pay and/or termination. General Managers that can meet these obligations without major neglect of other bills will likewise be properly and publicly acknowledged.

The first month this policy begins enforcement will be July 2017.” (Passed 7 for, 2 against, 1 abstention)

EXHIBIT #19

DAILY BEAST



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The Totally Preventable Death of a Brooklyn Icon

HER LAST RACE



As Perri was a protégée of “natural living” guru Gary Null, who calls the COVID-19 vaccine a fraud. She didn’t take one—and died of the virus.

Michael Daly
Special Correspondent

Updated May. 14, 2021 9:40AM ET
Published May. 13, 2021 4:53AM ET

minutes



Dolores Perri was an 82-year-old paragon of seemingly ageless health: an effervescent pescatarian who exercised religiously, ran in a dozen marathons, and counseled others on nutrition when she was not helping her husband run the iconic model slot car track Buzz-a-Rama in Brooklyn.

But like some in alternative health circles, she was a vaccine skeptic. She shared the views of her longtime mentor, Gary Null, a talk radio host and self-described alternative medicine expert. She believed, despite all evidence to the contrary, that vaccines long in use are toxic and that too little is known about the new ones developed for COVID-19.

When her 57-year-old son, Frank, told her in March that he himself had been vaccinated, the lifelong Brooklyn resident had the opposite reaction most parents in the virus-ravaged borough would have.

“She was so upset with me she couldn’t talk,” Frank Perri told The Daily Beast. “My mother never not talked to me.”

Not long afterwards, Dolores’ opposition to the vaccine undid all her other healthy and happy living.

Her husband, Buzz, got sick first. He may have been exposed to the virus while operating Buzz-A-Rama, the last slot car track in a city that had 6,000 such spots when he first opened up in 1965.

Dolores then fell ill. She and Buzz were both admitted to New York-Presbyterian Brooklyn Methodist Hospital in Park Slope. He improved and was transferred to a COVID-19 nursing home in Coney Island—separating a pair who met when she was 14 and lived two doors down from him.

“They never spent a night apart,” Frank said.

At the hospital, Dolores only grew sicker despite the zinc and Vitamin D and other

supplements and remedies she took on the sly.

“She started ordering up more and more things,” Frank recalled. “She kept giving me a list of things to bring her, sneak it in to her. My sister snuck it in under some fruit.”

None of it could afford her the protection that would have been imparted by a single milliliter of vaccine. Now, a woman who had repeatedly run the 26.2 miles of the New York City Marathon was winded just lying in a hospital bed.

Advertisement

“She was struggling to breathe,” Frank recalled.



We never talked about that because she always said she was going to live forever.



— Frank Perri

He and his sister were at least able to be with Dolores as she reached the end on April 30. Frank noted that they had not spoken to her about final arrangements.

“We never talked about that because she always said she was going to live forever,” he later said.

Buzz, left to face a life without his wife of 61 years, was still in a nursing home, recovering from the virus. On May 5, he sat with Frank in the solarium and listened expectantly to Gary Null’s noontime radio show. Null had told Frank that he would be making a tribute to Dolores around 12:15 p.m.

Frank and Buzz heard no mention of Dolores as the hour-long show proceeded towards the end, although Null did talk about the COVID-19 vaccines, harkening back to the Thalidomide tragedy in which as many as 15,000 children were born deformed after the drug was given to pregnant women.

“Sixty-five years of stringent safety measure brought in to avoid another scandal on the scale of Thalidomide have been swept aside by Anthony Fauci, Bill Gates, by the President of the United States, by the Surgeon General, by the heads of the FDA, the CDC, the World Health Organization,” Hull said, reciting the touchstones of various anti-vaxxer conspiracy theories. “It’s one massive fraud.”

He continued his fact-free soliloquy by saying, “There is nothing they have done to show the actual safety of the drugs that are on the market, these new experimental vaccines... none of which, not a single one of which, was tested to see will it prevent infection, which it clearly does not.”

He followed that with an incendiary and irresponsible lie:

“In fact the week after you get the injection your immune system really goes down. And that’s why a lot of people who were COVID-negative [and] got the vaccine became COVID-positive then got very sick and some have died. Thousands have died in the United States. Tens of thousands injured and seriously injured in the United States. Many more thousands have died in the United Kingdom, more in the European Union and hundreds of thousands, probably approaching a million, seriously injured around the world. Look at it a different way, we were told this is safe and effective... It is not. It’s not safe nor effective.”

Hearing all this, Frank wondered how Null could possibly go from that to talking about his mother.

“How do you segue from this to your protégée dying of COVID?” Frank remembered asking himself. “How is this possible?”

The answer seemed to be that Null could not. Frank says that the radio broadcast he and his father listened to ended with no mention of Dolores.

But the show was also a podcast, and Null does speak of Dolores at the very end of that recording, after a final caller offered a reason for not getting the vaccine.

“Going through your DNA, there’s a good chance of it causing auto-immune disease for the rest of my life,” the caller said, referencing another fearmongering theory circulating among anti-vaxxers, which mainstream scientists say is false.

Null let that worry go unchallenged and proceeded to eulogize his unvaccinated and deceased protégée. Null spoke of Dolores with great fondness, saying he had first met her when she attended one of his talks in the 1980s. She recalled that she had waited to ask questions afterwards, and he noted that she was one of those very rare souls whose concerns were more focused on the health of others than on her own.

At the time, Dolores was working as a dietitian for a women and children’s center affiliated with a Brooklyn hospital. She told Null it was a toss-up between hospital food, school food, and prison food. She was looking for healthier alternatives and became a Null acolyte, working for a time as a counselor in his office and giving weekly cooking classes at his health-food restaurant. She had then set out on her own.

Null now suggested that Dolores had saved thousands of lives getting people to exercise and eat better. He made an oblique reference to the cause of her death by saying she and Buzz had been “infected,” but he did not explicitly say it was COVID-19 and he said nothing more about vaccines

“Her son, wonderful guy Frank, said to me she was in the hospital for about a month,” Null told his listeners. “I asked him, ‘Why didn’t she call me?’ I could have helped her.”

The Daily Beast called Null on Monday to ask Null about Dolores and vaccines. In that interview, he denied calling COVID vaccines a “massive fraud”—even though he had, in fact, done just that during the May 5 show.

His Patient Refused the Vaccine. She Died in the ICU.

| ‘JESUS CHRIST, THIS IS AWFUL’ |

Michael Daly



On Tuesday, The Daily Beast emailed Null to inquire if Frank had not heard the tribute to his mother because the radio show ended earlier than the podcast.

“I’m sorry Frank did not hear the podcast,” Null replied. “Hence today I will set aside time near the top of my program... to honor the memory of his mother.”

Advertisement

He kept his word—and this time he used the word COVID.

“So then the question is, if she was into health, why did she get sick?” Null said. “I can’t answer that. I never asked her what her diet was, what supplements she did. That’s none of my business.”

He added, “I never asked her if she was vaccinated or not vaccinated.”

“Everyone in this audience knows I am pro-vaccine, providing that they can prove before they stick that vaccine in someone’s arm that it’s both safe and effective by double-blind placebo-controlled standards of using a saline solution against an active compound,” he said on Tuesday’s show.

He failed to mention that both the Pfizer and Moderna vaccines had undergone exactly such a trial, including the use of a saline solution as a placebo.

“At the same time, I’m a big believer in freedom of choice,” he now continued, “Remember that motto from the 1970s... ‘Our Bodies, Ourselves’?”

Advertisement

In his interview with The Daily Beast, Null would not say whether he himself had chosen to be vaccinated.

“I’m not going to say and I don’t ask other people,” he said.

But despite his disavowals of telling anybody what to do, the subtext of his talk of deaths and sabotaged immune systems was that his listeners would be well advised to reject the current vaccines.



Many people believe him—and that makes him extremely dangerous.



— Dr. Stephen Barrett, Quackwatch

In the view of the prominent medical doctor behind the anti-scam website Quackwatch, such messaging makes Null a serious threat to public health.

“He’s one of many people who basically say, ‘You can’t trust medical science, you should trust me,’” Dr. Stephen Barrett told The Daily Beast.

“I think he probably believes what he says,” Barrett said. “Or most of it.”

But Barrett does not think that means Null is less of a menace .

“Many people believe him,” Barrett said. “And that makes him extremely dangerous.”

The Null protégée who liked to say she was going to live forever was cremated. Frank figures on taking her ashes to Spain and other places she always wanted to visit, but never got the chance.

“She had so much more life to live,” Frank said. “I honestly think if she would have been vaccinated, it’d be a different story.”

But he did not place the ultimate blame on Null.

“This thing is, I don’t care who it was, she didn’t want to get vaccinated,” he said.

Frank was not surprised to hear that Null refused to say whether he himself had been vaccinated.

“I think he’ll take that to his grave,” Frank said.

On Thursday, Frank called The Daily Beast with sad news: his father Buzz, who had hoped to reopen Buzz-a-Rama one day soon, had died the day before.

“I really think he died of a broken heart,” Frank said. “He didn’t want to live without her. At least they’re together again.”

EXHIBIT #20

off_the_hook__20160127

00:00

Whether it's Chopin Stravinsky or LIGETY, how does she use the low notes to spring into a leap? How many spins can she fit into one measure? How does a slow waltz make her feel as she turns toward her partner? Tune in to hear former New York City Ballet star Wendy Whalen. Talk through the music with us on Friday, February 5 10am to noon here on WB AI in New York 99.5 FM and WB ai.org.

00:33

And you're listening to radio station WB AI in New York. Time is just about seven o'clock time once again for off the hook.

02:17

And very good interview the program is off the hook. Emmanuel Goldstein here with you on this Wednesday evening. joined tonight by Mike Kyle.

02:26

Hello, Bernie s greetings from Philadelphia.

02:30

And that is nobody else. Wow. Okay, small crew tonight. I like it. I like it this way. Nice. Nice and cozy? Well, you know, every week, we go into various details about things in technology, the hacker world bits like that. And it seems to always divide into a couple of distinct sections. And I today's no exception. It's, it's about advances in technology. And I put advances in quotes. Because sometimes the advances are regressions, such as somebody leaving a laptop with everybody's social security number in the back of a car and it gets stolen, things like that. And also the the other kinds of stories that we seem to get an awful lot of are stories that blame hackers for everything, everything you could conceive of things that have happened, things that might happen sometime in the future things that have never happened and probably never will. You name it, people are afraid of hackers. So we have those two distinct types of stories. And tonight, we have a third category as well. And I'm just going to call that listener mail. So we have three different things. And I'd like to give give you guys a chance to determine which one we plunge into first I will also the the latter part of the show, we'll be taking phone calls. So that's unavoidable. But like our listeners, yeah, we all like our listeners. Oh, I want to hear their hear from them. You know, hear the letters that you burn. What do you think?

03:53

Yeah, I think we should reach and letters from our listeners. We can't call them tonight, unfortunately, but we could maybe read some of their letters and

04:00

that'd be kind of creepy. If we called our listeners I mean, how would we do that?

04:04

It'd be kind of fun if a listener put their phone number in a letter and we would just call them like hey, I don't think we got your we got your letter we got your letter.

04:14

I think that's a bad precedent Bernie for a couple of reasons. One reason Another reason is that you could put any phone number you want and have have us call somebody who doesn't want to be called just because you put a number at the bottom you know what let's just leave listener letters as listener letters How's that for a raspberry getting him we'll take listen to phone calls and listeners can call us if not like we have no opportunity to talk to our listeners. Yeah, we spend an inordinate amount of time talking to our listeners, they tell us that. So we're going to go into some mail some stories and and then we'll have more communications with our listeners. Oh, and this programming note next week, if I'm not mistaken. Next week, we are on for two hours and it's the beginning of the winter fundraiser. This is this is one of the big ones. This is one of the ones that we have always done since we've been on the air. So we're looking To do quite well on that one. So I think we have to our show next week filled with all kinds of surprises. I know because I don't know what they are yet. And hopefully, hopefully people will be generous and keep us going keep this radio station and this this program this unique program going. It's exciting. It is exciting, exciting. Nothing but exciting news tonight. Okay, so let's see, we have this mail from somebody named Dave actually David written in the week earlier, and I don't think we ever read his his letter before that. But he was asking, whatever happened to rebel, and it was that very week that rebel called in it was kind of funny because he he follows up by saying, I emailed you earlier asked whatever happened with rebel and I guess I got my answer when he called in on Wednesday. It's just too funny. And it is, but it goes to show that we're a hive mind and we all communication with each other. And if somebody thinks of rebel, rebel appears,

05:53

maybe Dave is Rebel. Wow. Without it, but you never know,

05:58

while my mind reconstructs. Bernie, any anything you have to say, that's not even thought of that? Well, I

06:06

thought that was that that was like beyond coincidence. You know, we had an earth rebel for years. And then somebody writes in about him and then Right, right. During that show, he calls in, like, what are the chances?

