

# Interesting Times



survive and thrive

#3 december 2009

**East Anglia**  
**Cyberpunk Noir:**  
the deconstruction of  
Climategate

**Terraforming**  
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lifestyle hacking the  
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CHAOTIC NEUTRAL: AHA'S

# CYBERPUNK

## How Cthulhu stole Christmas

*This editorial was produced with the aid of Fyodor Wodka, Arla milk, Firehouse – Don't walk away (The Wrestler OST), the Swedish tax-payers, and much vaseline.*

### PART 0

#### Fearless Swedish zombie-hunters

So, time to close up shop on this greasy fucking horror show that was the last 10 years and try to offer some verbal valium for the interesting times ahead of us. Maybe even with a bit less rage and desperation than is customary for this cynical grognard.

I actually *like* this time of year, though. The Kali Yuga\* always seems to give me the holidays off, or at least tone down the relentless horror a little bit. Probably placebo, but a noticeable effect nonetheless. I call it the +3 Christmas ward save. Maybe dressing up like Santa Claus all year round is the key to sanity?

Imoto always says I'm a sad, bitter, lonely meanie. Yeah, well... I'm not the one who's losing sleep worrying that everyone who took the vaccine will turn into a zombie and start eating the living. She sure does know how to make a pretty 'zine, I'll give her that. But if Sweden was a part of the free world she'd be up in a tower with a sniper rifle.

Moving on...

### PART 1

#### STFU, you fake vaginas

There's this meme that whereas the 90's were hip and ironic, the 00's were more authentic and real. Maybe. We sure had a lot of reality TV and reality terrorism (I repeat myself). But it's the difference between spouting a bunch of contrived Tarantino lines and sarcastic snarks, and parroting what they tell you is "real" and being "aware". You're just covering up your atrophied personality with a new flavor of garbage. Really being yourself, that's rare.

The way you Americans call people dicks when they are dicks, we in Sweden call people damn vaginas. "Jävla fittor". And that's how I feel about these people going around pretending they are making a stand against conformity and being all real and aware of the hope & change that is gonna come if everyone else can just become as real and aware as they are.

No thank you, sir! I can't be that. I have to be someone else. I will NOT be real, thankyou-verymuch. I will keep watching 80's flicks. I will follow my own path. I will continue to believe in titanic mirth, crushing blues, senseless romantics and raging vitrolrics. I will follow the stacks of tacky self-help books that lead to the TV-Shop pot of gold at the end of

the rainbow of success. I will make up my own opinion, never listen to the den of vipers & thieves we call the gov't & media. I will lead with conviction or be led, never accept apathy as an option. Yeah, I will keep lifting weights too, bizarre NY Times fashions\*\* be damned and mocked. And in all this I WILL be efficient, smooth, effective and happy to be alive and have something to live for. So help me frakking Gods. Hoo-rah!

Give me the right beliefs and high speed Internet, and I will move the world...

### PART 2

#### Bad-ass sex0rs

I'm a rebel without a clue. I'm not a slacker though, I just find the modern world demotivating. Believe it or not, cynicism is not my natural mode. I'm the type who would fight to the end for something if I truly believed in it. Too bad there's nothing around like that anymore. I'm still waiting for the clouds to spread and the voice of the big kahuna upstairs to order me unto my Life Purpose. But idle genuflection gets you nowhere these days. So, I sit around and try to level-up a bit and maybe pay the bills and get some quality hedonism in while I wait.

But invest my energies somewhere, I must. Rejecting society's standards as base and

# 2010:

## (end of year rantfest)

corrupt, and lacking order-giving fiery shrubberies and whatnot, I must rely on myself.

Figuring out what you want on your own is really hard. Most never manage it. What do I want? What do I REALLY want? I mean, not the Tony Robbins (bless him) spiel of "do you want to own a JET, do you want to own a MANSION, do you want to own a FERRARI, do you want to own a BILLION ZILLION DOLLARS!???"

I spent years pondering this, and what I came up with was that, intuitively and gutfeelingly, there are two things that hold great appeal: Becoming more like Batman and chasing tail (Becoming Bruce Wayne?). If you're a badass and a Casanova, that's one hell of a good situation I reckon! I mean, if you can bench-press 600 lbs, ninjutsu around multiple assailants like they're rag dolls, walk around with finesse in awesome black power armor, AND pick up 10s at the club, what other skillsets do you really need in order to be happy? The classic meme of war and porn driving all innovation comes to mind.

I mean, there are other worthwhile motivators in life too: good food, humor, interesting conversations, nature, spirituality, misanthropy, philanthropy, respect in the peer group, learning crafts and developing competence, video games, inebriation, puz-

zle-solving (my version of sudoku is hardcore programming & geopolitics). But they don't hold that same life-or-death icy-spikes-of-dopamine visceral appeal, now do they? The only thing to come close would be the arts and they are, surprise surprise, almost always about love and fighting.

Wille zur Batmanheit und foxy Bierbablen?

### PART 3 All Hail Arnold

What's up with all of you confused folks emailing me and addressing me as "Arnold"? That would be like going around calling yourself God. Can't have that, it's hubris. Get it

right: I'm not Herr Schwarzenegger, just his most pious worshipper.

I like to think that my tastes are that of an enlightened barbarian, kinda. But damaged by academia. I've read more dusty German dudes than thou, mine philosophy peen is bigger than thine, but somehow I don't get off on being pretentious about it. Why can't everyone listen to fuckin' kick-ass quality 80's music such as Skid Row, drink some simple but effective alcohol, leer at some bathycolpian chicks, pet some kittens, watch an Arnold flick for the umpteenth time, hang out with some witty muchachos, have a good fuckin' time, etc? What's wrong with that? Give me the 80's back, Father Time!



Like my friend (and walking philosophy encyclopedia) Armed Hippie always says: "dammit, I just want my life to be R-rated and have a heavy metal soundtrack". Wise words indeed.

Why you gotta be all grown up and serious 'cause you read Foucault and some other overly-abstruse wankers? I just don't understand... In all matters of opinion, you intellectuals are all inane.

The 80's fuckin' rocked! And that's a fact.

## PART 4

### Bracing for the shiftfloods

What got us through the eighties, nineties and naughties won't get us through the... uhm.. hormonal teenies? :p

Yes, the world of 2010 is approaching puberty. The teenage years will be a core-dump of havoc if you ever saw one, trust me on that. Anno Domini 2010 stands between the world that was and the unknown future, struggling to find out who it truly is and will become. And throwing tantrums and doing drugs in the meantime.

Why are people still looking to politicians for answers in twothousandfrakkingnine? They won't save you, help you through the calamity ahead. Isn't it clear to everyone by now that we are dealing with a cabal of malevolent traitors at worst, and a gaggle of disinterested beancounters at best? Fuck politics, carve out your own success. If you live like politicians demand, you will end up fat, lonely, miserable, undersexed and penniless. Stop feeding the hand that bites.

So, yeah... just skip the foreplay and give me the sodomy straight up on the rocks.

## PART 5

### Z'oh mon dieu! It's full of Americans! A pep talk for those beyond the pond

You yanks are a bunch of uncouth overpaid oversexed uncultured redneck hillbillies. But be that as it may. For dammit, you have balls. And I love you. You still have zest for life. You like guns and big Hooters and cheesy Toby Keith songs and getting hammered on horse piss beer. Not to mention football: a bunch of 300 lbs behemoths, yet fast as cheetas, running around in fucking power armor. What do we have, a bunch of skinny emos chasing a

### "The difference between MDMA and a high school crush is one of degree and delivery mechanisms."

pathetic ball, milling around indecisively like the average Swedish voter not sure whether to vote for the insane commies or the moderate commies come next potty-training season (aka the great quadrennial spectacle).

But lately, you've been having a mid-life crisis, getting all excited over a fistful of hopes and some pocket change. What's up with that? Should you become more like us? Is the Swedish model all that...? Yeah, it is. But it's extremely fragile, not easily transplantable, and comes with its own set of nasty bugs that politicians keep calling features. I'm a huge fan of Sweden but you'd have to use violence to get me to stop complaining about this country. It's one thing to talk about the welfare state, another to be molested by Social Democracy on a daily basis.

Like sheep to the slaughter, like lemmings to the smorgasbord, kindergarten for grown-ups, pay out the ass for your own downfall, so it is in Sweden. So, grow some balls and start loving America, you arrogant liberals, you. What other country could make Arnold the star he deserves to be and produce a political culture where AK-47s in the hands of crazy people like me are essential to the functioning of a free State? We need you to remain uncouth rednecks and bring back the American Dream. O equals W, as some of you have figured out by now.

My friends are all learning Chinese and preparing to serve the new overlords. I'm still holding on to some hope.

Let's make sure the future slogan isn't "land on its knees, home of the slaves"...

## PART 6

### Fuck sanity

*"We're all mutants. What's more remarkable is how many of us appear to be normal."*

—Dr. Walter Bishop, Fringe

Do we want the truth? Most people would say that living a lie is not an ideal thing. But they're lying. The pursuit of truth, the REAL truth, is the weirdest kink there is. Most people don't want to open that can of wormwood. Humans evolved all kinds of mental hacks, heuristics and half-guesstimates to KEEP us from knowing reality, feeding us just the right amount of drug-laced information to maintain homeostasis. Breathing & fucking is what it all boils down to, philosophy is just a really weird side-effect. We are overclocked aquatic monkeys running a bunch of hacked-together scripts and infected to the yin yang with weird malware. And there is no reboot button.

Science has proven that depressed people

have a more accurate perception of the world, their abilities and their personal situation than the euthymic (aka the "normal"). There's a term for it: depressive realism. A clear perception of reality is something we as biomachines are not really built to handle. In fact, it's often counter-productive to our genetic programming (again, the breathing and the fucking). While there is an evolutionary advantage to being a truth-seeker (it helps you implement the four-mammoth workweek), that only goes so far. When you go too far, the tribe gets freaked out and they ostracize you, which is pretty much death to our 10 000 BC atavistic brains.