06:17

Anyway, pretty good in our crowd, we have all kinds of coincidences and things that happened.

06:22

We got an interesting letter from I would say, interesting. We got a letter from Rubin. Rubin,

06:29

who, you're Hijacking My letter with your letter. I was reading Dave's leg. You need to pick a letter, obviously, this guy is has gotten your attention. So we'll go back to Dave's letter. Dave, just hang on a second. Don't worry about I'm sorry, we didn't read your first email. And now we're going to read your second one. But after we hear the listener that Bernie would like to

06:48

Okay, well, Reuben wrote in and he was he was asking us about our discussion about all these top officials at the NSA and CIA, they had their personal emails hacked. And he was really curious as to how that could happen. He says that he he uses something called two step verification, which I think is worth something you know, and something you have like a device that has some crypto thing in it. And he says that way, you convinced himself that shorter someone's killing his phone that he's safe and virtually unhackable. He says, Should I just assume that these officials were not using two step verification? Where's your simulated a visa two step verification process? I'm not aware of. I asked this, that I could take further steps to protect my security. And I think these top NSA and CIA officials were not using two step authentication. I think they're doing the old two step as in like backtracking and lying about what they're doing. But they were they were using those hardly any security at all using AOL, and and in services, where you, you provide secret questions that anybody could figure out the answers to for security, it really makes you wonder about the competence of these people in charge NSA and CIA.

08:08

Yeah, there is a bit of a, it seems Cavalier to a degree that they, they wouldn't think themselves a potential target, in this day and age where we're so socially connected and what have you. So yeah, it's probably a bit of an awakening there. But I think the attitude goes something along the lines of they're sort of administration, or they're sort of in a role that isn't technical or sensitive role that could be compromised technically. And they're sort of insulated, in other words, by their sort of office, but it's, it's proof that, you know, anybody can be touched by these, these systems, if they leave it sort of out there. And, and don't consider maybe a bit more security, especially if you have a position where you might be targeted like this.

09:05

Kyle, aren't these bright, these people are supposed to be living and breathing AppSec every moment of their lives, if you're in charge of the NSA and CIA shouldn't like OpSec be your like way of life. And it clearly it's not, and they just screw up. It. Who knows what else they're screwing up?

09:23

Yeah, I hear you. I absolutely. I mean, you you would think you would think but maybe maybe they just get so tired of it all. This is two step verification, is that the answer to all of our security woes? A lot of people seem to think it is so I'm not so sure.

09:39

It depends what you're trying to protect against. It works pretty well for protecting against people guessing your password doesn't work so well for, you know, the provider being forced to give access to your data, which is a thing that happens a lot.

09:57

Has it not worked well for them? Well, because the provider doesn't

09:59

know Two steps, two factors to get to your data. They it's on their hard drives already. So if a government or malicious employee or just a criminal goes in and gets the data directly from the provider without going through the login flow, then then the complexity of the login flow doesn't matter. It could you. Oh, I was just gonna add to it also

is a pretty wide open market. As far as security products like tokens and devices and stuff. There's a lot of different ones. There are standards, right, I think. But it's still sort of emerging. And it's taken up and adopted sort of haphazardly. There's no like real sort of one technology that is it, per se. And there are other object objects that you have, as that you could use in conjunction with that. But that could be compromised if you are depending on that as a way of verifying I'm thinking like phones and something that could be emulated, like, based on something that isn't in hardware,

11:00

I don't think anything has has, is foolproof, nothing has has has been deemed something that's impenetrable, and perfect, right? We're learning and everything gets compromised. Yeah,

11:12

nothing's perfect, of course. But most of the consumer grade stuff that is good, uses either just SMS on your phone and assumes you have your phone in your possession. Or it uses there's a an OTP standard, the popular implementation is google authenticator, but you don't have to use it with Google stuff. But the advantage there is you can have one app that can provide the tokens for all of your accounts. And it works reasonably well.

11:40

For the for our listeners who might not be completely familiar with the two steps, give us a very simple example of when that would be used and how,

11:49

right so I use a service called GitHub, it doesn't matter what it does. And when I log into it, I type my, my login name and my password. And then it goes to another screen. And it says, enter your your one time code. And so I opened up this app on my phone, and I'm going to just tell you what it says on my screen. Maybe I shouldn't do that. Maybe someone's listening live,

12:14

this is how we find out what the vulnerabilities are. Give us your info, go ahead. So

12:17

so it gives my there's a six digit code and a six digit code. I'm gonna I'm gonna wait till the six digit code is almost expired. Before I read it out loud as you heard that it's 597-793-7793. You know what to do? Yep. And and now I have a new code already really? Fast. Yeah, they might be.

12:41

And your phone I see is flashing red. Now What? What?

12:44

So so so the point is, it's a constantly changing code. It's a different six digit code now. So even though you've got that code once, you don't have it again, when you actually try and get into my account. So every

12:54

time you log in, you have to enter your password. And then you have to look at your phone to get that code, you have to enter that code before it expires. Right? What happens if you don't have your phone? Can't get in? You can't get into your account, if you don't have your phone? What if I take your phone right now you can't get into it.

13:08

So so actually have backup passwords that I store on my laptop that I can use? Or I think there's another backup method? And also, if it's a computer I've used before, it will often No, it's a computer I've used before and not enter the code. But the general overview, because I gave

13:26

Okay, well, it's something but again, it opens up other doors, because oftentimes we borrow each other's phones. And I've seen situations where you can just go to a website and have a text sent to somebody's phone. And if they don't know that text got sent to their phone, the the service that you're connected to, will believe that you're the right person, but your friend, quote unquote, will never know that you're doing something to their account based on that one bit of verification, very weak verification that's done. Obviously, it has to be done in conjunction with other things,

13:57

but they send me the message. So if I get an extra if for whatever reason, I got an extra SMS from a service I'm not currently trying to log into, I would just

14:07

say I'm borrowing your phone. That's the scenario I'm borrowing if I would delete that SMS, you would never see it. But then I have access to

14:13

your account if you know, so you but you have to know my password as well. well executed code comes after the

14:18

thing, I forgotten your password, or I never need your password. So they send you something to to reset it. And sometimes they can send that via SMS as well. So there's all kinds of ways

14:29

I'm not convinced there's any circumstance in which adding the second factor is less secure than just the password. Yeah, I feel like you could break it somehow. But it would take a lot of effort. You can break it. You're both right. You can break anything but I think to this, like level of skepticism is maybe going a little bit too far. Like it is clearly better to have or at least harder to get into an account. You don't control if it has both factors. Yeah, and I think that's relatively clear. Dave, we'll

14:59

get into your email So don't worry, we haven't forgotten you, we're gonna get to it. But this is a good conversation guide class. Well, for the sake of

15:04

argument, I mean for the sake of this example, it's clear he did not use it and maybe laziness or just not realizing that you had that feature with one of the services whatever one was compromised and so forth.

15:18

All I'm saying is later tonight you guys want to lend me your phones I can show you all kinds of things that that's possible just by having somebody phone in in in someone else's hands. You can you can basically compromise all sorts of things. It's it's one example there are many. Here's something if you guys saw this story, it's entitled this Amazon customer service story will freak you out from Gizmodo, there was a story that actually appeared on medium and according to this article will make any Amazon user wince according to customer Eric Springer all a hacker needs yes is one of the stories that flames hackers, everything again, to unlock your your whole damn life is your name, email address, and a mailing address and the mailing address doesn't even have to be correct. So imagine that. Four months ago, this is what happened. Springer received an email from Amazon thanking him for contacting customer service. The only problem was Springer hadn't actually contacted Amazon at all. He was troubled by the auto reply email response he received and I imagine he checked to make sure it was actually from Amazon because lots of times you get email that claims to be from a prince in Nigeria or the IRS or who knows what entity but it turns out to be fake or just some some fishing expedition. Anyway, he reached out to Amazon managed to get a hold of the transcript. And he discovered that a social engineer, otherwise known as a hacker in his article, was pretending to be him in order to gain access to critical account information on Amazon. We have the chat right here. And here's how, here's how it goes. Mahesh has accepted the chat and it's that's what the customer service agent is. Hello, Eric. My name is Mahesh. I'm here to help you today. May I know your issue in detail. Eric says I need to know where my latest order is being shipped. Mahesh says Let me check that for you. Before that I need to verify your account. Can you please confirm the name of your account, your email address and your complete billing address. name Eric Springer email gave an email address I imagined gave the right one and address was completely fake. And Mahesh says thanks for the confirmation. So the address wasn't his real home is a bogus address he used to register websites online. Yet with that confirmation, the hacker was able to get Springer's real address and with his real residents, his email address and his name, that person could do quite a bit of damage. Now Springer informed Amazon of the colossal failure on their part and the company promised to improve security. He assumed he was done with a mess until he received another email from Amazon last week. And again, he asked for the transcripts again, it showed that all a hacker needed to gain access was a name, email address. And a mailing address was only released with seeing that the hacker failed to get a credit card number out of the overly helpful customer service representative. And that's an improvement from 2012 When, when that video bit of information was was able to successfully gotten from a customer service representative. So yeah, this kind of thing is all too common. And I think we see the results of it with a lot of stories and actual things that happen to people we know.

18:33

So try out security stuff. If you can add security to your services, try stuff out, play with it, see how it works. And that's the way you you can add layers of security to things and not find yourself in one of these situations. And you really do have to be vigilant you have to watch these companies a bit. Because they have sort of very cumbersome procedures that sort of are built upon everybody but their specific circumstances where they can be kind of offended.

19:07

Yeah, you have to you have to be vigilant you have to watch as Kyle said, what's what's going on. I didn't do that last year. That's that's how I wound up buying a train for some kid in Brooklyn. And it was chases fault they had a security hole of some sort on their system that allowed not only my credit card number but my correct billing address to get

into the hands of somebody who did not deserve that. And because I let 60 or 90 Days go by without catching it because I had all kinds of charges going on at the time that it falls on me they they refuse to even help give any information on where the purchase when the purchase that I bought that was charged to me they would not tell me anything about it and you know damn well they have that information someplace. As merchants ourselves. We keep that information for years. We have that information we can always get it and it goes to show how come These deal with security issues when they're the ones at fault.

20:03

But if you open it up, if they tell you that then they have to open it up and and then it becomes an issue. And so by denying you access or saying, Oh, well, we don't keep those records, they can just,

20:13

I was even willing, I was even willing to say, You know what, it's my fault. I didn't catch it in time just told me the information. And they refused to even do that for I finally got the information from the toy company, they gave it to me, I've made clear to them. It's not your fault, either. And I'm not going to pursue this. I just want to know who the guilty party is. And I have the information now. So I, you know, it feels good to know who the guilty party is. But there's nothing I can do legally. That is, we're still accepting suggestions for that. Yes, we really are. Okay, now to Dave's letter. Unless Bernie, you have another listener that you feel you'd like to push in front of. I won't interrupt you this time. All right. All right, Dave. Dave writes, I'm sorry, it's taking so long for us to read this. In regards to the topic of privacy, which gets gets brought up frequently on your show, I think people have been conditioned to the point where it's become 99.9%, except that nobody seems to care any longer, how much information is collected or what information and to whom they divulge it to people jokingly but acknowledged acknowledged Lee is that a word acknowledged Lee? Wow. They talk about email providers scanning our mail, ie Gmail, GPS, tracking our movements, huge databases being built to great profiles, and everyone's tastes and habits. It's the new world, I'll be at a scary one, but one that practically everyone has accepted, unfortunately, and I don't see it reversing. But just getting to the point where not only is information collection, an acceptable practice, but governments also make choices for us, they push new laws out to where people scream foul, then they back off a little, although nowhere close to where it was originally. And then people accept the new level. That's that's pretty much what happens. Rinse and repeat. It goes until finally it's now where the government wanted it. And yet, because they inch their way forward, people have accepted the new laws they once cried foul about without even realizing it. Gotta love the naive and when you realize how many companies are in bed with the government and in the US with the NSA, how can we avoid it? It seems like an impossible task. For those of us who care about maintaining what little privacy we have. I was listening to a show, I think from 2008. And it was brought up that a very large percentage of internet information is passed through a handful of companies, but the biggest ones, the biggest ones that net is at that. For us few that actually care about privacy, we find our ways around those Stalin's as he refers to them. But even still, the path of complete privacy for us seems like it's getting narrower. And as more and more companies fall to greed and pressure from governments. It's only getting harder for us for hackers. But then we live and breathe for new challenges. And I I couldn't agree more with that. And I also I appreciate that use of the word hackers. As people that are battling this kind of thing, battling information being stored by by corporations and governments and used against us our privacy going down the drain. That's the true definition of what hackers are. Yeah, you can use knowledge and intelligence to do bad things and you'll see people social engineering, Amazon and stealing things but you know, we have words for people like that. Thieves, criminals. And yeah, you can use technological knowledge and ability to do these things. But it doesn't make you a hacker, shoplifter, shoplifter. There's a word. Yeah, there's all kinds of words. All right. Yes, go ahead. Very

23:26

good letter. I did want to point out one common misconception, though, that he seems to have and that is that GPS tracks us. GPS is an orbit of satellites, military, US military satellites that don't receive any signals from us. They simply been down coordinates basically, or your, your GPS receiver in your, in your phone, in your car, or wherever, receives several satellites at once, and then figures out where it is on earth very accurately. But, like if you have a GPS thing in your navigator in your car, unless it's tied to another device, like a like a cell phone or some kind of transmitter to send the GPS coordinates to someone else. Nobody knows where you are. So GPS does not track people

24:20

in a way but by okay, you might be right technically, something is tracking us. How would you say what's the right way to say it in less than a paragraph?