The belief that society and people in general are of sound mental health is a huge lie. Sane people are in the minority. But sanity is over-rated anyway. The sane people are the cynics, the misers and the misfits (and a few Buddhist monks). The insane ones are the rest of the herd, constantly exaggerating their own importance, rationalizing away uncomfortable facts, altering their social status according to where they perceive they rank in some imaginary neolithic tribe, basing their belief system upon what is popular and accepted, and inferring a bunch of crazy things and passing snap judgement based on way too little data, all the while being internally sprayed through and hosed down with a potent cocktail of drugs that cause them to feel love, optimism and hope. (The difference between MDMA and a high school crush is one of degree and delivery mechanisms.) Srsly, this is sanity? To quote Tyler Durden (the pick-up guy, not Brad Pitt): "Most people are not too concerned with objectivity. As long as their model of reality keeps them alive that's all that matters."

It sounds like I'm knocking optimism. Nothing could be further from the truth. I'm just making you aware that cheery and realistic are

two personality traits with a tendency to clash violently. So, stop gazing into the cthulhian void, will ya?

Don't worry, be happy!

## PART 7

### What doesn't kill you only makes you stranger

So, here we stand. Brand new year, brand new decade, the sci-fi feeling is getting thicker. Cyborgs, clone armies, mind control, World War 4chan, all just around the corner. Often, nay consistently, life seems to mimic a shitty sci-fi B-movie plot these days.

And we're supposed to be in crisis. The sky is falling. We'll all starve when the economy crashes and then we'll be fubar'ed by climate change. If we manage to get past 2012, that is.

All this crap is strangely invigorating though, isn't it? Everything is coming undone and the future is up for grabs. The wily entrepreneur sees opportunity where others see adversity, and acts accordingly. I am reminded of Caesar's "De bello gallico". The barbarians would switch up their unevenly-sized property lots every few years so everyone kept their balls and their drive and no one got fat, lazy, complacent. Thrive on adversity. Maybe there's something to that. Me, I'll defend my Punisher comics to the last breath.

The resilient multidabbling lifestyle artist who is the Green Beret of his own army and knows opportunity when he sees it is the guy who will make it through to the other side. We all

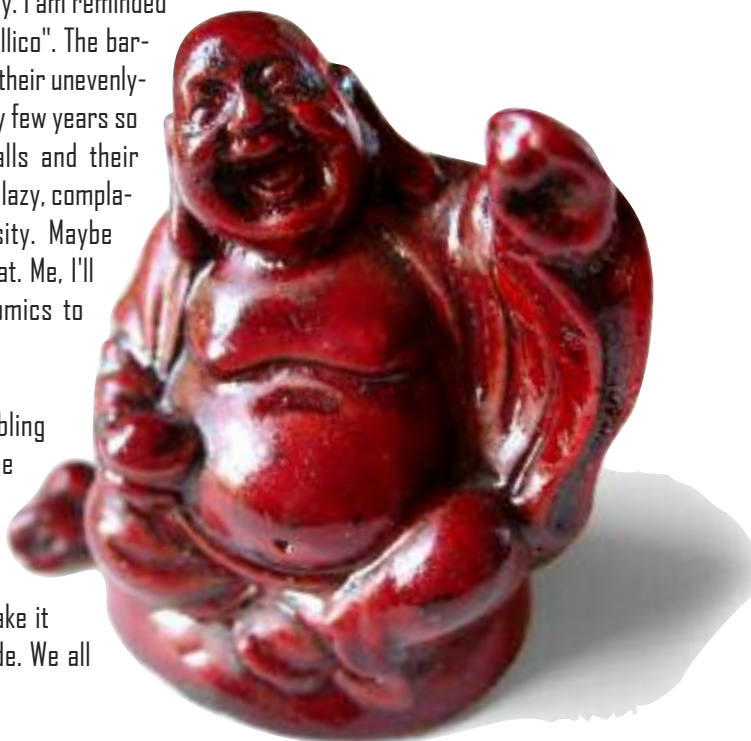
need a project where we call the shots, where our creativity counts, where bureaucracy is seen as the enemy of life that it truly is. This is my starship Serenity, my little mini-kingdom where I am Captain. What starship will YOU build in 2010?

Merry X-mas and Happy New Year! May you clean out the bullshit styes of the Neo-Augean stables we call life and party like it's prom night in 1985!

*Want to offer AHA a writing gig, some suggestions or just some good old hate? Send all your messages to [editor@interesting-timesmagazine.com](mailto:editor@interesting-timesmagazine.com)*

\* According to the Hindus, the last age before the end of the world. Total corruption, moral decay, loss of all hope, etc. Uplifting as fuck, I know. But the way I see it, there ain't no better party than the one just before Doomsday.

\*\* "It's hip to be round" - [http://www.ny-times.com/2009/08/13/fashion/13POTBELLY.html?\\_r=1&ref=fashion](http://www.ny-times.com/2009/08/13/fashion/13POTBELLY.html?_r=1&ref=fashion)





# ABOUT

Interesting Times is a self-help magazine for extreme people, helping you survive and thrive in the cyberpunk future of today. Headquartered in Sweden, the magazine provides a unique perspective on the current age of possibility, where every new happening holds the potential for both disaster and groundbreaking success.

The magazine aims to implement total world domination using a shock & awe toolbox of positive thinking, power armor and pornstar girl-friends, edifying the reader with an eclectic mix of interesting subjects including lifestyle design, preparations for the post-apocalypse, and the pursuit of superhuman fitness through batmanesque bodyhacking.

Building better bad-asses is our main objective and we aim to please.

The suck stops here!

Interesting Times, your train to awesome town since 2009!

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# TERRAFORMING

**When was the last time you stopped and asked, “What are we doing here? What is our goal as a society?” By just looking at the outcomes, we are pursuing neither happiness nor trying to maximize human potential – that is assuming we aren’t grossly ignorant and incompetent.**

The goal of our society surely isn’t to ensure human survival. Agriculture is the cornerstone of civilization, but we are degrading soils worldwide at a faster rate and a greater scale than at any time in history. It is to the point that in some places on Earth, one ton of crop comes at a cost of twenty tons of topsoil.

The energy that modern agriculture depends on is in decline as we appear to have reached the peak of oil production globally. This spells disaster for an agricultural system that requires an average of 10 calories of energy to produce one calorie of food.

Add to this the pollution emitted by our modern way of life. All of these problems come

about by trying to force industrialism upon the natural world. While assembly-line thinking may have the advantage of being easy for the human mind to comprehend, it does not mesh with the complexity of the natural environment.

Amid this environmental crisis, net reported happiness levels are decreasing and anxiety is increasing. This has occurred even though our overall standard of living, measured by a materialist yard stick, has gone up steadily until the recent financial meltdown.

In the developed world, people are working between 2000 and 3000 hours a year, yet we are supposed to be living the easy life? Consider the San of the Kalahari Desert. They live in one of the harsher environments

on Earth, so you could be forgiven for thinking that they have it tough compared to us. Yet it only takes the San 750 hours a year to survive. Our extra 1250 to 2250 hours a year seems to be mostly for the sake of gadgets and luxury items.

Is this what we really want, considering that we sell moments of our life away to attain this lifestyle that makes us progressively more unhappy and anxious? If you were offered a viable alternative, would you sacrifice some of your current lifestyle to live one that gave you more time for yourself while being healthier and more environmentally responsible at the same time?

Permaculture, a methodology designed by





# PLANET EARTH:

## LIFESTYLE HACKING THE PERMACULTURE WAY

text DOUGLAS BARNES

Australians Bill Mollison and David Holmgren in the 1970s, is a design system that makes such a life a possibility. It is a way of designing human environments to meet material needs in a sustainable way that improves the environment along the way. The word itself is a *portmanteau* of “permanent” and “agriculture”. Often mistaken for some system of organic gardening, permaculture is concerned about much more. It guides climate-specific house design, water systems, waste management systems, food production, and community development.

The key to understanding permaculture is to provide a clear, unambiguous definition of the term “sustainable.” Any system or operation is sustainable if, over its lifetime, it produces

or captures more energy than it consumes. For instance, I am currently building a home that I have designed to be sustainable. The concrete in the home comes at an energy cost of 1.5 kWh per kilogram.

In my home the concrete will not only be a structural element but will also be a heat sink for the 957 Watt hours per square metre that is available from the sun on a clear day. This will significantly reduce the amount of heating the home needs.


Permaculture is also the only design system guided by a set of ethics: Care of the Earth, Care of the People and the Return of surplus to the Earth and its people.

These ethics hold design to the standard of sustainability. Without sustainability, one isn’t

carrying for the Earth and is dooming its people.

Design in permaculture comes from observing nature. In this way, we see not only what works in a given environment, but how things work as well. From observation, we learn that interactive diversity builds redundancy in a system, making it resilient. In this way, if one element fails, the entire system does not collapse. Consider what would happen to conventional agriculture should fossil fuels become uneconomical to use. It would completely grind to a halt.

Observation shows us that there is a Law of Return: that which you take must be given back. Nutrients from wastes must be cycled



# In the developed world, people are working between 2000 and 3000 hours a year, yet we are supposed to be living the easy life?

through an environment to maintain long term fertility and to avoid the pollution that comes from excess waste. One of the reasons forests in north-eastern North America are in difficulty is because the nutrient transport system that delivered 3 billion kg of phosphorus a year was taken away when the passenger pigeon was made extinct. In the west, the decline of salmon is having a similar effect on the overall phosphorus cycle there. With natural systems in decline, holding on to what we have by cycling wastes within the system becomes all the more important. At the same time, we cannot allow waste to accumulate unused as it does in factory farm operations. What would be a resource becomes a pollutant when in excess.

We can see that we should also capture and store as many of the inputs that come to us as we can. Terraforming with earthworks can be used to capture water, storing it for future use and replenishing water tables. In deserts, fences can be used to capture organic material to assist in building up soils. In

cold climates, more sensitive plants can be planted on the sunny side of rock faces to provide them with more heat.


Nature shows us that we should design action around energy, not energy around action. Typically, people plan what it is they want to do, and then import the energy they need to do it as an afterthought. It is better to take the energy we have locally and design our actions around that available energy. We do this in permaculture by placing elements in zones of activity. Elements that need frequent attention are located in the closest, easiest to reach places. Elements needing less frequent attention are placed farther away. For example, our kitchen garden is located as close to the kitchen as is practical, whereas long term timber production is located at some distance from the house.