24:30

Well, you could just say cell phones are tracking us, or cell phone companies are tracking us, or people that are access to cell phone companies data tracking us but GPS does not track us.

24:42

Bernie. Yeah, who cares? Well, I

24:44

think people I think you need to understand how this technology works.

24:48

I agree. I agree. But people are using GPS to track us does not feel like a wrong sentence.

24:55

Can I can I say that GPS provides the means to track us.

24:59

It provides data, it provides data and if someone else gains access to your, your, what your GPS receiver says, yes. But GPS by itself does not track anybody, like if you have a GPS or navigation device, nobody can tell you where you are from that it's just to receiver. It doesn't transmit anything.

25:21

Yeah, I kind of see what you're saying, Bernie. It's that it the other people is like, I think other components in the circuit, I guess is what you're saying. It's, it's that when coupled with other parts of a larger system, it can easily leak information. But it's it's, it's connected physically on a circuit board, eg your phone, right is a board with a multiplicity like many components combined in one place. So when Bernie says talks to other people or things, it or software in the device, what he's saying is that by being an integrated circuit, it's integrated into that, therefore, it's constantly connected to all these other systems on a computer like your phone.

26:15

Why, because required by law are our own federal government mandated that cell phones must report as part of the whole ie 911 initiated initiative, our federal government, through the FCC, mandated that all cell phones have to rat out your local

26:31

burning, it's not really the cell phones are doing it. It's the software that's on the cell phones, that's reporting it.

26:36

Well, not even that. We're gonna say it right, we

26:39

might say 100% Right. Now even without

26:41

any software on your phone at all, your your cell phone is still reading out your position. How does it do that? The software? Just true? Is it because the manual

26:51

firmware? Oh, boy,

26:53

no, Mike's right. Yeah.

26:55

But what I'm saying is that even if you had no software running on your phone at all, it's just like a dumb phone. Your cell phone is still just knows where you are, hang on,

27:05

if I turn GPS off on my phone, all of a sudden, I'm able to do all kinds of things I would never be able to get away with ordinarily, right?

27:12

No, you're this your cell phone carrier still knows where your phone is. Because we're where we're at, because what towers it's connecting to. And in fact, the FCC, the Federal, federal government mandated that even if your GPS is not working in your cell phone, that the cellphone companies be able to tell pretty much exactly where you are not, it's not quite as accurate as if the GPS coordinates are taken from your GPS software in your phone, and then ratting you out. But it's like a two step thing they can they can get your information either

27:41

way, right, because it falls back on triangulating where you are a bit based on signal strength. But if it does have access to GPS, it's much easier to just get that data at a consistent rate and so on. And I think it is, as you said, tied to a 911. I mean, legislatively, probably it was, which speaks to what you said about it being mandated. And it's it's the kind of information that it basically was it was used, would you say as like a way to optimize signal strength? I mean, does that help you if you're running an array of antennas? Or is it strictly a 911? I mean, would it be a part of

28:24

it? No, cellphones work pretty fine before the eman a 911. If you do, then one of the more amusing arguments that I heard law enforcement saying that we all had to have our phones be able to track us at all times, because because of the common problem of someone being kidnapped and thrown into the trunk of the car with their cell phone and not being able to tell the police where they are when they call 911. That happens all the time. But that was like the classic rationale that law enforcement kept using over and over the children. Yeah.

28:57

A little tip for kidnappers. We want to kidnap people get away with it, try the North Shore of Long Island, because you don't get any signal there. And I'm sure you get away for quite a while. But Bernie Okay, yeah, I can sort of see this, but I don't know. I don't know if people will be able to identify what's going on with there. I guess I could say these these companies are tracking them. But I still think that GPS is adding to it. With it with the phone, obviously. But it's that whole GPS mentality. Is it right to say that?

29:29

I wouldn't call it mentality. It's just it's just, if you have one of those standalone GPS, things like you stick with a suction cup on your windshield, right? It's not ratting you out. It's simply a receiver that receives the GPS satellite signals and tells you where you are. And it doesn't tell it has no means of communicating to anybody else to tell anybody where you are. But if you have a GPS receiver in your cell phone, which is mandated by federal law, then your GPS coordinates are by law reported to the mobile phone care Who then logs all that stuff and they can probably look back and how, where you've been and where when going back very many months, just like you have digital breadcrumbs all over the place. But I just wanted people to be clear. GPS in itself does not track us. It's it just provides the information to your device. And then other technology gets that data and then is used to track us.

30:22

Yeah, that that's clear, I think that the rest of the circuit then interprets data that is passively just collecting from from the satellites themselves. And it I think, we might technically say yes, if you're constantly being tracked, but I think more practically speaking that it is constantly connected. And you could be tracked from if someone gleaned that information and wanted to or your phone was compromised in some way, and it was accessing it by via third party application. And

30:52

the point is, we're we're living in a society where we're giving out more information about ourselves more information being sucked out of our various accounts and devices than ever before, less privacy than I ever thought possible. When you when you drive somewhere in your car, it's logged, it's kept track of in some device someplace, and soon it'll be the car itself. And they'll have black boxes and all cars and and, you know, we've talked about all kinds of examples of people's privacy being invaded without their permission. Just last week, we were talking about phones that tell you when how far you are from getting home, how far you are from from from your office, without you ever telling the phone where you live or where you work, it's a sort of learning your habit, it learns your habits and says, Oh, you must work here, you must live there. To me, that's very intrusive, that's something you did not give permission for them to make an assumption, and then store that information someplace and share it with God knows

31:48

who but let's put huge quotations around learning.

Eric Corley/ Emmanuel Goldstein 31:53

I can hardly wait till we talk about some of these at the 11th HOPE in July because we have so much to talk about. And, folks, if you want to submit a proposal for for any kind of talk, the call for speakers and participation of all sorts is wide open now. Go to our website, hope.net, or x i dot hope that everyone go type in 11 and Roman numerals. And you'll see all kinds of information how you can submit your your talk proposals. And I get involved in other ways as well, because it's going to be one amazing forum, hundreds and hundreds of people presenting various things 1000s of people showing up and so much to talk about every time we do this, it's the world just gets more and more fascinating with these, these particular topics. So hope that net, you can write to speakers at Hope dotnet if you want to basically contribute something or you have an idea and we don't we don't discriminate, like other conferences do where you have to have a whole resume and speaking experience and things like that we've had, we've had kids as young as 12 give talks, we've had presidents of corporations and government officials give talks as well. We don't discriminate on the basis of any of that. Just if you have something interesting to say. We want to hear it and hope is taking place tonight. I have the dates wrong July 22 through 24th. It's Friday through Sunday of this year at the hotel Pennsylvania, up in Manhattan, but I think that's the right date. Right? Yeah. Okay. I really should remember that.

33:27

I was just gonna add that we're equally as open to topics as long as it's topical. Whatever is going on, we want to add and build on some stuff we've talked about in the past and the stuff we cover on the show and seeing the news but it's it's really about having some of the more interesting conversation stuff you hadn't thought was prescient and relevant. Sometimes those can be really counterintuitive but really really helpful in making some changes and and moving the conversation. Absolutely

34:06

not not even if he says cart Powell just intimated even if you don't want to be a speaker it hoped I hope this this summer, do you live in hope? If you have an idea for a talk something you've always wanted to know about the we're afraid to ask or panel discussion you just dying to know about this topic? Please email us anyway, it's speakers that hope that speakers at Hope dotnet and we will try to find speakers were knowledgeable about that topic and then you put them together in a panel or something like that. We've got some of our best ideas that way.

Eric Corley/ Emmanuel Goldstein 34:37

Also, here's a little hint I mentioned the Roman numerals before Xi that helped that net for the 11th hole if you type a Roman numeral before hope dotnet you'll get the the website for whatever hope that was. So I threw x if you know all those Roman numerals if you don't study in yo yo learn them. It's easy.

34:53

Does it work for future? Oh,

34:55

how could it? I don't know. We haven't done the future Out Boy. We have to explain I have so much faith in instead of your

35:01

type of Roman numeral I

35:03

already had obviously. All right, what would happen to the Romans? Yes, it's kind of forward thinking. A couple of technological issues that I'd like to bring up and it'll take some phone calls. But you about this plan. We talked about Chase before covering their asses, but they're always looking for the future as well. Apparently, they're developing card free ATMs heard about this card free ATM. So soon, losing your ATM card won't be the life stopping event it used to be just don't also lose your phone. So there you go. It's that kind of thing again, Chase customers will soon be able to withdraw cash or initiate other transactions, using their cell phones at Chase ATMs that are being upgraded later this year. Now, this move will include new cash machines that don't require a card and upgrades for existing machines that will allow customers to withdraw more money and in different denominations. The withdrawal limit will be substantially higher up to \$3,000 during branch hours, and \$1 bills, please, I might get your wish. I want to see some twos. Yeah, well, Kyle, you you always go around getting \$2 bills, right. And it's really amazing cargoes to banks. I have my ways. It's kind of like it's kind of like good natured robbery you know, you basically pick a string of banks but you go to them and you say you have any \$2 bills. And then out of that you give them the the face value. Yeah, by them and they give you the two sometimes they look kind of scared but they give it to you now usually they want to get rid of them. And they also they give me some other things, too. I saw some dollar coins are giving you realize these dollar coins existed?

36:39

Oh, yeah, there's a whole there's many different types. Uh huh. But yeah, like the old Saturday Night Live sketch with the bank that just makes change. No, it could be wow, you know, the funny thing is your note that you speak in bank what I've noticed they they're basically just trying to eliminate the tellers all together. Yeah. And I overheard some people I was at an ATM recently. And they were commenting about how how excited they were to not have to deal with the teller So apparently, society is ready that you know, we just don't we have too much human contact and we need robots to give

37:12

us but you don't have to deal with a teller now you can go to ATM. Why? What is that they think they have to do with a teller that annoys them so much. I don't know. It didn't make

37:20

any sense to me either. They were waiting in line for an ATM and excited about how there wouldn't be ever any tellers. So I don't know if I mean, the my bank does not have any branches in a state I've really ever been in. I don't I don't I've never met any of their tellers. It doesn't seem to do

37:36

a whole lot. That doesn't make your bank doesn't have any branches in any state. I'm not so you've never visited your bank.

37:43

I've never visited my bank is the actual true version of Wow. Okay, right.

37:48

Is that the thing these days to have a bank that you never even know where it is?

37:52

I mean, what what are the what does the teller do for me that I'm missing out on?

37:56

wishes you a nice day. For one thing, you know, human car tops,

37:59

they give you a lollipop. Well, you

38:00

can get denominations, but I mean, \$2 bills. It's true. I'm missing out on the two. Other than that

38:06

one by you can get coffee too. Yeah. I'm just saying. Yeah.

38:12

And I have actually a very nice conversation this morning with the guy who sold me coffee, so so I don't need to tell her.

38:18

You don't need him to get coffee. either. You can get coffee or machine. It's true. Yeah,

38:21

there's a lot, a lot going on in this in this area and a bit of a push towards. Yeah, no more. We don't need the tellers anymore.