Nature also shows us to put elements through as many duties as possible. The more you make each element of the system do, the more efficient the total system will be

and the greater the yield you will have. If, for example, you are growing birch trees, you can collect the sap in spring and make syrup. The tree provides shade and can act as a windbreak to increase the productivity of crops and animals. The wood can be used for timber and the branches for fodder. The branches can be chipped and used to grow mushrooms such as oyster mushrooms (*Pleurotus ostreatus*). After being used as a mushroom substrate, the chips can then be fed to cattle, pigs or chickens, soaked in cold water and used as an insecticidal fertiliser, or used as a nematode-reducing mulch. Thus we can see that making more connections to elements makes the total system more resilient and more productive.

If all this sounds like too much work for you to start to put into action, let's consider how you might be living today. Your food likely comes out of a fully industrialized system. You likely drive about 10 minutes to reach a supermarket where you will spend about an hour picking out a week's worth of groceries.





You go to the checkout and pay \$100 (or more) for the groceries. Assuming you made the average wage for the U.S., you worked about 5 hours to get that food. Then it is ten minutes back home and another 10 putting them away. You are now up to 6-and-a-half hours of work for that food. This comes out to 338 hours a year and this doesn't include preparation time. Contrast that with a competent gardener who spends less than 50 hours a year working for food, including planting, harvesting, and maintenance. (If that sounds incredulous, I spend about 8 hours to create a garden, 2 to 3 minutes to harvest what I need for a given meal, and about 5 minutes a year weeding. The secret being that I mimic nature rather than trying to impose the typical vegetable plot on the land.) Furthermore, that food is always fresh and is more nutritious, having been grown in far more fertile soil than is found on today's conventional farms. So upon observation, the

**I spend about 8 hours to create a garden, 2 to 3 minutes to harvest what I need for a given meal, and about 5 minutes a year weeding.**

excuse "I don't have time to grow my own food" becomes "I don't have time not to grow my own food."

By applying these methods of design to your specific climate and conditions, you can start to move on a path towards sustainability. You will also be taking control of your life and

freeing up your time as well.

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# adventure racing: the sexy polymath of endurance sports

text RONALD EAGLIN  
photo EAGLIN AND MARK MILLER

One of my morning rituals is my daily morning trip to the gym. I usually bike the 10 miles to the gym, lock my bike and head inside for about 20-30 minutes of weights. I like the gym, I know most of the folks who work out when I do – and they are a friendly group. Because of newspaper articles and word of mouth – most of them also know my hobby – Adventure Racing. Quite a few of them have taken up racing after some conversations and coaxing, taking the plunge into that first race is always the hardest.

But adventurous people are always looking for that next challenge and if you take up adventure racing – there will be no end to the challenges that you can face. A friend of mine, Aaron, who had been a power lifter and body builder for years wanted to start adventure racing.

This is the advice I gave him and this really applies to anyone thinking about the sport of AR.

The first thing that you have to get used to is that AR is a team sport. Teams can consist of 2 members and some races even have 5 members on a team. In a team dynamic, it does not matter how fast you are, what matters is how fast your team is – especially if you plan to be a competitive team. You will need to find a compatible team-mate. If you do plan to race competitive then you will also need to find a team-mate of the opposite sex, since elite divisions in nearly all races require the teams to be co-ed.

A typical team will normally consist of at least a navigator, a woman, and a mule. These designations are mix and match. The navigator needs to know how to navigate. A mule is an affectionate term for a very strong athlete that can carry, pull, prod, and coax the team-mates through some of the hardest parts of a race. Once you have your team-mates – then you can move on to the next part of getting ready to adventure race, training.

This is what I love about adventure racing, it covers everything. Over the last 10+ years I

have run, climbed, rappelled, paddled, swum, biked, sailed, rode horseback, roller bladed, portaged, scrambled, scootered, river boarded, skied, and crawled through hundreds of miles of every terrain possible. While some may say this makes training hard, in reality it makes it easy. Anything physical can be training. You should really have a base running/trekking capability. You'll also need to be able to bike, and this can be anything; road, dirt, or challenging single track terrain. Paddling a boat is also a skill you will want to master; canoes, kayaks and various types of paddles. Races also many times have challenges that may require you to throw, carry, push, or pull various objects to perform a task. One of my personal favorites was a race where we had to shoot an arrow through a hoop. This may sound easy except we were given the raw parts to make both the bow and the arrow.

So now you have your team, you've been training, and you think you are ready for your first race. Oh – did I mention navigation? Adventure races are not on a marked and mon-

itored course – you will instead have to find your own way through the terrain using a map. And a compass. And your wits. This is probably the most attractive thing to most people about adventure racing. You can at one minute be in the lead, then a navigation error puts you in the back, and then a brilliant strategy move puts you at the front again. This is an adventure – you will have to be able to read a map. This task usually falls upon the team navigator. This team member will be fumbling with maps, the compass – looking in different directions, and generally trying to keep the team moving in the correct direction.

Now it is time to race. You should probably start out with a shorter race. Most adventure races are measured in time not distance. A good 3 hour race is always a place to start. It is always a great thing to do to polish your skills in adventure racing. I personally think true adventure racing really starts at the 12 hour race. The most popular races for me are the 24-30 hour races. These combine endurance, with less speed –







# adventure

but usually cover absolutely amazing terrain – and racing at night. Anyway, don't sweat the first few races if you don't do as well as you would like. This sport typically takes some time to get really good at – regardless of your physical abilities. A 7 minute miler is still going to lose to a 10 minute miler in a 5 mile orienteering if they spend more than 15 minutes lost. And you will be lost (at times).

So how did I get started into AR? I had a pretty good background in endurance sports, having done a few marathons and many triathlons. I discovered orienteering and found it to be a great way to keep running interesting. But the standard triathlon was getting pretty boring – you train to tweak a few seconds from each leg of the triathlon, but each race was essentially the same with just

some changes in scenery. When I discovered AR – I found quickly that the courses could vary widely, favoring at times teams strong in certain disciplines, that made the races more interesting. Throw in the challenging terrain, strategy, and the navigation aspect and I was hooked.

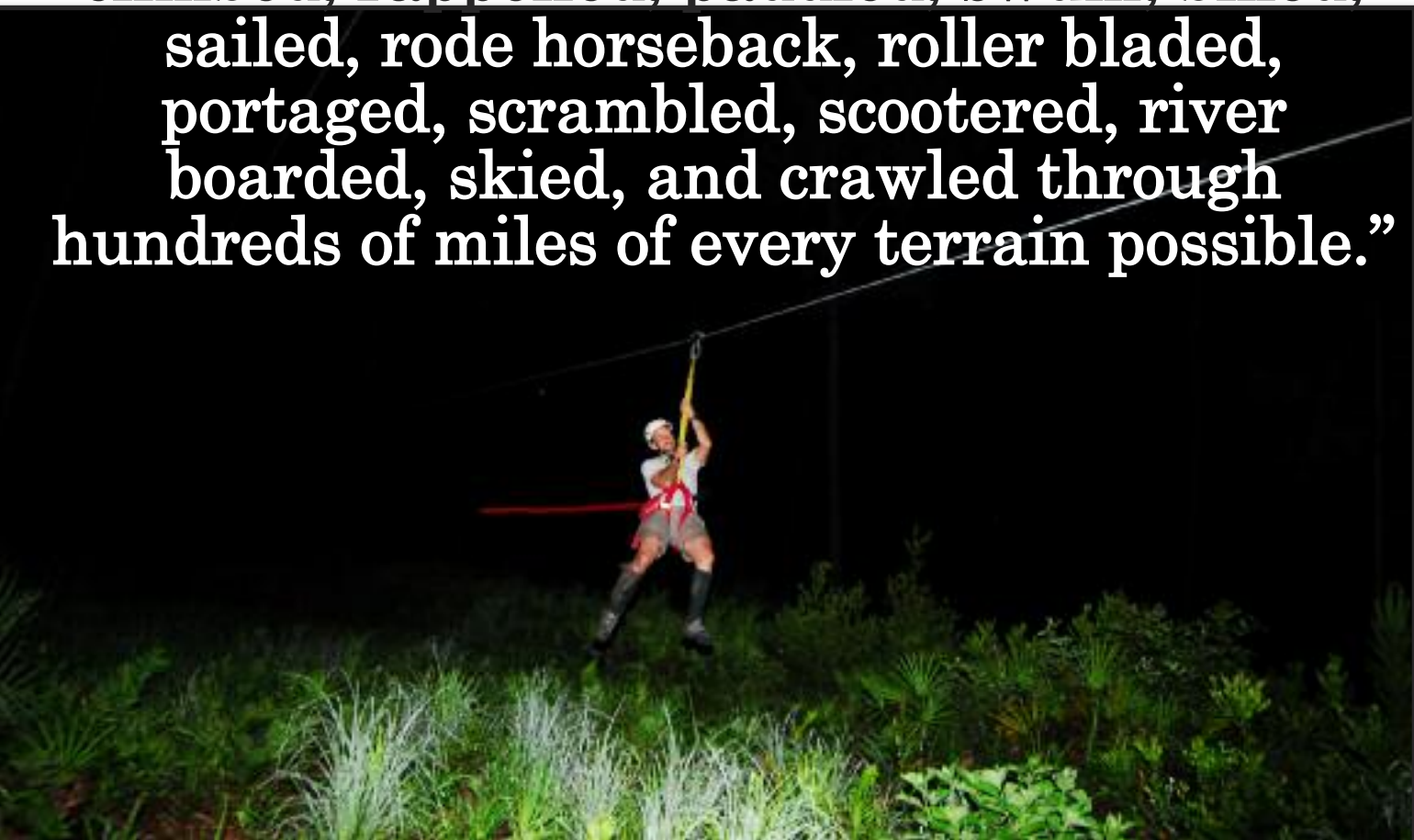
A lot of my friends who race come from military (and fire and police) backgrounds. The ability to lead a team of people from point A to point B by the fastest most efficient route through challenging terrain is a pretty good skill to have in the military. They are also really good at logistics and gear, good skills to have in AR.

The question that I most get asked is "What is it like?" – what they are usually referring to

is the long races (my favorites) where we may be going 3-10 days with no sleep and continuously moving. This is not something you can describe. Racers who have experienced the sensations, fatigue, and hallucinations that come from the ultra-long races have a common bond. We implicitly know that we understand something that cannot be described by those who have not experienced it. And that in of itself describes it best.