38:31

Let me describe this a little bit more. The first generation of these new ATMs are going to allow customers to access the machine by inputting a code found on their Chase Mobile app. Now future upgrades machines will allow customers to use their cell phones near field wireless communication feature to access their accounts. What's the near field wireless communication feature? There's the NFC thing again, FC. Yeah. Yeah. All you did was was

38:57

was I don't really know how to it's a it's a little thing kind of on the back of the phone.

39:03

I was taking the phone a partner's not holding up a plastic the plastic back of it. Yeah. You

39:07

see that loop that yeah, glue under there is a is a conductive loop of antenna ish stuff. And so basically, I can go up to things and it will receive and send information that way. And all the

39:21

phones have this now. A lot of them do. Wow. Bernie does your phone have this?

39:25

Yes, I have a BlackBerry Z 30. And it does have NFC has another coil in it that lets me charge it wirelessly. Yeah. Yeah. Okay. If

39:34

you've ever used Apple Pay or Android Pay then that's based on NFC. You can also use it to send data to someone who's standing right next to you. It's another sort of wireless see kind of thing but it's a it's like maybe a Bluetooth or a Wi Fi but it's another specific built for this kind of interaction. It's very, very short range. Yeah, fire Bluetooth how short range proximity New inches at the most. Okay, so

40:01

you're gonna hold your phone up to this machine, you know, and I assume it's gonna ask you for a password or something. Yeah, I even do that now,

40:08

right? Like the article said it had some kind of key code it generates or you generate a code, then you enter that into the machine, or maybe it's a pin or both. You enter in after the phone is presented or something. I don't know, I think the article outlined it. More or less.

40:22

Its two step authentication is what it

40:24

is. Yeah, kind of like brings it back to what we had been speaking about early on in the show. ATMs already two factor. You need both the card and your pin. So

40:35

what's the second step? There? You have the phone? What's the second step?

40:38

Maybe you have to enter your PIN? I don't know. I don't know how it works. It hasn't been deployed yet. Yeah, the phone maybe says I'm on this person's phone, you have this code on file, and then the person is prompted to enter their PIN as normally. And the computer says, Oh, the phone and the pin and all those. Everything's happy. Yay. Get your money in leave. I mean, it doesn't. Doesn't seem impossible that it's more secure than an ATM card, which is pretty easy to steal or copy or both. But I guess we'll find

41:04

out. Yeah, but Chase has really slow tellers, so this could be good for them.

41:12

All right. Well, you know how I feel about Chase. But that's interesting development that there was this really good article I saw by violet blue on Gizmodo, machismo and gadget, called bad password, it kind of ties into this. It starts this way in the grab bag of Google slash alphabets big projects. 2016 is project abacus. It's basically the company's plot to kill the password in cold blood by replacing it with smartphone user authentication by an uncrackable collection of biometric readings. So advocates would lock or unlock devices and apps based on a cumulative trust score. As your phone continually monitors and recognizes your location patterns, voice and speech patterns, how you walk in type, and your face, among other things. Not Google will do all the work. Actually, correction, the work has already been done. All the data and constant monitoring needed by advocates is already happening with your smartphone, like its contemporaries, Facebook and Apple. Google is already tracking and recording, recording you up the you know where. And that's why law enforcement loves it when suspects use smartphones, to make advocates use our tracking information as a security system, it's only a matter of putting it all together and giving it a shiny front end. What it also requires, however, is constant invasive surveillance and access to some pretty intimate records. So it's a little ironic, you think, yeah, it's let's the way of the future, take all of my

42:40

biometric everything, so that I can be secured so that some system knows it's me based on all the spying it's doing on me.

42:52

Ironic, isn't it? Yes.

42:53

That's making me feel more secure. Somehow,

42:56

Kyle has turned his phone off, and is gently depositing in the waistband.

43:02

I've one more thought on that Chase thing. Sorry. I, what I hope doesn't come up with this is that you? The one good thing about ATMs is the network is interoperable, that maybe there's a fee attached. But you can use any ATM card basically at any ATM. And it would be really tragic if the result of this is you can only use your banks ATMs. That's interesting. And that seems like that could feel a bit of the arms race with banks to come up with this technology. If they don't interoperate. Whoever's got the best easiest thing you know, if everybody jumped ship, you've seen that with services and stuff. It could be bad for interoperability, it would certainly be a problem for me you know that my bank is in another state if I had to travel to that state to get money out

43:44

Bernie any thoughts on the bad password article?

43:49

The bad guy well, I'm I'm freaked out by it. Frankly, I don't want to give my give up my biometric information to corporations or government agencies. Because who knows what they're going to do with it later. Once it's out its out. So the way Google's plan to just get rid of passwords and in like pure indoor face with a camera and look at our, our eyeballs and the shape of our face, and maybe the sound of our voice that freaks me out because all that can be

recorded and replicated and played back just like a Mission Impossible back in the 60s where they recorded some voice and and and put the edited the tape to make the person say something else. I mean, what's to prevent that with this new technology,

44:34

except it's all digital now and you can like organize it and manipulate it and catalog it and tag it and do all kinds of wonderful manipulating and analyzing. It's not tapes and razors and tape tape or splice tape and stuff. I mean, it's it's a lot easier.

44:55

Yeah. Bernie, you're touching upon the security aspects of it saying it could be it could be replicated. easily. But I think you're also concerned about this the the privacy implications of having all this information about you, under the scrutiny of a company someplace.

45:09

Yes. And you have no, you will have no legal privacy rights to what they do with that information. As soon as you entrust a third party, a company with this sensitive biometric information about yourself, they have no legal obligation to protect it. In fact, a government agency can just go get it without having to provide a warrant, or ever storing it.

45:34

A hacker can go get it too. Yeah, that's what wakes people up when you tell them a hacker could do this. A hacker can can watch your baby monitor. Yeah, that's something that that makes them really scared. So yeah, the government and corporations, but hackers that that really does the number.

45:50

It's one thing to willingly click a checkbox or something and say I'm, I want to say gender like male, female, you know, those that kind of information? It's still its demographic information, right? But you could you could lie about that, yes. Be carefully, like live out your fingerprint, if it's actually checking it and stuff. I mean, it gets and the more services you're giving us, you're using biometrics with, the more places you're releasing this stuff and organizing it, or it has more of a ability to be organized by many different entities that you have. As we said, no control

46:29

over you say, you can't change your fingerprint. And you pretty much right, but But what if What if every one of these developments and by the way, I think they're all really cool, I just want to make that clear? Yeah, I'm scared of them. I'm critical of them. But I think that's really cool technology, one that we need to learn a lot about, but it can be used against us it is being used against us. But what if every single time we saw something like this, we saw it as a challenge, like how do we defeat this? How do we get on Facebook with a fake name? How do we tell Google where where we work when we don't work there? You know, how do we just basically defeat all of these intrusive little systems and make them worth a whole lot less by by retaining control over our own data? fingerprints, to what if there was a way that you could simply change your fingerprints? Yeah, it sounds crazy. It sounds criminal. But it's getting more and more necessary to think this way?

47:23

Yeah. Good. Maybe I should set my phone. So it can only be opened. If you remember the CCC published. The I think of the interior ministers, fingerprints, some years back, maybe I can make, make those fingerprints open my phone.

47:37

We have to think this way. Hey, our phone number 718-780-8888. If you want to make a phone call to us and speak on the air about any of the issues we've talked about? No, we said we're going to take phone calls, try and take as many as we can. In the few minutes we have left 718-780-8888

47:53

I was I was mainly talking about like employers who take biometrics and stuff for access control and things like that. You get your whole hand fingerprinted by, say a government or some place that you work right. Wondering what happens to that data. You might make you wonder, what how's that going to be handled? What happens when I leave this company and I need this job?

48:16

By the way, at the very least, you should have the option at no penalty to you to use a different method to have to verify your identity not your biometrics.

48:27

Yes. Yeah, stuff like that. And I don't know, I guess more experimentation with different types of it and, and so on. Yes.

48:37

Our phone number 718-780-8888. You know, there's no phone calls coming in on our phone lines were broken before, but I think they're fixed now. 718-780-8888 I know we're talking about boring things like privacy and freedom and technology. But I'm sure this listeners out there.

48:54

I unlock my cell phone with my fingerprint. Do you? Yeah. Okay. It's pretty good. Well, yeah, real quick.

48:59

It is. But but you know, the the feds can can unlock your phone now without any password. And you have no rights to to say no, I don't want to use my fingers. Open the phone. Yeah, that's true. Yeah, there's a concern. So convenient. has a price. Yeah.

49:14

It only works for if the phone is off. I can't use my fingerprint. So you know, I should turn it off when across borders.

49:21

They just turn it on and say, Hey, Mike, put your finger there.

49:24

No, you have to enter the PIN. The first time as well. Yeah.

49:27

The first time you turn it on? Yeah, but not how it was last time you turn your phone off this weekend early. Okay. I've signed up last night turned my phone off was in November. It told me that it wanted me to turn it off. For some reason. The six phone calls. Good evening. You're on off the hook. Oh, okay. Hi. What's on your mind?

49:43

Well, the I was thinking about the issue of you said people are not worried about the loss of privacy. And maybe the problem is, is it's hard to imagine the onerous kinds of things that can be done with So maybe we need some more creative people, you know, to make up the net, you know, you know, like they have these think tanks where people sit around, think about the worst case scenarios. So maybe as some exercise your group, you guys could do it or I don't know who, but sit around and say, Okay, what's the worst thing that could happen? When everybody you know, when they have your fingerprints done? It's all over the place? Or what's the worst that can happen when, when they combine all the different metadata that's being, you know, collected? And then you put it out there? The I think we you know, the problem today is we lack imagination, you can't even comprehend terrible things. And that's sometimes that's good, because that's a protection for your mind. But we need to maybe think in terms of, you know, it's not as harmless as you can imagine. So let's get some people who got better imaginations, can make up scenarios. Explain that to people, and then maybe people would get a little more concerned about.

51:04

Alright, thanks. Thanks so much for that phone call. 718-780-8888. And that's kind of what we're talking about, as far as having people, challenge the technology, defeat the technology, talk about it, share stories. And that's what the hacker community is all about. That's taking the phone call. Good evening, here on off the hook. Hello, hi, what's on your mind?

51:23

Very briefly, two small points. One, is the reason why they probably the corporate behemoth will probably not let you come up with an alternative approach is a simple word. And that's liability. And that might just be an excuse and a canard on their part, that they're gonna say, Well, if somebody rips you off, and we're going to be responsible, and we can't let that happen. So we have to rip your fingerprints off or tear your eyes out, or whatever we're going to do. But the other question that I had for you guys, is, at what point do you think if we're not already there? Is it going to become illegal for you to say, we want to use a different identity to get on? Facebook?

52:06

That's a very good question. That's a very good question. And I, I see that they getting closer all the time, where people say, Why would you want to be anonymous? Why would you want to not have your real information out there? What are you trying to hide?

52:17

So it isn't just a matter of activism on the technical front, but activism in terms of screaming at those people that we, for whatever reason, we didn't put into the places that make these political decisions on our behalf.

52:31

I mean, I think it's important to distinguish, there's no law against using a fake name on Facebook, but their Facebook is the entity that doesn't want you to do that. They have policies against it, they kick people out, comes up a lot with

people from various marginalized communities who need to use fake names, or, or whatever and, and get thrown off the service. So I think it's important to distinguish, you know, the government from from Facebook, which is the the entity that's doing the harm here,

53:00

although it's getting harder and harder to tell the difference as corporate power hard, more powerful and more intertwined. Well, it, maybe we can still tell the difference to a degree. But with the power and with the change in technology, you could face all kinds of penalties for for lying to a corporation someday. That's That's how I see it. Take one more phone call. Good evening, you're on off the hook, all kinds of penalties, please turn down your radio. Hey, I

53:26

just I just turned it down. Okay. I had, I had two questions that I wanted to ask you. The first one was, like, I work in tabulations, and I deal with data every day. And a lot of times, you know, I can take anything manipulated and do what I once it's, it's there for me to reach out to it. The fact that they're talking about things like that was, you know, biometrics fingerprints and stuff like that, when these things get stored someplace, what did actually make it easier for somebody to be able to manipulate that kind of thing? Or, you know, reach out and grab a fingerprint? Or are they looking for a physical, you know, whatever it is that, you know, the wife is, you know, locked down or what have you said, looking for a physical fingerprint. Because if you can get it that's different, and manipulated in some way or another and get a copy of it someplace. Can't you use that to kind of go around those things the same way?

54:16

Yeah, definitely. I mean, it's works the old school way too with fingerprints. I mean, there's, you know, plenty of places where that we things we touch doorknobs and stuff like that you can still lift fingerprints that way. And what I think Mike was talking about was a demonstration of fingerprint that have been generated of politician in Germany. And other things have been done with high resolution photos of I think Angela Merkel's eye or someone's retina something funny like that. We're just wouldn't get a high resolution photo of Angela Merkel's Well, the candidates. That's a good question. Where cameras are getting really, really, really high megapixel you

54:54

can record 4k on your phone, right? It's not that hard anymore. Exactly.

54:58

So there's been some some examples. Some some sort of people in cheek but it's

55:02

people take pictures of keys in a newspaper article and they're able to replicate a key based on that photo. So yeah, it's, I think it's very possible. So a

55:11

good example and the key the The important thing to remember, I guess, and I think to your point is that yeah, what when what a database is is a way to organize information and when you create this stuff, and digitize it make it easy for a company to look at or, or bureaucracy to look at your your sort of pre packaging it on a silver platter for anybody who might compromise it.

55:39

I can I can I just say x, one of the things that are not even so much x, but just make a point, because everybody gets, you know, I'm one of these people that, you know, by my friends, I'm considered somebody who, to some extent lives under the radar. You know, I'm not online paying bills every day or, you know, even when the EZ Pass, I physically go up to an office and physically put cash in somebody's hand and ask them to add it to my EZ Pass, I'm probably naive, because every time I go through a toll someplace, there's probably some reader that's picking up, you know, my EZ Pass and saying, Oh, he just went through this bridge, or he just crossed this, you know, but one of the things that people always try to do every time that the subject of privacy comes up, it's always like this, what do you have to hide? As if, you know, if you're concerned about your privacy, or you would like to maintain your privacy? It's because you have some kind of nefarious objective or you're doing something wrong. When did that become like the norm?

56:40

When we convinced ourselves that being anonymous was something to be afraid of?

56:43

Yeah, and I think a lot of the rhetoric around fear and warfighting has fueled that and, and validated it's sick but I think two degrees society's responsible for validating it through fear and now yeah, as you said, we look at each other with one another with suspicion if someone's choosing not to use a smart device or someone's choosing to question a particular service why they track this or why they don't have a checkbox for that I mean, we end up having these arguments with each other we're at each other's throat over when really we're being handed these systems unjustly and

57:20

it's really up to us we can change the dialogue we can question these things we can challenge we can we can manipulate technology, so we have control over it and we can just basically have interesting discussions about this like we did tonight thanks everybody for calling in every call was right on topic you can write to us O th at 26 hundred.com Stay tuned for the personal computer show again we back next week with a two hour fundraising addition and that will be tons of fun until then Emanuel for off the hook Have a good night we say don't be all that we experience is understandable. Is the spectrum of sound we can also think of spectrum of emotions. We are living omitted which are all these various as on what process and if you do have what it takes to to reveal the path so see yourself as in a wheelchair all these different spectrums. So then, you have a go

EXHIBIT #21

off_the_hook__20180620

00:00

held up in New York City cab driver Saturday night June 23. A really great mounting record as a special guest. I know I can't wait show starts at seven tickets are available at WB ai.org. I got my ticket to walk the meter is a benefit performance for WPA. I know. I don't want to miss you on the first birth one. Don't miss the bus. The bus to John macdon is off Demeter take a taxi.

Eric Corley/ Emmanuel Goldstein 00:34

And, you know, I've heard a bus in Luxembourg, they don't sound like that. You are listening to WB IR in New York, it's eight o'clock. And that means if it's Wednesday, it's time for author. And a very good evening to everybody. The program is off the hook. Emmanuel Goldstein are with you on this Wednesday evening. joined tonight by Kyle. Alex, good to be back. Welcome back. We'll talk about where you were in the minutes ahead. Voltaire and our special guests Didn't you have a microphone? Sharing okay, we might move it a little closer that way, your voice as well. And here we are another action packed addition that was off the hook. Talking about all kinds of hacker related things. Hey, I've got a big bit of news that a chair of people tomorrow, the hope site will be displaying pretty much all the talk on maybe 95% of the talks, maybe 90 days, I'm not really sure a lot of talks about 100 talks that we'll be having at the Hope conference. They will be announced tomorrow at hope dot net. So get your browser's fired off. It's time so amazed and impressed by the caliber of speakers and the variety of talks that we have this year. It's going to be awesome. It's gonna be really amazing. I got a question for you. Is it also going to have the schedule? Or is it just the notice schedule The schedule comes afterwards? Right now, we just have all the schedules is basically a very complex mathematical formula. It involves balancing things and, and taking all kinds of other issues into account. But that will probably follow within a week. And plus, it has to be approved by multiple people and all that kind of thing. But we figured why hold back on what we've got reserved so far. So it's really going to be amazing. So sometime tomorrow, probably early afternoon, hope.net you'll see what we have scheduled.

03:18

Yeah, so far, I've been sort of taking your word for it. I'm really excited for everyone else to be able to share in that after we release some of that information so that people know what the content of the conference is going to be like and get sort of an idea of where their interests are and what they really, really want to check out and so on.

Eric Corley/ Emmanuel Goldstein 03:38

Absolutely. So Alex, you were overseas,

03:41

I believe? Yes, Your belief is correct.

Eric Corley/ Emmanuel Goldstein 03:44

Okay. Your email is bouncing all over the place. By the way, listeners have complained to us about this. If you write to us, eventually you'll get a bounce message from Alex's provider, because they don't know what they're doing. Right.

03:53

That's true. Okay, so one on one domain and they are being a real pain.

Eric Corley/ Emmanuel Goldstein 03:57

Wow. So he has nothing wrong with with your computer or with off the hook or anything like that. It's just Alex's provider. That's right,

04:04

me and my Icelandic domain name, Icelandic domain name. Wow. Well, anything that you know, ends and God is so you know, you have to make that clear. It's Icelandic, it's not the Islamic State.

Eric Corley/ Emmanuel Goldstein 04:14

Okay, well maybe get the Icelandic football team that handler they can't do anything wrong. So maybe they can handle this as well, or the chess team. Yeah, they have some such thing. So we were overseas. I believe you were in the same place that Kyle and I were at a year ago in Italy.

04:29

That's right. I was in Milan. I was at the radio puppet conference. And it was absolutely fantastic. It was actually I think, a really big change from what you would experience the year before. Because my understanding is that you guys are actually in the Euro do Pilates studio. Yes. And this year, it was not in a studio. It was a gigantic party that was held outdoors at a beautiful park next to a disused psychiatric hospital in Milan.

Eric Corley/ Emmanuel Goldstein 04:57

You see I've spent a lot of time outdoors in big Parks and psychiatric centers. I've seen that that studio is really awesome. Is that right? Did you not see the studio see the studio at all, but they made the outdoors? I mean, the whole park the studio? Well, yeah, that they can do that they can just make anything into their studio, but they have this amazing setup. And they have all this listeners to port and it's something that I think we can learn so much about it.

05:19

I mean, I thought about this, you know, the entire time I was over there is so much to learn from radio popolari and how they energize the community, how they bring the listeners together. And you know, the way that they support the station and I think we've gone over this several times on the air is basically like the WPA hi buddy system that we have here so that they know they have a certain amount of income coming in every year. They increase that listener base every year, and they can do cooler and cooler things like throwing a gigantic outdoor party in a park next to a disused psychiatric hospital. It was absolutely amazing. I mean, the last day there, Marina Tucci, who's a friend of our station here. She did a live outdoors version of their famous show called Sunday blues. And she and actually another participant in which I was on a panel. Apparently, the Sunday blues show was really popular because they talk about kind of irrelevant things. You know, it's not, it's just anything that floats up into their mind. It's really popular Sunday evening show. They did this outdoors, they had a band out there, they had the entire community incredibly engaged. And one of the things I thought was really cool was that there was this older woman who seemed to call into almost every show on Radio poeple ri, and they brought her up on the stage and she was, you know, a celebrity for a day because everybody that listens to that station knows her. They have never met her in person. And there she was out there on the stage live on the radio, without being on the telephone. I mean, I think if we had a party with WBI, you

know, we'd have to have, I guess somebody like Tom from the Bronx, coming up on stage. You know, and being a part and meeting people and energizing the entire crowd. It was just such a it was a really, really great experience.

07:06

Yeah, I guess to tap the brakes as well. I wonder he speaks Italian.

07:11

He might you never know. But it was a it was a really fascinating couple of days over there. The first panel that I was on had to deal with cybersecurity privacy, what's going on under the Trump administration, what rights are under threat, we talked a lot about net neutrality and how that will possibly impact Europe and what's going on to resist this in the United States. But before the panel was scheduled to go on the stage, the mayor of Milan was speaking and at the end of his particular talk just sort of randomly, you know, about 1520, protesters appeared in the audience holding up signs chanting, yelling, screaming. And they were complaining a lot about squatters rights. And the issues that they were apparently addressing from what my limited understanding of language was that they were living in these buildings that were also a disused, sort of like psychiatric hospital, next to the party. And the law enforcement of Milan was kicking out these families, and a lot of them were immigrant families, and they were poor families. Even though these buildings were supposedly earmarked for these particular families, they weren't being used. And there were a lot of issues and and this went on for a long time, you know, about 15 minutes or so. And then the organizers came over to us and said, Well, you know, your panel is going to be delayed because of this particular protest going on. And with the mayor there, and I guess, with members of the City Council President, the organizers of the radical popularity conference decided that they would actually give the protesters time on the stage to speak their piece, so they didn't have to yell and scream over everybody. And I thought this was just an incredibly civilized way of addressing these issues. Because here in the United States, the police would have been called. And if they didn't stop, people would have very likely been arrested. But instead, in Milan, they gave him the stage, and they got up there. And they spoke for probably about seven or eight minutes. It was a man and a woman that got up and made their piece very passionately, very directly about what they thought was wrong with this particular policy. And the whole audience was incredibly engaged. And then afterwards, my understanding is that they actually met with the City Council. And we're discussing these issues for about an hour and a half, possibly two hours, which is just incredible outcome. When you think about how this could have turned out differently if that had happened here in New York, or anywhere in the states really, absolutely. Absolutely. So it was it was an eye opening experience. I love that that happened right before a panel went on because you know, it just sort of thrive on pandemonium and chaos. Much like you guys do, I would imagine and totally different things. And I think then then you guys got the year before in studio. So that was something you didn't expect.

Eric Corley/ Emmanuel Goldstein 10:04

I suspect it's a different experience every day at that place,

10:07

I would imagine. So I would imagine so, but it was fantastic. We got to spend a couple of days outside the city over at LEGO The Garda and like como and, you know, it was tough to come back to New York. And we tell you, it really was inspiring stories for us to to just experience a station be invited and see how they think their own members and, and supporters. So that actually had been partly why we were really pushing along with the station for more bi buddies, because that system, we saw a great example of that working for a massive station, like radio popular. And I just like

how the running of the station itself is not political, but it can exist and, and take on the political and I think that's an important lesson, something we look at,

Eric Corley/ Emmanuel Goldstein 10:58

I think they have a minimum amount of 100 Euro, a year that people donate, and they have so many people that that commit to that, that the station never has to beg for money on the air. And I just wonder, can we achieve that here with the BI buddy system. I know, by having good programming we can get there, that would be amazing, we can look to these people to

11:22

say, based on the party that I was at, I think that, you know, the listeners are going to be extremely energized and extremely generous to the station because they they really brought people together. You know, one interesting observation I had about the sort of demography of the the listeners that were there was that, you know, a lot of young people, I would say, early 20s, late 20s. And then a lot of older people in the sense of you know, let's say over 60 or so, and not a lot in between. So it was it was an interesting absence of people, let's say in like their, their mid 30s and 40s. And I thought this was interesting, because it seems like it was such an important dialogue to have between younger people, and older people at this particular station. You know, maybe us in our late 30s and early 40s don't really necessarily matter all that much. But it just seemed like there was a lot of communication going on between generations that was brought together because of the radio station. And that was incredibly cool.

12:22

It also phenomenon we have in the stage with activist circles where an organization on part of democratic socialists of America, they have the memberships are either like, like hippie generation, or, like millennial, they growing up with Bernie Sanders. So it's very similar here.