After much experience in sports ranging from kick boxing to soccer – I have found AR to be the ultimate challenging sport. If you think you are ready, take the plunge. There is much more on gear and races at my blog at [eaglinar.blogspot.com](http://eaglinar.blogspot.com) and links to plenty more resources.

**“Over the last 10+ years I have run, climbed, rappelled, paddled, swum, biked, sailed, rode horseback, roller bladed, portaged, scrambled, scootered, river boarded, skied, and crawled through hundreds of miles of every terrain possible.”**









# CANNIBAL ZOMBIES

a "movie review" by Sgt. Skull

Within our lifetime North America will be 90% depopulated by starvation and cannibalism. No, I'm not kidding. I'm going to say that again. Within the next 20 years the brain-dead, blood-thirsty American Empire will be torn apart in a 3,000 mile long Yugoslav-style tribal bloodbath and the starving "victors" in their newly independent "nations" will be stalking and eating each other.

Now I'm going to explain why this vision will come to pass. America has always had one embryonic civil war after another but they weren't recognized as such because we called them riots. During the last wave of "riots" starting in the Sixties, the disaffected imperial peasant subjects were blacks living in densely packed and compact ghettos in the major urban areas east of the Mississippi.

These ghettos were small in military terms, typically about 10 by 10 miles in area. When they got fed up with real and perceived abuses by "the man" they would lose it and start "rioting."

These riots, which in reality were actually insurrections, were instantly pounced upon by the mostly white urban police departments who were better armed than the "ri-

oters," and if they weren't sufficient the state National Guard, typically composed of 99% white guys from the rural areas of the state, were called in and these "good old boys" just loved to go "coon hunting" for a few days with Uncle Sam even paying for the ammo. Yee Haw!

**Now let's fast forward** to our present day dying empire. I present you with the Los Angeles basin. I'm no whiz at math but I estimate the area of this sprawling and mostly urban and suburban blob to be about 4,000 square miles. Contrast that with the typically 100 square miles of black urban ghettos in the Eastern part of our ridiculous empire. The potential riot area is 40 freaking times as large. Get the picture? We're talking the

# ATTACK NORTH AMERICA:

text TOM CHITTUM

equivalent of 40 riots all going off at once. It gets worse. There are, I would estimate, 100 gang bangers in this area for every cop. And these guys are up-arming all the time. Their weapon of choice these days is not some punk six shooter Saturday night special. Nowadays, like all experienced gunmen, they're going for military grade assault rifles - AK47s and AR15s.

Our freaking empire can't (or rather won't) feed these "surplus" peasants. Nope, the ocean of "stimulus" money is being used to keep afloat the yachts of the Goldman Sachs crowd, Ivy Leaguers, Bilderbergers, Pilgrims Society, CFR and Trilateral Commission blood sucker parasites. If there is one rule of empires it's that they are eternally full of self-

ish, ingrate peasants who get all agitated if they can't have luxuries like ...FOOD! Thanks to outsourcing, offshoring, downsizing, de-industrializing and ponzi schemes that looted the California treasury plus massive immigration, the Los Angeles blob is really north Tijuana and it's gonna blow. It's just like Tyler Durden said in the Tavistock-spawned movie from hell, Fight Club. "It's all gonna come down."

**Back when they had** the L.A. riot of '92 I was 45 years old and in the Croatian Army. I'd gotten sick of American malls filled with zombies without brains buying crap they didn't need with credit card money they didn't have to impress people they didn't even know. We were expecting a Serb tank offensive and I

was on a bunker digging detail on the front when the Croatian officer in charge of my outfit strolled up and said to me in his spooky, Count Dracula accent, "Chittum, the BBC is saying the niggers are burning down the Los Angeles."

"Good for them," I replied. "I always knew they had more sense than the Ku Klux Klan gave them credit for. Tell me, did those limies bother to ask the spooks what their problem was?"

He replied, "They say it is because the police are beating up some guy named Romey Zing." "Never heard of him," I replied. "Do you reckon there'll be any beer on the supply truck tonight?"



"It's all part of the plan. A huge New World Order banquet with a super sized Bilderberg burger and a side of Freedom Fries called the Iraqistan war that keeps the flag wavers distracted."

Hey, don't get your panties in a bunch because I was a merc. You can have your middle-age crisis of Viagra, a sports car and a trophy wife young enough to be your daughter. Me, I'd rather go rock 'n' rolling. I got hooked on rock 'n' rolling as an eighteen year-old paratrooper in Vietnam and did some merc work in Africa years ago. War is my home away from home when I just can't take "civilization" anymore.

There will be a series of food/ethnic riots in the L.A. mega blob. There, non-Hispanic working people, white black and oriental all alike, will all U-Haul to north of Frisco or to east of the Rockies, anywhere outside of "New Aztlan." The wealthier Hispanic professionals will bug out as well, leaving the smoldering mega blob populated by masses of unemployed and unskilled Hispanics and patrolled by federal troops and foreign "contractors" in armored vehicles. Welcome to Baghdad, USA.

**After that the food riots will spread to** every other major urban area in the southwest and then to Dixie where it will go super nova. The blacks will be mostly wiped out except for possibly some regional pockets where they are heavily in the majority. What will happen up north is less clear, but it ain't gonna be pretty.

**At least that's as good** a guess as I can make, not having seen the RAND Corporation blueprint for this unfolding disaster that was conceived, approved and planned for years ago. Don't believe me? Why do you think the LAPD stood down long enough to get the Rodney King riot off to a good rolling start? It was just a dress rehearsal. It's all part of the plan. A huge New World Order banquet with a super sized Bilderberg burger and a side of Freedom Fries called the Iraqistan war that keeps the flag wavers distracted.

"Oh gosh and golly, folks we just gotta go track down Osama bin Subcontractor before we... err, I mean he... **BLOWS KANSAS CITY COMPLETELY OFF THE MAP WITH A 10 MEGA-TON NUKE.**" (Remember, you heard it here first.)

Even as you read this rant the powers that be are assembling and training a two million man army of insane, programmed killers to supply the tribal militias of our second civil war in an archipelago of military academies all over the USA. I am speaking, of course, of our prison population. Incoming cadets join the Aryan brotherhood or the Mexican Mafia or the Black Guerrilla Family and learn the tricks of the trade that will serve them well when the starving surplus peasant s\*\*t hits the imperial starvation fan - after Brzenen-ski's lawn jockey reads from his teleprompter on a nation-wide broadcast





that our entire wheat and corn crop has been sold to China to pay down the national debt.

**And don't think** that our second civil war is just for the kids in the hood and white rural peckerwoods. Don't think that you middleclass cyber generation Xers and Yers will ride it out in your gated communities like Prince Prospero in Edgar Allen Poe's *Masque of the Red Death*. You're getting tooled up as well. Hence the emphasis on cyber porn like *Fallout* and *Warcraft*. It's electronic violence porn which has the same relationship to war that *Playboy* magazine has to your first trip to a whorehouse. One preps you for the next. These Cyber violence porno games are there to prep you up for whorehouse of actual war. Well, I've been to the whorehouse and it's just like General Smedley Butler said, "War's a racket."

And one last observation before I go. Most of you probably think that we're invading the Middle East to siphon up all their oil for corporate profits. Nope, we're doing it to stop

the Russians and the Chinese from getting the oil. You see, military power is the real coin of the global realm. We've surrounded Russia and China with military bases which they are actually paying for by rolling over our debt. It's like standing them against the firing squad wall and then asking them to pay for the bullets. They're fed up with our aggressive London/New York/Tel Aviv Axis of looting and butchery blueprint that goes all they way back to Lord Halford Mackinder and his pre WWI master plan for world conquest by seizing Southern Central Asia, smack where we're blasting everything to pieces right now. That's why Russia and China formed the military and economic alliance known as the SCO, the Shanghai Cooperation Organization.

I keep trying to explain this to anybody who'll listen but nobody seems to get it. Think of it this way. What if Russia had a massive army stationed in Canada and China had a massive army stationed in Mexico and the US govern-

ment was financing it all by loaning both countries billions of dollars. Even the dimmest dolt could see the madness of it instantly.

Like I said in my book, "America was born in blood. America suckled on blood.

America gorged on blood and grew into a giant, and America will drown in blood."

You can buy my book, *Civil War Two*, at <http://www.amfirstbooks.com>

Now you can go back to dancing to Kraftwerk music and ogling boobs down at your favorite ecstasy-dropping disco.

Good luck, suckers, and may the Cyclops eat you next to last.

**P.S.** I'm a 62 year-old recent widower trying to put my life back together. Any shapely Swedish lady on vacation is very welcome to visit me here in semi-beautiful Frederick, Maryland. My email is [tomchittum@gmail.com](mailto:tomchittum@gmail.com).

# Will to Power:

text ALEX BIRCH

Happiness is whatever that makes you more powerful.

Sadness is whatever robs you of that same power. At least that's what Nietzsche thought at the end of his philosophical career. Every man who has ever beaten the hell out of his opponent, made passionate love to a woman from dusk till dawn, or repaired his own car on the road, knows that this is not abstract talk. The feeling of power — *it's real*. Every man seeks it, every woman desires its fruits.

Nietzsche suggested that most of us are motivated by the desire for power most of the time, only we constantly try to rationalize it with morals. In the end, he argued, the moral world we create to justify our evolutionary behavior simply makes us unhappy, pacified and weak. Nietzsche's weapon was a philosophy embracing the enhancement of individual power in man. This is where I take off, a century later, to demonstrate how you can escape the pacifying process of modern life by harnessing your inner strength and turning it into a weapon against a world of liberal pussies.

**Manliness** often comes down to an offensive, sometimes careless individuality. That's why all women secretly admire characters like Rambo, Conan and Bond; they communicate independence. You emulate this behavior best by adopting a lifestyle and pursuing it pretty much regardless of social consequences. I began lifting weights a year ago when I realized I enjoy lifting heavy things combined with eating lots of home cooked food. I was told I was too obsessed with physique, that only idiots work out at gyms, and that eating that much food is boring. I didn't care. Today I am increasingly beginning to master both arts, and have never felt more energized ever before in my life. My friends have begun to work out like me and eat food like I do. And it impresses the hell out of women who barely know how to cook pasta, but are interested in investigating what's underneath my clothes. Consistency, determination, confidence.

If you want to build confidence you need to find an interesting hobby and try to master it.