12:41

Interesting. But it was a it was a fantastic way to bring all the listeners together if we could do something like this at WPI would because it would be because of the WBI buddy system because you can count on that particular revenue coming in over a certain period of time, which is why it's so incredibly important to support the station like that. Yes, mass for gifted web

Eric Corley/ Emmanuel Goldstein 13:02

ad. org is a website so go there and help bring a little bit closer to how they do things overseas. Hey, I want people to hear something right now. That that piece was created by Dennis here in the studio. That was amazing. Thank you. Wow. Yeah, if we ever mentioned before dentist, a musician, and he's actually working on what we call what we call an intermission music at the conference. And

14:42

what Yes, inspired by the positive music in Germany, but basically it allows us to distribute our videos without having any copyrighted music and we asked them if he was interested in composing some stuff we had sort of a contest or people contribute stuff before and this time he expressed some interest. So these are really great. I mean, there's so far this is really interesting. This is unlike anything I've heard of your work. So thank you for for offering or helping us do this.

Eric Corley/ Emmanuel Goldstein 15:12

Is that one of the intermission pieces? Or do you have something else lined up for that?

15:16

Well, basically, my creative process just consists of making as much as I can, and then cherry picking the best for certain events.

Eric Corley/ Emmanuel Goldstein 15:25

Wow, that's, that's, that's pretty cool. Well, you know, I think that piece, I kind of want to stay and listen to maybe I wouldn't move that I wouldn't leave the room that's

15:35

you. Would you still describe your your stuff is more like experimental? I mean, do you like that as a cover? Yeah. I mean, labels in general are kind of fraught with problems. But would you say you're you're into, like, experimental composition? Or I'd say so. I mean, I always had trouble like finding a certain genre to put it in. So I guess experimental is the oddball category kind of gives you a wide

Eric Corley/ Emmanuel Goldstein 15:57

a wide range. Cool. Cool. Let's, let's hear another one. If I get this turbine to work? See, this one I could see working, getting people to, you know, march in an orderly fashion from one room to another as the talks change, because that is already had in mind when you look at marching song. Yeah, a little disorienting to that's perfect. Uh huh.

16:54

You know, I would like to have playing during my

Eric Corley/ Emmanuel Goldstein 16:57

step, you want to have music playing during your time with me because it'd be like to have a hour long piece commissioned for Alex's talk. If

17:03

you just do this on loop. This would be perfect. Yeah. How

Eric Corley/ Emmanuel Goldstein 17:06

about every single talk had this on team? That was great idea. Great idea. Yeah, I'm sure he got

17:11

to start planning a little earlier guys.

Eric Corley/ Emmanuel Goldstein 17:17

Too, we've done this in the past, and we've been inspired by our friends over in Germany, who had really good music between different tracks. And I think we just keep getting better and better. And his certainly indication of how we're progressing.

17:30

Yeah, adds to the production value. It makes sort of the the transition from formal sort of academic or other kind of presentation to sort of talking and sort of an actual intermission activity milling about,

Eric Corley/ Emmanuel Goldstein 17:46

what kind of equipment do you use?

17:49

It's just my laptop.

Eric Corley/ Emmanuel Goldstein 17:50

You do this on your laptop? Yeah. Wow. And I feel if I can, you know, block an ad on Firefox, I've accomplished something. And I'm okay this guy's creating. That's, that's amazing.

18:01

Yeah. Are you using some of your own samples though, as well? Like, are you recording ambient international sound? Or do you draw from different sources to get your instrumentation files in there is is some sample I did but I don't know which one it is. But yeah, most of what I sample is like old music that I really like and certain parts of it, I just want to you know, make it into something else. Great. Great. That's really cool.

18:27

What software do you use to edit it?

18:30

I use Ableton to produce everything. Start to Finish Yeah.

18:35

Wow. What's the collagen Ableton Live Ableton Live nine specific never heard of that?

18:41

I think a sequencing or some kind of music composition yeah, there's a there's like the top like three or four applications that people use right? Yeah, there's there's the big ones which are like Ableton and logic and FL studios and then some people use like Cubase and stuff there's there's a whole bunch of programs.

Eric Corley/ Emmanuel Goldstein 18:59

Well, let's listen to one more then we're gonna get into some some stories and maybe some phone calls So you're not offended if I if I talk over this right? I don't Okay. I don't like offending artists. It's it's I guess,

20:32

this was extremely cool. And it sounds great to have a formal musical. Sorry. Did you study music? Do you have formal training and music? Yeah, I've been playing piano since since I was five. And I picked up other instruments and producing was just another thing i Five. Yeah. Wow.

20:54

It took a while. But I learned it took

Eric Corley/ Emmanuel Goldstein 20:56

a while right. Of course.

21:00

He seven and a half now. So it hasn't been that.

Eric Corley/ Emmanuel Goldstein 21:04

This is this is just an amazing display of what the hacker community is capable of producing to people with such talent, musically, program wise. And I think it's, I think it's represented in, in the talks that we'll be presenting at the conference, you'll see all kinds of skill sets from people of all ages. So that's, that's really amazing. Now, Alex, you had a point?

21:26

Yeah. You mentioned that, you know, the part of the reason why we have this music is to have something sort of during an intermission, without running into copyright violation.

Eric Corley/ Emmanuel Goldstein 21:37

Yeah. Because what happens is we posted on YouTube, and then all of a sudden, you know, Van Halen, or somebody is claiming credit for the, for the music we're playing in between, not that we ever played Van Halen between, although did get people out of the room for would we Yeah. But the point is, you know, not to have that hassle to worry about, but also to create something from the community, something local, something, you know, truly unique.

21:57

Well, I mean, it's interesting, you say that, because, you know, there have been some rather interesting copyright developments just today, when it comes to copyright law and content filtering on the internet. And if you've heard about this article, 13 nonsense in the EU, this is the scheme from the EU. That's right. Yeah. And you describe that a little bit, what is exactly what's going on? What are they implementing, implementing? Well, it's extremely controversial proposal that was voted on today by this committee called jury J. U ri, which is essentially the Legal Affairs Committee of the European Union parliament. And this article 13 proposal required something really crazy and beyond the pale, and it actually passed, what it does is would require now if this goes to a plenary vote of the European Parliament, which would be the next step, and if it passes, this would be memorialized, my understanding is in a directive that would be then applicable to all of the countries in the European Union. And it would require any content that a user uploads to the internet, to then be run through some kind of content filtering system to determine whether or not it violates an existing copyright. Wait,

Eric Corley/ Emmanuel Goldstein 23:10

stop, stop, stop, just stop, hold on. Now, I know when you post something on YouTube, it goes through all that garbage, where it basically, I don't know how they do it, but they very quickly are able to scan the video and the audio and tell you if something is is copy written in one way or not. What you're saying is that anytime you upload anything to the internet, whatever that means, we'll get into that in a second, the same process is going to happen according to this EU directive.

23:39

That's exactly right. And Google does this with YouTube, quite efficiently through their content ID system. And this would make that particular type of system applicable to possibly every other medium on the internet. It's not clear right now, as to which types of businesses or which types of websites that would apply it, you know, some particular sites, or some mediums may be exempt from this particular requirement. But that's not at all clear. Right now, at all. Who's

Eric Corley/ Emmanuel Goldstein 24:10

Who's behind this? Who's pushing this?

24:12

That's a good question. I mean, obviously, it's copyright holders, it's people, you know, that represent publishers and author,

Eric Corley/ Emmanuel Goldstein 24:18

I hold copyright. I'm a publisher, I'm not in favor of this. So this is a rarely asked me, of course, I'm also not in

24:23

Europe. But he still was a very interesting point you make too because one of the arguments against this is that, you know, like any kind of blocking or filtering technologies likely to over block things that it's not supposed to block and unblock that which it's supposed to block. So you have situations where you're having an automated algorithm make a legal analysis as to whether something is or is not copyrighted. And if you think about things like 2600 if you you know, you don't care about copyright, you know, you don't you don't mind if people distribute things this way or that way,

Eric Corley/ Emmanuel Goldstein 24:56

or the point of making it so that people distribute it so that people spread around and read and listen.

25:02

That's right. And that's another point to let to go back to my original point which you interrupted, I'm sorry, why is that? So these particular types of systems, they may not be able to determine something like that. You remember Bruce Sterling's book, The hacker crackdown. Back in the day, it was great book really excellently written, great anthology of what happened was hacking on the Internet for free. Exactly. So that would probably be blocked, if it was being distributed, let's say on a website, because it's this algorithm going to be able to identify a copyright that existed, but which is no longer enforced. So copyright holders may have their copyrights enforced against their will, which is a kind of crazy thing to think. And they don't benefit in any way from this. No, not necessarily. I mean, I couldn't see it. But you bring up one other point, which I think is very important to know, which is that the point of creating these works is so that people can read them and access them and build on top of them. Right? I mean, you think about the history of Western civilization. It's about building on top of ideas. You know, everyone stands on the shoulders of giants. It's about criticism, fair use parody, freedom of speech. All of this may be impeded in the European Union, if this actually goes to a plenary vote, and passes,

26:14

yeah, these these algorithms can take into account freedom of speech are very used. So like with YouTube content, I'd people like things like The Daily Show that can exist, if you want to make create your own, because it'll automatically

get taken down, even if you're using clips as fair use to parody them or make commentary. The algorithms can tell that

26:36

Yeah, yeah, you're absolutely right. And there is this kind of conflict as well, that doesn't seem to be necessarily resolved. Because I think it's article 15 of the E commerce directive, or the info SOC directive directive of the European Union, which essentially, states in his law already, that European Union member states cannot put a burden onto internet mediums to police or monitor or filter the content of Internet users. So this, if it passes would seem to be directly in conflict with that particular provision itself, how this is going to be resolved, we're not necessarily sure. There's this weird thing that happens now. Because this was voted on and passed, I think, by 15 to 10 votes today. So it was somewhat close. But now there's it was also voted to go through this thing called a trialog negotiation, which is kind of bizarre. And this is where the European legislators themselves and members of the European Parliament will actually meet with the member states and discuss the legislation and try to iron out the details. And if that actually happens, this is much more likely to be passed in the European Parliament than fail. So that's kind of scary to think about. And it's also somewhat undemocratic, when you have these types of meetings going on behind closed doors is not subject to public scrutiny. So I think that's kind of scary. But on the other hand, you know, the internet has really been rallying against this. European citizens are really concerned about this, because it obviously has impact on freedom of speech, freedom of association, the right to parody, you know, all of the things that you had mentioned Voltaire that just aren't taken into account by a particular algorithm. And hopefully, when this comes to a plenary vote, maybe in December of this year, maybe in early 2019, at the latest, it will fail. Let's let's hope for but, you know, real luminaries, people like Vint Cerf, the EFF, they filed a letter against this, I think, several days ago, and that letter seems to have been ignored. And they brought up a lot of the same issues, would they pay attention to the E FF in Europe? They should, quite frankly, because they, you know, always have a great take on the issues and a good way of slicing away the fat on these particular arguments. You know, they're not just concerned about US citizens rights, they're concerned about rights of all internet users. So I think that they would take it into an account. And I think the EFF has a certain amount of influence on European Union citizens as well. And it's really up to them to to start mobilizing, because otherwise, you're going to have a situation perhaps, where content providers may deliberately exclude the EU, from their services. And that's not good for anybody that drives businesses out of the European Union. It decreases foreign direct investment in these particular companies. It could have a real backlash.

29:33

Yeah, it's another thing problem with this bill is it's not just about the mandatory filtering. It also has a link of article 14 is about the link tax, which requires anyway that posts a clip of a news article to basically pay a tax for that so that it'll that basically will put like small independent blogs and stuff, but businesses can't afford that. Yeah, that's right.