Here's the catch: just jerking around with a hobby often makes you nerdy. Nerds are people who master simple stuff like video games or share an obsession with something without really advancing. This is why you need to

**"Every man who has ever beaten the hell out of his opponent, made passionate love to a woman from dusk till dawn, or repaired his own car on the road, knows that this is not abstract talk. The feeling of power — *it's real*."**

think like an **elitist**. If you like gardening you don't just read books about gardening — you plant trees and harvest the best you can after season. Most people, especially women, claim to resent elitism, but in secret they are attracted to it. Everyone embraces excellence. You can be an elitist about pretty much everything, from what type of music you like

to sports. What's the fun in just doing things without improving? Your goal is to always learn more and master more skills. The day you give up and say you've had enough, you've lost. The spirit of a powerful man is one that is never satisfied with everything, but builds happiness after achievements.

What is it about powerful people and **radicalism**? Even though history is rich of great men with even greater ideological conviction, the really interesting men are those who express themselves radically but slightly ambiguously. I never try to hide that I believe in a Conservative, aristocratic society where stupid people have no power and smart people rule. But the way I express these ideas are central to how I'm going to be perceived. If someone asks you what you vote for, why not say you don't believe in liberal democracy? If someone asks you about what ideology you believe in, suggest most stuff promoted on television is bankrupt. Summarize your beliefs in a few words: family values, strong leadership, vibrant culture, or



# personal development for Nietzschean Supermen

market competition. If someone pulls a liberal argument on you, beat it down by accusing that person of being Communist. Don't elaborate. Most of the times they'll have no idea what to respond, you've marked your stance, and yet no one can really place you out on a political map. You are determined, but mysteriously independent.

Evaluating relationships, friendly or passionate, is easy enough when you begin to think like a Nietzschean. Whatever relationship makes you a better and more powerful person is good for you, and vice versa. You know that friend whose obese girlfriend is taking out all her insecurity on him by calling him unattractive? That's a destructive relationship. Never tolerate it.

Your key is to find a person that can teach you new things about yourself and the world. Every woman you meet is a looking glass, and through that looking glass you will perceive the world in a different light. This means you should always try to look at **love** like you look at society: embrace it for its positive sides, but keep some distance, otherwise it threatens to consume you. It's the interplay between that distance and passionate intimacy that will define you and your relationship. No distance breeds desperation and bad choices, too much distance breeds mistrust and lack of interest. Lead your lover by leaving a trail behind. That way you're always

ahead of the game, and you're less likely to be blinded by the same love that captures your great interest.

It's unproductive to be **anti-social**, but it's healthy to be lonely with regular intervals. Great minds spend time alone to reflect upon their surroundings. I've harnessed some of my most important confidence and strength by walking in the forests and fishing in lakes. Every man needs to find his own resting place and nurture his will and mind there whenever he needs it. By switching between solitude and socialization, you will more easily spot the moral hypocrisy and weakness in people around you, but also more clearly find the few interesting souls that are worth getting to know better. Too much socialization makes you a dogma monkey for the authorities. Too much solitude makes you a paralyzed nerd without friends. Learn to master yourself in conjunction with the world.

An enhancement of power feels like...

- × Waking up in the morning with a huge boner that won't go down until you have breakfast.
- × Lifting a heavy weight until the blood pulsates and fills your muscle to the point where it's about to explode.
- × Planting spices by the window one early summer morning, watching it grow over a week's time, and then harvesting it just before a dinner with friends.

× Grabbing an intimidating man by the throat while waiting for the bus, smashing him to the ground with your bare fists, and then stepping on the bus while the adrenaline pumps through your veins.

× Taking your bike out on a ride through the mountains, almost falling off by a small hill, then saving yourself at the last moment and riding on as if nothing had ever happened.

× Breaking into a political discussion and causing anarchy with three simple words: "Bush Did Good."

× Taking a beautiful woman aside at a club, forcing her up against the wall, and whispering into her hair how you plan to take her home.

× Repairing the roof on your parents' house during summer, then opening up a beer and resting in the grass while the enormous sky watches over you.

This is not a doctrine. It's not an ideology. It's barely a philosophy. It's a way of life. Emulate whatever makes you experience this increase in power and you'll quickly find a lifestyle you thought was only possible in your dreams. Set yourself free today!

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# Sanity-Checking Your

Do you sometimes find interacting with people a challenge? That's most probably because you're only looking outside yourself, trying to understand intellectually how these people think and behave. Unfortunately that doesn't work very well, because you don't get very close contact with people that way. The solution is looking inside yourself, at what's happening inside when you're meeting these people. In this article we'll look at some situations, and give you some hints about what to do.

We'll get started by looking at some necessary theory.

## Emotions

Emotions are an important part of your social interactions. Technically, they are just signals in your brain that make you feel a certain way.

Researchers have tried to agree on a classification of emotions, but haven't yet succeeded, so here we'll just take a simple approach that works. For example, we have happiness, sadness, surprise, fear, disgust, anger, shame and combinations of these.

Technically, emotions are just signals in your brain that are triggered by what happens within the brain, or what enters the brain through your senses.

When you do something that you haven't carefully planned and don't feel wholly committed to, it's mostly due to emotions that you act directly upon. We say that you have an unconscious reaction on the emotion. These unconscious reactions explain a lot about what happens in awkward social interactions!

There's not much you can do about having emotions. What you can do, however, is to practice choosing what to do when you have them.

## Thoughts

You know what thoughts are, right? That's the flow of concepts and ideas through your mind. For many people, they just start and go on and on, without any possibility of control. Actually, thoughts are mostly unconscious reactions to emotions, so if you can't stop thinking of something that you don't want to think about, most likely there's an underlying emotion that you haven't yet discovered.

Emotions can trigger thoughts, and vice versa, so it's sometimes hard to know which is which.

Now, it's time to look at some common challenging social situations.

## Who's uncomfortable, really?

Suppose you always get uncomfortable in the presence of a particular person, call him Bob. Can we find out what happens and what we can do about it using the concepts of emotions and thoughts above?

We start with what we know, that is, that you get uncomfortable when you see Bob. That's an emotion, right? And emotions typically

show up on the outside, even if you try to repress it. Now, what do you think Bob sees; a kind and warm person? Nope, you'll definitely not look inviting.

Now just turn this around, and look at what Bob sees. Bob now sees you're being uncomfortable. If Bob is sensitive, he will react to your emotion, believing that something is wrong with him, and feel uncomfortable himself. And then, what will you feel?

So, are you sure it's just you who's uncomfortable? And does it matter who starts being uncomfortable? And does it matter why you or Bob reacts to the other person? It could be due to anything, perhaps Bob reminds you of some childhood bully, or you remind him of a teacher that he didn't like, or whatever.

In this situation, where you don't know what causes what, the only sensible conclusion to draw is that any of you has the chance to break this cycle, and stop feeling uncomfortable; otherwise things will remain as they are. We'll soon come to how to do that.

## Who's Got the Power?

Let's look at another situation. You're facing a person who's trying to exert some power over you, for example a friend or a boss who wants to persuade you to do something you don't really want to do. Because of the power you feel your friend has, you remain silent, and accept to do it. Now, let's see what we can find out about this scenario. Let's suppose the other person is your friend.

First, what are your emotions? If some emo-



# Social Interactions

text THOMAS DRAKENGREN

tion stops you from saying "no", it's probably fear or shame. This emotion can make you believe that your friend caused it, which gives the illusion of power.

But now look at your friend, call her Alice. Is she calm, warm and listening, or does she have some negative emotion on her face, such as a mixture of fear and anger? Probably the latter, I'd say.

So Alice's power exists only because you react to her fear and anger with your fear or shame.

What would happen if instead of submitting to her power, you say "I see that you are angry and scared. What's the problem?" Then you're the one with the power!

Of course this only works if you can decode the social situation at the moment it happens, identifying what emotions are at play.

## Who's Stronger?

What does it mean to be strong in a situation? If we skip the physically violent situations, which I hope that you don't see very often, are you strong if you deliver a verbal blow in response to a verbal attack, so that you finally "win" the argument?

Verbal attacks and verbal blows don't occur without an underlying strong emotion. So the verbal response is just a reaction to your strong emotion.

And if you're emotionally unaware, that means you're pretty predictable for the person attacking you. That can easily be used against you to distract you from what you think is important.

I'd say you're strong when you pursue what you think is important, not getting distracted by unnecessary drama, only listening to relevant facts. How do you do that? By being aware of what happens, emotionally, in social situations like these.

## Jargon, Nagging

With friends, it's easy to get into "jargon" mode, nagging each other. That can be fun, and doesn't have to be unproductive, but let's look at why you would be doing that!

Jargon usually means that you say something other than what you really feel. For example, if you're jealous of your friend's new cell phone, you don't say "I'm so jealous of you having that phone", but instead "Can you actually make calls with that phone?" or something like that.

This way of expressing yourself could be fun in a group, but it's good to know what its disadvantages are.

Of course there's an underlying emotion that stops you from telling what you feel, perhaps fear of being accepted even if I'm jealous. Here I can only assure you that it's much easier to be accepted if you're perceived as honest, than if you constantly say something else than what you really mean. And you'll get much closer contact with people.

Again, you need emotional awareness to make it possible for you to improve in such a situation.

Next, we'll look at how to increase our awareness in social situations.

## Awareness

The basic idea of awareness is that you can't change what you don't know. If you're not aware of your emotions, there'll be an autopilot reaction to them, instead of you deciding what to do about them.

In order to decode a social situation, you also need to be aware of your emotions at the moment of the situation. Otherwise you'll react in the same way the next time you get there, however much you regret it afterwards, because the emotion will be there again!

One important fact is that you aren't after to remove inconvenient emotions just because they make you react, because that doesn't work. You can't eliminate emotions, unless perhaps you're a psychopath (which I really hope you aren't). What you can do is to change your reaction to your emotions.

## Keys to Awareness and Self-Improvement

So, how do you get aware? The simplest advice is just to practice. Try to be more and more aware of what's going on in your head in just about any situation. One trick is to catch yourself having a strong emotion that you can't handle very well, and just try to think of something emotionally opposite to that emotion. For example if you feel shame because you believe you've done something socially unacceptable, just let the thought "Oh, it's so great that I did this!" go through your head (it doesn't have to be true, you know). Try to think in a convincing way. This

"Do you sometimes find interacting with people a challenge? That's most probably because you're only looking outside yourself, trying to understand intellectually how these people think and behave."

way, you can disconnect the emotion from your reaction for a short moment.