29:53

I'm not entirely sure what the vote was on that or if it was separate and distinct from the article 13 vote, but I haven't seen a lot of thought about it. But you're right. That was a kind of bizarre thing that I learned today,

Eric Corley/ Emmanuel Goldstein 30:03

you see a theme here, the independent people, they're the ones that are always being shut out. And the big corporations are the ones making the decisions. You see it all the time with, you know, Google and YouTube. And you know, it's harder and harder to do things independently, such as running a mail server, Alex, yes. All kinds of things

that you're encouraged not to do yourself, let some big corporation do it. But then when you do that, they impose these rules and regulations and restrictions and you want to pay the price for it. Yeah,

30:38

taiko is still trying to fight this. So you should, if you're in the EU, you should definitely contact your member of EU Parliament and go to save.saviourinternet.eu. Find out more about how to contact your representative. Now, here's

Eric Corley/ Emmanuel Goldstein 30:52

an interesting story concerning medium and GitHub medium, of course, the blogging platform, GitHub is a card repository. They have just suspended post containing the LinkedIn information of Immigration and Customs Enforcement. Those are the people at the ones that are tearing up families and reading homes and businesses and things like that. Both the posts and the database, which was first moved from medium and then from GitHub, were created by data artists, Sam Lavinia, and I'm not sure I'm pronouncing that correctly. Twitter also suspended Russell Nices bot accounts, there was automatically tweeting information from the database. Now, basically, what Vinny did was scrape and download names, job titles, and city level locations of ICE employees and posted that data to GitHub, which is a website that has code repositories and was recently acquired by GitHub. Microsoft. Now he wrote a blog post about the project on medium which linked to the database on GitHub. His project was in response to the increasingly explosive situation at the US Mexico border where news reports are emerging daily about children being separated from their parents and detained and all kinds of other horrors that we're finding out about. Now. The medium has said its medium's rules don't allow post at name specific individuals to the purpose for the purpose of targeted harassment or shaming. They said the post violated his rules against Doxing or the aggregation of publicly available information to target shame, blackmail, harass, intimidate, threaten or endanger get upset and an email that it removed the project because violates our community guidelines, which includes policies against use of GitHub for Doxing and harassment and violating a third party's privacy. Now the data has since been copied to a publicly available Google Spreadsheet and Google deny me Utley respond to a request for comment from BuzzFeed News, which is where the story comes from. Now in his original blog post when he said the dataset he downloaded contains the names of 1595 people. While I don't have a precise idea of what should be done with this data set, I leave it here with the hope that researchers, journalists and activists will find it useful. I find it helpful to remember that as much as internet companies use data to spy on and exploit their users, we can at times reverse the story and leverage those very same online platforms as a means to investigate. We even undermine entrenched power structures. Now on Twitter supporters of his project has spread the link to the data once said The list should be used to locate ICE employees and deny them employment services and friendship. Of course, I just feel the scraping and downloading of LinkedIn profile data was unfair to the workers. Now LinkedIn does not provide an easily accessible API. And they have previously sued individuals who have scraped their data. In a statement regarding the ICE employee data spokesperson said we do not support or condone what immigration authorities are doing at the border. But we can't allow the illegal use of our member data, we will take appropriate action to ensure our members data is protected and used properly. You know, it's interesting, because first of all, I get so much spam from LinkedIn, it's it's insane. But if you're on LinkedIn, if you subscribe to them, or have heavier profile on there seems to me you can share the information you see with anybody you please. Am I right or no?

34:19

No, I think you're right about that. I mean, it's somewhat idiotic for these federal employees or in sensitive positions to be posting their employment status and their jobs, duties and responsibilities on LinkedIn. You know, that's a separate issue. I think once you do that, that data does become somewhat fair game. But yet, on the other hand, if

it's just LinkedIn data, and that's being spread around, that's one thing, but if it's more personally identifying information, then you know, I tend to agree with the medium and GitHub for taking this down. Because you know, not every ice agent that was listed on this was respected For this type, this type of deplorable behavior on the border when it comes to separating children, and I don't think they all deserve to be dogs just because they work for ice.

Eric Corley/ Emmanuel Goldstein 35:08

And some Nazis just did paperwork I know. But right now they're part of an organization, which is doing horrible things. And I think they all should be exposed.

35:16

I disagree with that. I disagree with that, because I think there are some very good people that work in the federal government sides. Yeah, on both sides, the very fine people on both sides are very fun people.

35:27

All right. All right. But yeah,

35:31

you know, my point here is that, like, I used to be a federal employee, I used to work in the intelligence community, I wouldn't have appreciated being doxxed when I, when I work nearly have all the data here that we need. That's true. Yeah, you got it from my mail server, here comes another job. Okay, here we go. But my point being, though, is that sometimes it is easier to affect change from within an organization then from without it, it's easier to do

Eric Corley/ Emmanuel Goldstein 35:55

within it, then I'm happy to go within it and make change. I'm sure ice would love to hire you. Well, no, I don't plan on being hired as found being inside their organization and effecting change one way or another. There comes a time where you have to step up and do something, and anybody who does something at this point is doing

36:13

good work. Not necessarily Okay. If that's the case, then right, then perhaps what should have been done in a more responsible manner was to do the legwork to identify those people who were stationed at or near the border, who had some reasonable likelihood of being involved in this deplorable separation of children from families, rather than posting the names and addresses of ICE agents that might work in Tulsa, Oklahoma. Yeah, it's the same thing with war crimes, these people are protected. The same thing with NYPD the same thing with the border agents, they're all protected. They can go out and be thugs, and then they come back and then there's all this blue line crap. Well, they're not necessarily all thugs. That's my point. Right?

36:49

They were for a thug organization. Yeah, they were for

36:51

the choice.

Eric Corley/ Emmanuel Goldstein 36:52

Yeah. Now right now, I'm just saying it's time for the other side to strike back. And it just seems like the other side is way too polite, never does anything is simply filing things in court. Meanwhile, so many people are suffering. It's just nice to see a reaction of any sort. And this is a reaction. Yeah, you know what, you don't want to be associated with it. You don't want to hear your name out there, then don't put it on your on your LinkedIn profile, which people can read

37:16

about that. That's a fair point. And that goes back to my original point, which is that it's idiotic for these people that have posted this in the first they're not the most clever people in the world. I know. I agree with that. But they really deserve to be harassed in this particular nobody

Eric Corley/ Emmanuel Goldstein 37:29

agree deserves to be harassed. Nobody deserves what's going on. That's that's the whole point. Even hog got swatted. Yeah, hello.

37:37

These aren't calling it adopting is such a loaded term, because this did not included addresses. They just include names. So

Eric Corley/ Emmanuel Goldstein 37:44

and it was something that was already publicly available. It's like, it's like, it's like xeroxing the phonebook and putting a check next to people or work for ice. Okay, well

37:51

look, if it's if it doesn't necessarily include personally identifying information that is over and above that, which you can access from LinkedIn, then then that's a different situation, I think, but it would require some kind of compilation of sorts. I still think, however, that some legwork should have been done. So that these names and add, I'm sorry, these names of people who were posted, actually, you know, had a likelihood of being responsible for some of these deplorable Asians,

Eric Corley/ Emmanuel Goldstein 38:18

how do we how do we find that out? So they put that on the LinkedIn, by the way, I'm responsible for separating kids geographic areas, you know, you're basically saying everybody in Texas is guilty of this, but not people in New York. I mean, I would support that, look, they're all involved in raids of one sort or another. They're all involved in things that that most of us consider reprehensible. So I don't know I you know, we can sort it out. Let's get the you know, names. And maybe we can contact them on the phone and ask them, Hey, are you responsible for this? No. Maybe you could, like slip a note under the door of your supervisor and say, Hey, this really sucks. Stop doing it. I don't know this little steps. Yeah.

38:51

It's not just these individual employees that are associated with jailing of families that should be disbanded into ice in this entirety should be defended. It hasn't always been around, it

Eric Corley/ Emmanuel Goldstein 39:04

should be melted. I should know I want bumper stickers that say, Melt. Melt me some ice, you know, I know but for us, well, no, because it's ice. You don't vaporize ice melt ice. Hey, Wicked Witch of the West.

39:18

You're right to steam though. I'll argue your point for a second. On this. You know, when I lived in Vermont, people don't realize this, but it borders Canada. I know this. Well, that's true. But because of Senator Leahy sway in the Senate and his ability to roll pork back to Vermont. Vermont actually has an I believe it's still has one of the biggest ice law enforcement support centers in the country in Williston, Vermont. So yeah, so that, well, this is where, let's say if you're a police officer, and you make a stop and you want to check the immigration status of somebody, you would call into the law enforcement support center in Vermont. And it's those people that would check the camera Gration status based on an ice database that's located in Vermont. So we listen you said Williston. That's right. It's just south of Burlington right. Here. I'm

Eric Corley/ Emmanuel Goldstein 40:09

looking at satellite view of it.

40:11

Got it absolutely nondescript office building. Oh, no, I got it. Yeah. Yep. Yep. You got it. Very good. So look at this, this point, arguing my counterpoint is the lends some credence to the idea that maybe it's not just people at the border, who were involved in this particular type of situation. Oh, I know that. I would argue their organization is so noble and worthwhile, why do they have to hide and why or why after the fact, you know, in a retroactive way, are they having to hide from you know, an alleged backlash or whatever, if they're stupid enough to put their information there? Yeah. Okay, that's gonna happen, but and not anticipating that and, and, and, you know, going so far as to hide them? Because what they're doing is atrocious. I mean, it seems like, really convenience. And really, I don't know, I don't know how to say, this is

Eric Corley/ Emmanuel Goldstein 41:01

this is more. The story is more about GitHub and medium Microsoft, and how they're reacting to data being spread around not so much ice. I know that that's where we're going with this right now is, you know why this happened in the first place? I think that's what's interesting here is that the the the facts, the fact that, hey, this person works rice is something that these companies are saying that data belongs to us. And you can spread that around.

41:27

And this way, it's worth noting that Microsoft owns LinkedIn, and they just recently bought it starting to purchase GitHub, a deal.

Eric Corley/ Emmanuel Goldstein 41:38

Medium to somebody on medium,

41:40

itself run, but how long has that kind of bankruptcy. But anyway, the problem it's like with my it's almost like the Microsoft has incentivized that GitHub to take it down. And they had verification for like InfoSec researchers who like a lot of like malware, samples and stuff are posted on or exploits are posted on GitHub. And now with Microsoft buying them, like Microsoft has tons of exploits about them how they can let sensor force get up to a sensor that

Eric Corley/ Emmanuel Goldstein 42:10

Well, I don't know. But here's a story from Boeing Boeing, which came out recently back in January, Microsoft announced they were proud to support ice. Honestly, what company would not be a US federal contract, no matter how large your coffers and corporate reach might be as a good get, due both to the amount of American money that you'll pocket and visuals that come from being okay, etc, etc. But it's not January anymore. And Microsoft in June 2018 is looking a lot like IBM back in the 1930s. I'll leave you to interpret that reference. Under the Trump administration's direction. Ice and other Homeland Security entities have been busy breaking up families emotionally scarring, 1000s of innocent kids driving their anguish, caretakers into cages or worse to suicide. And now, according to Gizmodo, a number of Microsoft employees who prefer to remain anonymous, in the interest of protecting their careers have stepped forward to report that the computer technology company's relationship with ice has led to growing dissent among the company's workforce. And that's something that, you know, we're gonna see more and more of in the tech industry, people stepping up saying, I'm not comfortable with your position here.

43:16

Yeah, I mean, Microsoft has massive government contracts. I mean, to say that this is a Microsoft medium GitHub thing. Like hello. I mean, you don't think you think that they just care all of a sudden, because Microsoft prerogative is not to sell you mix reality crap, for the next 10 years. I mean, I'm pretty sure that they got a little bit of a phone call, maybe a little email, you know, courier from the government saying, Hey, we got a thing here. Are you guys riding with us or not? And they're like, Oh, yes, I'm sorry. We're your laptop, whatever. But like, I don't think it was some sort of internal altruism that Microsoft just happened to, you know, pull out of nowhere.

Eric Corley/ Emmanuel Goldstein 44:00

This works as a transitional type of music. Was that what you had in mind when you made this? I don't know what I had in mind when I made this. Yeah, that's, that's great, isn't it? Yeah. And like, I like this, this basic, basic feel to it right now. Because, you know, from playing this music, that we're going to go to the phones now. And you know that the phone number is 347-335-0818. Come and join the conversation here on off the hook. And share your point of view with us tell us why we're wrong? Because we have to hear that all the time.

44:33

Well, you know,

44:34

speaking of not us.

Eric Corley/ Emmanuel Goldstein 44:36

Yeah.

44:38

I think you know, we're we're laying a little bit of blame here on the foot of Microsoft when he got to remember the corporation they're responsible to their shareholders that are not going to say no to a gigantic government contract. Absolutely. Absolutely not. That's I'm saying it's like I don't think it's squarely with them. I think they have pressure because of their interests, their own self interest, but also externally externalities and you know, bureaucratic etc.

Eric Corley/ Emmanuel Goldstein 45:02

Well, you know, people, employees, they also have, you know, have obligations to humanity to speak up and to their conscience to speak up. So well, that's right. That's what they're doing.

45:12

You know, and, you know, this goes to the issue of whistleblowing lines in the United States, you know, for employees to blow the whistle on unethical business practices of a particular organization, which we don't necessarily have by law in the United States. And when I was Chief Compliance Officer of a gigantic conglomerate in Europe, I was in charge of manning the worldwide whistleblowing line. And it's something that's mandated in the EU. And we could really learn a lot from that particular practice. And it can give employees a voice a way to express their dissent internally, without having to, let's say, Doc's, a whole bunch of people that they may or may not have, you know, any involvement in particular project.

Eric Corley/ Emmanuel Goldstein 45:56

Alright, well, our phone line remains open 34733508181 day I'll be able to memorize that phone number. We have a couple of other news stories that have appeared on our radar. Here's one for things that put you at risk online. According to a hacker. Yes, I'm not kidding here. It's almost impossible to avoid being hacked, if someone really wants to do it. But the idea is to make it hard enough that they'll skip over you and go for some other schmuck who's easier to hack. I love the articles people send us some someone talk to an actual hacker about things people do that put them at risk online. And actual hackers, its person talk to an actual hacker, okay, here are four big ones. One, not changing your password regularly, you've probably heard it a million times. But it's that important. If you've been using the same password for five years change it, especially if you use the same one across multiple websites. And here are some suggestions on passwords you can use. And it goes on into what about if you're using your friends, right? And then it ABCDE now posting a photo of your house key. Yeah, we all do that. Some people. Some people do this, to celebrate after they get a new play. Have you ever moved into a new place and say, Hey, I'm going to celebrate by taking a picture of my key and posting that on the internet? Or

47:17

when I get robbed here. I've seen that I have really Yeah, I've seen people dangle their keys, you know, with a nice artistic shot of their, you know, ranch home on Long Island. They work for ice these people that did this? I don't think so. Wow. I don't think so. But

Eric Corley/ Emmanuel Goldstein 47:31

if you try so dangled the ice main office key and put that online, I dare you. Alright, but the hackers can use that photo to make a copy of your key and break in. Only hackers can do that burglars can't, because hackers are the ones responsible for all the bad in the world. If the photo was geotagged, they can find out exactly where you live. If you don't know what that means. You're already doomed. Number three, your teenager posting a photo of their new driver's license. And now that you're a teenager Have you posted your new driver's license up on the internet for all dizzy? Nah, I'm just gonna stick to the subway. Why? Well, yeah, get a picture of you Metro credit. Yeah, Metro cards are good. I think I think that'll work. as dumb as it sounds. This happens all the time. hackers can use it to steal their identity, or steal your teenagers identities or go after us since you're the one with the money. Wow, they really get into our brains, don't they? That's how we think. Okay, and finally, number four, not looking at what's in the background of photos before you post them like taking a selfie at your desk, and not realizing your passwords are

taped up behind you. How about this, don't take your passwords up behind you, regardless of whether or not you're taking a selfie. And the thing to do is

48:41

like a loose of attitude towards social media for like 10 years.

Eric Corley/ Emmanuel Goldstein 48:45

Also be careful about things like paychecks. And what's on your computer screen. Yeah, I guess you don't wanna take a picture of your paycheck. If I take a selfie, your

48:52

pictures are 1000 words, people got to remember that they get a little careless. You know, they think their group is just their, their friendly little group.

Eric Corley/ Emmanuel Goldstein 48:59

And that came from a site called valtos. Val, they'll start today. I don't know what that means.com. But thank you. Thank you people for sending that in. Let's take a phone call. Good evening, hearing off the hook.

49:10

Yeah, hi. Hi. I saw this merger between Microsoft and did have a Microsoft buying GitHub the other week. And it really confused me. I know this isn't a finance shell. But does anybody know how GitHub actually makes money and why Microsoft would want to buy them because that's kind of like reason why companies buy other company.

Eric Corley/ Emmanuel Goldstein 49:36

I asked that kind of question all the time. Like how you know why did at&t One Time Warner and what's in it for them? Volta you have a theory?

49:43

Yeah. They do make some money by having premium features such as like private repos. And event collaboration features. Businesses. This is largely a defensive move for Microsoft. Like if Google like as an entity, GitHub would not have unable to survive by itself because they don't get it, get enough income through the services, but like as part of a larger organization in work helps them like with a strategy with tracking developers and stuff.

50:11

Yeah. And this also is a change in the way Microsoft looks at open source technology, particularly like the switch towards Linux and other platforms, then the sort of historical thing Microsoft is known for, which is proprietary software and closed systems, and so on and so forth. A lot of their enterprise stuff, a lot of their cloud and all this mixed reality, whatever their future is, they know firmly very, very well, it is not going to exist without open source technology. And GitHub is a huge, huge development platform that a lot of people use, especially open source projects. Does

Eric Corley/ Emmanuel Goldstein 50:48

that help answer your question, sir?

50:51

Well, yeah, I mean, I've used GitHub to post stuff and certainly download other things. And I've never been asked to pay anything by the company. But to me, I really see it more as insidious sort of stopped development, rather than fostering.

51:09

It definitely could be used to guide development. And and that's something to watch much like we're watching ownership in consolidation of media corporations, for instance.

Eric Corley/ Emmanuel Goldstein 51:18

That's why it's always such a good thing to remain independent. Whenever it's possible. I mean,

51:22

to to make a contrary point, if they were going to use this to really see Sir, halt some kind of development or collaboration for open source and whatnot. It people would just find another meeting, they did, somebody would create another repository, and perhaps that's what people are going to do anyway.

51:38

But sadly, there is a network effect. Because GitHub, it's not just the Git protocol, it's all the social features and commenting. It's it's a social network, basically. So with network effects, it is a de facto monopoly, it's very difficult to escape.

Eric Corley/ Emmanuel Goldstein 51:51

Thanks for the phone call 347-335-0818. For family houses out there has questions or comments. Here's something that is another story someone sent us off the next web.com I won't be sites, the word hack is meaningless and should be retired. Yes, the word hack used to mean something and hackers were known for their technical brilliance and creativity. And now literally anything is a hack anything to the point where the term is meaningless and should be retired. The most egregious of use of the term hack comes from the BDCs. Double Shot, I think this is a British site. So I won't know half the references are in a recent video of his called my lunch hack. Shaw demonstrates that it's cheaper to make your own sandwich each day than it is to buy a pre packaged sandwich from the supermarket. Wow. Well, you know what? That's good enough to qualify for hack of the week. No, it's not it really is not. Let's continue with this. This story here. calls that a hack. I call it common sense. That's not nearly the worst example. I haven't touched on on on life hacks yet. And you know what, we don't have time to touch on life hacks. There were just so many crazy examples here. Okay, yeah. Turning a Pepsi candle key ring is cool. It's a stretch to call it a hack. There's all sorts of abuses of the word.

53:17

There's honestly, I as much as this might not be popular. I we understand what you're saying. But there really isn't a barrier for entry to call something a hack. I don't think that, you know, yeah, it's it's really about the spirit of hacking. And I think a lot of these ideas embody that and are exemplified story of that. But it's not, it's not something that we would be quick to say you have to be able to do X to be considered why and I don't think any hacker anywhere would would agree, you know, or,

Eric Corley/ Emmanuel Goldstein 53:48

well, I this basically this article ends regret to inform you the word hack is now bad and should be avoided. What to replace it with? I'm not sure. Thank you, Matthew Hughes for writing that article. And coming up with no suggestion on what to replace the word with but every people have been talking about this since the 80s. You know, hacking is abuse, what should the word be replaced with? And no one has a good solution for this. Hey, by the way, just so people aren't confused, a bit of music replay does not want to dance. So I don't want people to confused by that. We do have a couple more pieces that we're going to play. But we also have somebody on the phone. Good evening, you're on off the hook. Go ahead.

54:22

Hello, okay. The GitHub, GitHub, there's not on the stock market yet. So I don't expect an IPO for quite a while. Microsoft is doing exactly what somebody just said about it being a defensive move to kind of gobble them up before they cause any damage to Microsoft. So that's that's one thing I was going to grab a few shares as if they were on the on the on the big board or the NASDAQ, but they're not there yet. So

Eric Corley/ Emmanuel Goldstein 54:50

the thing is, like when this happens, what stops people from just starting something else? Something else that's independent, you know, if you don't like where Twitter is going, have a different social media networks, I'm sorry,

55:01

network effects. Like there are things like Macedon that send us social you can OC on, like Twitter alternative and federate them. But like, because it's like a collective action problem with everybody transitioning to that new service that we've been talking forever about, oh, what's the new open source Facebook's going to be is going to be diaspora as it can be something status dotnet none of these have. They're great from a technical perspective. But this collective action problem getting all your friends to transition that one, it's about

55:29

establishing critical mass. That's why Facebook is now in the position it is. And you know, if it was made MySpace, they would be the ones testifying. I

Eric Corley/ Emmanuel Goldstein 55:37

don't understand why they're why things like Facebook are popular in the first place. Every time I go into Facebook, I wind up shouting and being upset at something most of the interface but a lot of times the people

55:47

that are popular because they have the people li which Yeah, I know and retail perspective, they have awful user interface and stuff, but terrible

Eric Corley/ Emmanuel Goldstein 55:55

user interface. I never could understand that. The allure of that. Hey, we have another dentist here. Tulsa was going through your mind when you made this one.

56:06

Just adding reverb to different instruments and seeing what it sounded like. And building on it. Wow.

Eric Corley/ Emmanuel Goldstein 56:14

Very, very cool. Do you have given advice I'm sure there's a lot of listeners right now, probably a lot of young listeners who are experimenting with music and trying to get started. Anything you could tell them that might encourage them to keep going. Yeah, when I started trying to music's too loud over you have to turn turn you down a little bit. There we go.

56:36

When I started producing, I spent a lot of time getting frustrated because I couldn't make it sound exactly the way I wanted to. And so that stops me for a while from continuing. But my advice would be to just keep going and revisit the old stuff later. Once you've acquired the skills to perfect it.

Eric Corley/ Emmanuel Goldstein 56:59

Wow. Yeah, I mean, does it ever wind up exactly where you expected it to wind up?

57:05

Not really. That's all

Eric Corley/ Emmanuel Goldstein 57:07

you know, right? It's not a good thing when

57:08

it is a good thing sometimes you'll you'll be happy with it and then you'll listen to it the next day and you'll hate it. So but don't ever erase it yeah, don't that's the key thing. Don't delete your old stuff. Yeah,

Eric Corley/ Emmanuel Goldstein 57:19

don't get all you know there's so many parallels with writing you know, I tell people all the time you know you're better off writing even if it doesn't get printed someplace then not writing because you will always have something that way and always hold on to your early works because you want so much

57:34

about yourself this stuff is really fantastic Dennis Is there someplace where our listeners to go to find more your music perhaps?

Eric Corley/ Emmanuel Goldstein 57:42

Well definitely Oh conference. That's true.

57:46

That hope and I'm also on SoundCloud. I post all my has finished stuff up there. So if you want to check it out at [soundcloud.com/sad vibes only](https://soundcloud.com/sad-vibes-only)

Eric Corley/ Emmanuel Goldstein 57:56

sad vibes only. Just sad vibes there happy vibes there. Yeah,

58:00

there's lots of different vibes, I think

58:02

ironic little posts. We'll post the link to that on the next Twitter page, which is hacker radio show on Twitter. That's

Eric Corley/ Emmanuel Goldstein 58:08

right, you can tweet to us hacker radio show on Twitter, you can write to us OTH@2600.com. That's our email address. We love to hear from our listeners and send us stories and does tales of woe or tells of triumph that you personally have experienced suggestions feedback of all sorts. And this reminder again, coming up tomorrow on hope.net web page we will be announcing our speaker lineup most of our speaker lineup, there are still a few more that we're working out. But you'll see just the amazing lineup that we have for the whole conference coming up and someone told me today the hotel was sold out. I'm not sure if the hotel is sold out, you might want to check into that by following the links that are also on that page for for special deals and all that kind of thing. So it's happening. It's a month away. Literally a month from today is when it begins think about that. Well, oh my God, I am not ready. I am still not ready. All right. We're gonna go out with one more piece tent. I'll tell you. Oh,

59:06

I wish everybody Happy Pride. Oh, yes. Happy Pride.

Eric Corley/ Emmanuel Goldstein 59:09

Absolutely. And this is the final piece only a minute. 24. So we're gonna have to get out of here quickly. But anything want to tell us about this piece before I hit the button.

59:19

Um, I made this. This was one of the first ones I made. I named them all chronologically, so this was I think don't be eight. Don't wait, wait. Yeah, so it's an oldie, but uh huh. I vaguely remember the creative process.

Eric Corley/ Emmanuel Goldstein 59:35

Okay, well, again, dense music will be featured prominently at the conference in between every single talk. So you'll find yourself walking to the beat and hopefully walking at a good pace because we really need to move people from room to room. We will be back next week at this while at the same time we'll be leaving but next week our earlier will be will be here. And we would very much like you to join us then. And And that's gonna do it for us here on this particular edition of all folktsaytung For the Personal commuter show, good night.

1:01:20

Greetings, this is Savion Glover and you're listening to WV AI in New York. Enjoy

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