## Meditation to Improve your Awareness

Another practice that can cause more permanent improvement in your awareness is to meditate. Meditation is no magic. Just sit down comfortably, close your eyes, remain alert, and just observe everything that comes up. For example, if it's the thought "I really need to get up now", just observe the thought and do nothing. The point is that you practice not reacting to your emotions and thoughts. Practice patiently for about fifteen minutes a day, and you'll see gradual permanent improvements.

## Letting Other People Find Your Blind Spots

Often being aware of everything is just impossible. Then you can let other people help you, even if they don't know that! For example, if other people believe you're angry when in fact you're happy, perhaps you aren't as happy as you could be. Look at your body language, for example, and try to be aware of what (an emotion, as usual!) makes your body move in a certain fashion. Doing that could

release some knots that could make you much happier!

## Being Taken Seriously

Every human being wants to be listened to and taken seriously, but it's not very common to meet people capable of providing that for you. What happens when you meet such a person is that they will not react unconsciously to what you say or feel, so there'll be no "emotional drama" like we've been looking at above. They'll decide consciously what they say to you, and they'll openly show their emotions. This can feel uncomfortable at first if you're not used to it, but after a while you'll see that this is where you want to be. Try to become one of those people yourself, and then meet another one!

## Boundaries and Caring about Yourself

When all else fails in your attempts to interact socially, you need to be able to set boundaries. That means that you say "Stop, I don't take this." That'd be easy, right? Not so. If you're having a strong negative emotion, you might believe that "I deserve this", or something like that. Being aware helps you in this situation, too.

An example of this could be an intimate relationship, where you are told that everything's your fault, and that you should change in some way. If you really believe this, you will be caught in a very nasty spiral, where your self-confidence gets lower and lower, and you'll never have the guts to leave. But if you're emotionally aware, you'll see that there's an emotional game going on, which is no good for you. Just say "Stop, I don't take this," and if you don't get any constructive response on that, just leave. It's quite obvious that this is the best thing to do, right? But it's almost impossible to see when you're in the middle of it, not being aware of what's happening.

## Conclusions

We've been looking at how getting more aware of your and others' emotions can make it easier for you to act properly in social situations, diving into a few concrete examples.

Being more emotionally aware can make your life so much more worth living, so just start practicing now!

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# Predictions for 2010

text AHA

*At the time of writing, it is early morning in Sweden. Yet another day of glorious Social Realism as mandated by Social Democracy. Ah, another day on the animal farm! Where every meal is adequate but not too high in protein, every paycheck enough for some booze and potato chips, every colleague at least competent enough to make you turn the gun away from your mouth most of the time. And that would be a BB gun, since we are talking about Sweden after all. This is my Sitrep: I am freezing my balls off and nursing my hangover. I haven't seen the sun since the Persson administration. Wonderful Imoto is prodding me to write an introduction to the 2010 article, tearing me away from my tomatoless Bloody Mary and "Rocco Ravishes Czech Republic". I predict that the day will turn out uneventful and pass with much sighing, grunting, groaning and questions of "why me???"*

*That's as far as my event horizon stretches at the moment. There are people out there who like to extrapolate current events into the far future, making spectacular claims and claiming the credit if they actually come true. Since this is such a hazy field, we (being yours & fucked-up truly) decided to ask a wide variety of experts and sundry folk for their opinions. Why the hell should I care??? After all, according to tacky self-help hippies there is only Now. That's a valid point, but right now I'm miserable and I want a fuckin' proper non-communist drink, a few chicks rubbing my back, a word of thanks now and then, and the sun to fuckin' shine like once a week at least. So, in order to make our future presents better, we need to understand the future so we can make cool contingency plans and exploit opportunities and whatnot. Barring that, we need to invent time machines and robots that look like Summer Glau.*

*Enough frakking around already, here are the predictions!*



## Dmitry Orlov

author of "Reinventing Collapse: The Soviet Example and American Prospects"

State liquor tax revenues will drop for the first time in many decades as more and more Americans find that they can no longer afford beer and switch to cheap and plentiful Afghan heroin and other illegal but very affordable drugs. Marijuana smoke will start edging out car exhaust as America's most prevalent smell.

Distressed municipalities throughout the country will resort to charging exorbitant fees for such things as dog licenses. Many will experiment with imprisoning those unable to pay these fees in county jails, only to release them again when the jails overflow. Some towns will abandon the idea of having a fire department and decide that it's more cost-effective to just let house fires run their course, to save money on demolitions.

Several countries around the world will be forced to declare sovereign default. There will be a mad shuffle to

find a "safe haven" for hot money, but none will be found. Numerous investors around the world will finally be forced to realize that the best way to avoid losses is to not have any money to begin with.

Organized crime rings will start using data mining software to identify lightly guarded cabins and compounds in Montana and other remote locations that are well stocked with food, weapons and gold bullion, and start "harvesting" them by softening the target with mortars, rockets and aerial bombardment, then sending in commando teams with grenades and machine guns.

The Pentagon will attempt to start repatriating troops from Iraq, Afghanistan and US military bases around the world, but find that they lack the resources to do so, stranding them where they are, but asking them to start "resupplying themselves" to defray costs. Military families will be invited to send in donations for food, uniforms and toiletries for their loved ones overseas.

## E. Paul Zehr

Professor of Kinesiology and Neuroscience at the University of Victoria and author of "Becoming Batman: The Possibility of a Superhero"

Palmeiras of Brazil wins the World Club Cup of Football.

Tiger Woods has public confession of mis-deeds on Oprah — all is forgiven. Sort of. Actually, not really, the whole thing is way too creepy.

After a thrilling tournament Germany wins the 2010 World Cup of Football. Chelsea of the English Premier League wins the UEFA Champions League.

E. Paul Zehr finishes "Inventing Iron Man: The Possibility





"As always, the politicians will keep making stupid laws that will make life more cumbersome and we will have more supervision from the government in all parts of life where we don't want it."

of a Human Machine", the second book in his trilogy exploring human potential through the metaphor of pop culture comic book icons. I predict it will be very good. I am biased though.

The first fatality will occur during a mixed martial arts competition. It will occur as a result of a choke that causes a carotid artery thrombus and fatal brainstem stroke.

In the DC Comic Book Universe, Bruce Wayne will return from the "dead" (or limbo, or purgatory, or wherever he is supposed to be hanging out right now) and be restored to the mantle of the Dark Knight.

All the consternation about global warming will finally turn from who is responsible — it doesn't matter at this stage, things are changing regardless of what we do now and all we can do is minimize the effects — to planning for how to deal with the changes to the planet's many ecosystems. And moving houses away from waterfront exposures...

In the capable hands of Jon Favreau, and enacted by the marvelous Robert Downey Jr., Iron Man 2 (subtitle uncertain...) will eclipse the previous excellent worldwide box office gross of \$585 million for 2008's Iron Man.

The International Olympic Committee will install new doping regulations that are based upon genetic testing. This will be a direct attempt to fight head on the new wave of "gene doping".

### "Madhill"

2010 will be the year when the outcome of the war in Afghanistan will become evident. The complete failure of reaching any of the goals will prove a disaster for the US-led

NATO forces. This war for geopolitical influence will end like the Soviet invasion in the 80s. Drones, satellites and laser guided missiles don't work on the asymmetrical battlefield. Iran will become the new military target.

The economic situation will continue to worsen with increasing national debts, defaulting bailouts and mass unemployment. Structural failures in international financial markets, lacking transparency, fiat-money and increasing cost of natural resources represent a few of the complex dysfunctions in the economy. Added to this, environmental policies and the reality of "peak oil" will undermine any real growth. Developed nations will increasingly have pockets of third world standards.

The media industry will undergo its most dramatic transition in its history. Robert Murdoch's desperate move to charge subscription fees for online content will be an utter failure. Automatically generated news, independent blogs and e-book publishers will become more popular than expensive and censored news hidden behind subscriptions. The introduction of the e-reader for the consumer market will enable a new generation of user created content.

There will be many technological breakthroughs in 2010. Many "wild cards" from the 90s have matured. Therapeutic stem cell treatment, medical nanotechnology and synthetic biology will increasingly make headlines in scientific journals. Bio fuels based on synthetic organisms



"I don't make predictions – the universe is complex enough that anything can happen at any time,

and increasingly efficient solar panels is cause for optimism in the energy industry. 3D and OLED screens will enter the mass market.

Medicine will become tailored for your DNA. Personalized medicine and vaccines will become available at a high price. Cognitive enhancers (IQ-pills) will become increasingly sophisticated and tailored for individual needs and situations.

### "Norsar"

The economical situation will take a turn for the worse and we will see even more people become jobless. Most countries will try to resolve this by throwing more money at what they think is the problem, which of course will not solve anything. China will be strengthened by the economical crisis and when it all blows over will be one of the largest players in the game. The crisis will give power to the people who want to see global governance/New World Order, and new regulations for trading will be enforced.

As the USA will not be able to take back all the soldiers from around the world (they would end up in the streets as there are no jobs for them) there will most likely be more places that will "need" "liberation" and lots of people to do the job.

There will be problems with crops at some places around the world and the price of most foods will rise. Genetically modified ingredients will be more common in the food we buy at the store.

The swine influenza will mutate and sweep over the

so planning for scenarios is far more useful than pretending to be a seer. Personally, I do what I can to ensure I'm flexible and resilient enough to handle whatever happens."

world again, the second wave might already have started in Ukraine. A third wave will probably come in the autumn of 2010.

Iran will keep up the fight for their nuclear

program and will at some point end up with nuclear weapons. Afghanistan and Pakistan will see more fighting as they become more unstable. Iraq will have more bombings and "terrorist" attacks and any withdrawal of troops will be seen as a victory for the "bad guys". The military buildup in South America will continue but will probably not result in a war in 2010. Russia's friendship with India will empower CSTO (Collective Security Treaty Organization) even more and CSTO will get a bigger role in that part of the world.

On the battlefield we will see larger use of UAV's and more high-tech solutions, the squad leaders will have more information to base tactical decisions on.

As always, the politicians will keep making stupid laws that will make life more cumbersome and we will have more supervision from the government in all parts of life where we don't want it.

### Josh Kaufman

head of entrepreneurship self-learning site [personallmba.com](http://personallmba.com)

I don't make predictions – the universe is complex enough that anything can happen at any time, so planning for scenarios is far more useful than pretending to be a seer. Personally, I do what I can to ensure I'm



flexible and resilient enough to handle whatever happens. Here's what I'm doing:

1. Paying down all outstanding debt, so no one has any outstanding claims on my work or time. In many ways, debt is slavery - throw off your shackles as quickly as you possibly can, and refuse to put them back on.

2. Continuing my self-education. Knowledge is power, and a little reading and experimentation can go a very long way if you focus on learning economically valuable skills. Your local library is a treasure trove of information that can improve your abilities in whatever you're interested in - use it!

3. Preparing for the unexpected. Investing in a home emergency / first aid kit, car kit, and extra resources like food and water isn't paranoid - supplies like these are cheap insurance for the intelligent, particularly in the winter months. You may never need them, but you'll be glad they're there if you do.

4. Building my reputation. The more people think I have something uniquely valuable to offer, the more secure I really am. The best way to build your reputation is to do things other people find useful, then encourage them to spread the word. The better your reputation, the more options you have to pursue.

5. Ignoring the news. Seriously - 99.999% of the things you hear in the media are completely outside your sphere of influence or locus of control. The news media makes money by attracting attention, and nothing gets attention more than the rumor of imminent danger or threat. The only likely outcome of watching the news is that it'll sap your attention and divert your energy from improving your situation to fretting about what the

world's coming to. Keep your attention on what you're doing to build the life you want to live, and it's only a matter of time before you get there.

### **Chris Nickerson**

professional hacker at Lares Consulting  
and lead cast member on the TV show  
"Tiger Team"

As I write this, I would love to talk about the sensation-  
alist musings of the grand chaos to come but for some  
reason I can't do it. As much as I would love to talk about  
2000 years from now, where the United States is  
merged with the Chinese economy so much that it will be  
the technological equivalent of Microsoft, Google and  
Apple joining forces..... I just can't do it. Even further, I  
can't even talk about the Cyber Jihad that could come  
any minute but will likely hold off till we all have  
RFID/material implants and can be tracked from space  
(Yes, this technology exists today, I HAVE SEEN IT).  
I would even love to talk about the uprising of a REAL





cyber culture from the children of your children's children, where packets are the bullets of freedom fighting and the wars are an endless fight to summit a never-ending mountain of surveillance and government oppressions of freedom... but I just won't. The reason for this is simply that, when I look into my magic 8-ball it responds "Outlook Hazy." Not too good of a prediction.....

Or is it? I would like to pose this as more of a question to the reader. "What do YOU want for your future?" The time is upon all of us where language, race, religion, creed, and even likes/dislikes are almost irrelevant. We are quickly becoming a society of Ones and Zeros. In this place of interconnected anonymity it is time to choose your role. Will you be YOU or will you use this opportunity to be something else? Will you use this medium of a new world to be on the good or bad side? Will you change? Will you stay the same? Or, will you just

watch? Maybe you will take these stories and visions of the future and believe them. Maybe you will believe them SO MUCH that YOU will be the reason they happen. For that reason and that reason alone, my words and thoughts of the future are jailed. The cone of silence used on my mind and others will be the blank canvas of our future. Think of this. A world of "I don't know." In this world ANYTHING is possible and NOTHING is rooted in a manifest destiny provided by the clever observations of brilliant minds. Think of a world where every day you get to draw in your global etch-a-sketch and every night you get to clear your vision to allow for something completely radical and new. Think of the opportunity you have to be a savior, an observer, a builder, a breaker, a fixer, a freedom fighter and a prophet. All of this IS our future, and it is a screen name change away.

### Tom Chittum AKA Sgt. Skull

author of "Civil War II: the coming breakup of America"

In California a little girl will be videotaped digging in a garbage can for food. Conservatives will argue that the "thieving little bitch" should be sent to a supermax prison for life under California's "Three Strikes and You're Out" law. Liberals will maintain that she should be adopted by Roman Polanski so she can have meat at every meal.

Unemployed Americans will start eating their pets. Nevertheless, sales of cat and dog food will soar as many will no longer be able to afford human food.

Street gangs will go political and start social programs such as food giveaways and taking over vacant houses for homeless people to live in. Some will start marching in armed formations on public streets. Conservatives will claim it's





"Road Kill" will replace turkey  
as our national meal on Thanks-  
giving Day which will be re-  
named "Don't Give a Fuck Day."

just another pinko plot by  
ACORN and liberals will  
get their panties all in a  
bunch because peasants

aren't supposed to have guns, that right being reserved ex-  
clusively for Goldman Sachs limousine liberals.

The Shanghai Cooperation Organization will grow in size  
as one or more nations jump ship from the Western  
block and join the Russia/China block.

An unemployed person will publicly immolate himself on  
Wall Street to protest the economic collapse. Republi-  
cans will argue that the lazy bum could have made an  
honest buck by renting himself out as a tiki torch at the  
Bohemian Grove and Liberals will denounce him for con-  
tributing to global warming.

The price of gold (as denominated in rolls of U.S. toilet  
paper "money") will increase every year from here on-  
wards until the final economic collapse which will be no  
later than 2016.

The Nobel Prize Committee will grant a posthumous  
"Peace Prize" to Attila the Hun so Barak "Let 'em eat  
cake" Obama won't seem so bad.

Under the terms of the "No Tickie No Washie" Treaty  
with China the price of food will soar after President  
Obama announces massive sales of entire American  
food crops to China in an attempt to pay down our na-  
tional debt.

"Road Kill" will replace turkey as our national meal on  
Thanksgiving Day which will be renamed "Don't Give a  
Fuck Day."

President Obama and VP  
Biden will both resign and  
move in with ex-president  
Bush in his "Fourth Reich

Rancho de Bilderberg" in Paraguay after the CEO of Fuck  
You Real Estate Inc., George Soros, raises the rent on  
the White House. The Joint Chiefs of Staff will declare  
martial law and announce there will be no election for a  
replacement president due to nonstop food riots and  
that the new president will be decided by a cat fight,  
hair-pulling contest between Sarah Palin and Hillary  
Clinton held in the mud wrestling pit of a strip joint in  
Las Vegas. Hillary will win and declare that the new na-  
tional anthem is "The Bitch is Back."

The price of food will soar across the entire globe due  
to decreased harvests due to plunging global tempera-  
tures caused by decreasing sun spot activity. Al Gore  
will announce that he was "just kidding about all that  
global warming stuff" and open up a chain of fast food  
restaurants called "Colonel Gore's Tennessee Fried  
Polar Bears."

A space ship from another galaxy will land on Earth, take  
a quick look around, declare that "This place sucks!" and  
blast off at warp speed vowing never to return.

(PS: The author is a 62-year old widower living in semi-  
beautiful Frederick, Maryland USA and would welcome  
a visit by a shapely Swedish lady on vacation)

**Ronald Eaglin**

Doctor of Environmental Engineering at  
the University of Central Florida

1. The introduction of the Apple iPad will become the  
game changer in the Electronic book market. This will



"A space ship from another galaxy will land on Earth, take a quick look around, declare that "This place sucks!" and blast off at warp speed vowing never to return."

force this particular technology into the mainstream (similar to the Apple iPod and iPhone forcing music players and smart phones into the mainstream). This will have a major effect on the publishing industry.

2. The economy will begin to recover, however the jobless rate will continue to remain high reflecting a permanent change to the economy. Businesses will continue to be reluctant to hire high risk employees opting more to hire proven productive workers.

This will create a disparity between skilled and non-skilled workers and create a large disaffected population group.

3. Ill-educated Americans will continue to deny global warming even as scientists continue to gather more evidence and develop models of the effects warming will have. No major efforts towards reducing carbon will be launched on an international level despite agreements.

4. Emerging power China will play its highest role ever in world politics, overtaking the US in a number of economic indicators.

5. At least one major natural or weather related catastrophe will occur in the US and at least one internationally. The response of the US will determine the political outcome of the next election.

6. Health care reform will pass and the sky will not actually fall despite dire predictions of the managed health care industry.

**Peter Ludlow**

Professor of Philosophy at Northwestern University and au-

thor of "Crypto Anarchy, Cyberstates, and Pirate Utopias"

Forget about all those predictions of wars, economic perturbations, famine and celebrity crash and burn rituals. It's not that they aren't going to happen. They are. But you already knew that.

As it turns out 2010 is also going to be one of the most pivotal years since the Gregorian Calendar was invented, which is not to say that the average person is actually going to notice it. What's going to happen you ask? Well, 2010 is the year that aesthetic computing is going to morph and spawn narrative guided programming. It's also the year that we come to understand that everyone is a programmer. The combination will be a potent mix that changes everything. It will be crowd-sourcing on acid AND steroids.

What is narrative guided programming? It's the idea that programming by an unlimited number of individuals can be guided by aesthetically compelling narratives, rather than rigid flow charts of boxes, diamonds, and lines. What do I mean by saying everyone is a programmer?



Well, everyone who plays World of Warcraft or Second Life is in effect engaged in a form of high level object oriented programming.

The idea is that once narrative guidance is harnessed to the hundreds of millions of people who are already adept at higher level object oriented programming, we go from a paradigm in which programs are written by a handful of geeks squirreled away in office cubicles (or a few thousand people folding proteins or classifying galaxies) to a new paradigm in which hundreds of millions can simultaneously participate in tackling complex problems in a coordinated if flexible and fun fashion. The result will not only be an explosive growth in the sophistication of the resulting programs, but those programs will also be infused with compelling aesthetic quality. Our culture and our technologies are going to be completely rewired, and it all begins next year.

Oh, and one more thing. Watch out for the chikungunya virus. It's coming next year too, and it's going to mess some people up. Hopefully not you.

### "SteviePUA"

world-renowned Pick-Up Artist  
and NLP teacher

You read the book in 2005, in 2010 see the film!

I'm talking about the latest craze to hit your local streets and clubs. Following on from 2005's book "The Game - Penetrating the Secret Society of Pickup Artists", by Neil Strauss, comes "The Game" — the movie for 2010. What will this mean for your social life just around the corner?

Firstly, "The Game" book brought picking up girls into the mainstream. I was there at the beginning of the current enterprise in the late 1980s, experimenting with



NLP and seduction. Ross Jeffries led the way. In the 1990s came the internet, bringing the growth of an online, still somewhat underground, seduction community.

The launch of "The Game" opened wide the techniques we shared for meeting, attracting and managing our relationships. The ideas Strauss, Mystery, Tyler Durden and I had kept within our private community were revealed. This led to a growth of online and local communities and to the breakdown of alliances as the community became an industry. People who had previously pooled their knowledge began guarding their secrets and developing commercial models. Nevertheless, the reach of these developments was limited to people who read books or were regularly online.

The launch of "The Game" the movie in 2010 is likely to bring an unprecedented amount of attention to the pick up community. This has happened somewhat recently anyway, with shows on TV e.g. VH1's "The Pick Up Artist". Visual entertainment is to become the lowest common denominator for learning in the 21st century. A Holly-



wood movie, backed by a multi-million dollar marketing budget, will take the attention into the stratosphere. People who usually never set foot inside a bookstore will be made aware of the training available and will be out in bars and clubs in your locale using pick up techniques. With increased attention, increased commercialisation is a likely result in 2010.

You'll see more adverts, shows and discussions about pick up, aimed at empowering men who lack confidence or social skills. It will result in hordes of guys, using the techniques they've seen in the film and the rediscovered book, trawling the clubs. In an evolutionary arms race type situation, the girls (their targets) will start hearing the same old lines and approaches and they'll take these as lacking sincerity — they'll have been mostly plagiarised from that movie everyone was talking about. Ironically, the truth is this is not always the case. Often, men just don't know how to allow her to see the fullness of his personality. In many cases men don't know how to bridge the initial gap of talking to someone new. They need a

way that lets them interact with her in a way that gets them past the initial autopilot responses people tend to use as self-defence mechanisms when they meet a stranger. We, as pick up artists, try to develop ways to break through these barriers to let her open up enough to see the genuine value we have beneath the surface. Therefore, in 2010 you'll find more mainstream pick up communities developing. Conversely, though, to stay ahead in the arms race, so will many more underground communities emerge and strengthen among people who want to share cutting edge knowledge secretly with their peers. Thus the community will begin to come full circle with a set of well known techniques being run by newbie pick up artists and a new set of techniques and understandings being shared underground by people who are out there at the vanguard.

### David Holmgren

co-inventor of permaculture

In 2010 the perceived separation between the global climate, energy, economic and political crises will break down in a complex web of interaction and reinforcement. Any international agreements to limit carbon emissions will quickly be made irrelevant by new unpredicted expressions of this gathering storm. Economic stagnation and energy costs will be recorded as doing more to reduce emissions than agreements, policies or technology. Carbon farming, bio char and other aspects of bio-sequestration will become the great hope driving a renewed focus on the land by farmers, environmentalists, bankers and politicians, while geo-sequestration will be declared stillborn.

Bio-energy from forests and wood waste will be the real winner in the renewable energy stakes as agricultural bio fuels and more exotic renewable energy technologies generate a lot of heat but little net energy. Plans





# "The interesting times will get more interesting."

for nuclear expansion in many countries will promise to generate lots of heat from dwindling uranium reserves while funding for fusion power will finally fizzle out.

In affluent countries, media and public attention to peak oil will remain minimal as the event becomes history. New symptoms of the crisis will tend to distract rather than draw attention to the central role of energy flow rates, quality and profit. Faith in economic recovery and future consumption will go through ups and downs, mostly going down. The price of gold and oil will remain volatile but will mostly be up.

Grass roots movements for local community resilience such as Transition Towns will expand rapidly, drawing increasing fire from powerful interests threatened by the shift away from globalised formal economies to localised more informal ones. In the process permaculture, as a conceptual framework for creative responses to the energy descent future, will begin to get some attention outside of counter-cultural circles. Most of the attention will be negative, focusing on perceived, and real, weakness as well as "skeletons in the cupboard" of the past thirty years of permaculture activism. None of this negativity will have much impact on the accelerating growth in dumpster diving, creative recycling and retrofitting, permablitzing, water harvesting, semi-nomadic dairy goat herding and burgeoning grey economies outside the control of corporations and governments. At the same time unprecedented opportunities for influencing policy agendas, major sustainability projects and social engineering dynamics will present dilemmas for permaculture designers and related activists.

In Australia these processes will be more muted and even go into reverse as our role as an energy superpower, or at least super supplier to China continues the bubble of debt and consumption. The Rudd government will continue to develop more authoritarian approaches to sym-

toms of the unfolding crisis and play a larger hand in global affairs along with Brazil and other emerging energy super powers. The first threat of fuel shortages will lead to stronger legislation for rationing and plans for Compressed Natural Gas infrastructure to keep the national fresh food logistics system from grinding to a halt. Weird and extreme weather combined with commodity and currency fluctuations will act as a counterpoint to the opportunities of carbon credits, having farmers not knowing whether they are coming or going (to the beach). Meanwhile down at the beach, concerns over the long term viability of coastal real estate will lead to a fall in values of water side apartments and subdivisions as the climate wary investors make an early exit.

A major campaign by owners saddled with these "assets" will see the new Liberal government in NSW change the law to commit future governments to build sea walls to protect coastal real estate. Calculations of the greenhouse gas emissions from the volumes of concrete required by 2050 will exceed that generated from the proliferation of mega desalination plants to keep the swimming pools and spas in these same apartments full of pure (no chlorinated) water. The first permablitz retrofit of an abandoned luxury seaside swimming pool will mark the start of a rising tide of innovative mariculture.

The interesting times will get more interesting.

## "Armed Hippy"

I believe that next year will be of tremendous importance for the future of Sweden. We have an historical election coming in the autumn and the political parties have already begun plotting and from somewhere around April the election will dominate the media as the campaigns start. The reason this election will be historical is that for the first time in Swedish history the communists have a real chance of having a member appointed min-



"A working sexbot will be developed by a Japanese robotics firm, to go on sale in 2011. Pre-orders will outstrip supply by ten-fold"

ister due to a cooperation with the social democrats and the environmentalists. Also, the quasi-nationalists, the "Swedish democrats", likely will win seats in the parliament for the first time. This will provoke the militant left to the point of rioting. There will be blood.

The most likely outcome will be communists in the government and nationalists in the parliament and increasing polarity in the political climate. This will increase the level of political violence even further. Also, I believe, the change back into a socialist government will make the far right lose faith in changing society by democratic means all together. I have heard conservatives and libertarians talking of saving themselves and leaving Sweden, political migration from Sweden will be a fact.

Also, a socialist government with both environmentalist and communist ministers will create a climate that is fiercely hostile towards business owners and corporations. Investors will understand this and the stock market will drop when the election results become official. This will result in fewer jobs as entrepreneurs, investors and the well off will look for greener pastures. In the long run this will speed the decay of the Swedish economy and thereby the Swedish welfare systems.

However, the future has not happened yet, and defeatism is immoral. Next year you'll find me on the barricades fighting destiny. You're welcome to join me; I always have room for one more freedom fighter in my home.  
Love, respect and fidelity / Armed Hippie

**"Ferdinand Bardamu"**

blogger and contributor to online men's magazine The Spearhead

There will be at least two George Sadini-style sex-motivated rage slaughters in Western countries. Feminists will claim that the killings are evidence of "pervasive misogyny" in society and push for even more punitive anti-male laws. On a related tack, there will also be at least two high-profile cases of young women being murdered by their sexy husbands/lovers. Feminists will also use these deaths as evidence of "pervasive misogyny."

The nightclub industry will collapse as the recession takes its toll. At least one-third of the clubs in major U.S. cities will shut their doors by year's end.

A group of congressmen will introduce a bill proposing a "bachelor tax" to encourage "selfish single men" to marry and plug the budget deficit at the same time. With the support of feminists and social conservatives, it will pass in the House but die in the Senate.

A working sexbot will be developed by a Japanese robotics firm, to go on sale in 2011. Pre-orders will outstrip supply by ten-fold.

Canada's Conservative government will fall due to a vote of no confidence. The Liberals will win a minority government in the subsequent election and will form a coalition with the NDP.

The Tories will sweep Britain's parliamentary elections, winning a strong majority. Labour will sink to third behind the Liberal Democrats. The British National Party will make a breakthrough, winning at least one seat.

The Democrats will retain control of both houses of the U.S. Congress, albeit with substantially reduced majorities.



Sarah Palin will declare her candidacy for the presidency in 2012, running on an ill-defined, vaguely right-wing platform. Conservatives will applaud her, liberals will boo her, and both will completely miss the point.

American right-wing author Ann Coulter will be outed as a lesbian by TMZ. She will subsequently publish a memoir on her struggle to survive as a homosexual woman in the "homophobic, dick-dominated" world of conservative punditry. She will score an interview with Oprah.

### "TJTMB"

Christmas is on its way and I'm sitting on the train to my home town in North Norway. In front of me in the train there are four people sitting talking about the future of the Norwegian army and our chances if there was to be a new war. What would happen if the Russians come to take our oil?

The discussion has been going on for about 20 minutes and is mostly useless in content. But this is interesting. Would Norway stand a chance if the Russians came to invade us? Well, the short answer is no. Our army is so small that even an attack from 6000 left handed drunks would be able to take us out on a good day. But is it likely?

The conversation in front of me goes on and they seem to think that there is a chance Russia will come and take us in the close future. I personally don't think so. Russians have never attacked Norway and I don't think they would risk it. But perhaps it's not so much risk when it comes down to it. In the latest news Iran has been discovered to have been developing components for a nuke even when they have agreed not to do so to the UN. But

the reactions from the world community have yet to come in full force. The same can be said about the North Koreans. They do as they please and don't seem to be stopping with nuke programs. USA doesn't want a new war yet, they have too much as it is. In the past the balance between West and East would secure that one attack would result in retaliation, but perhaps this is not the case anymore. Just look at what happened in Georgia last year where the rest of the world just used words when people were killed in huge numbers by the Russians. I say all this only to reflect on our local and global stability. I think perhaps that we think we are more safe then we really are.

What will happen in the future? The conversation in front of me has trailed off to local politics. But where they stop on the good stuff I continue to think about the future. What will happen in 2010? Well, hard to say. I think North Korea





will make a fuss with a certain nuke program, they haven't been in the news lately and Lil Kim loves the spotlight like a bad little girl. But like always they will stop with the nuke project for the time being and all will be good with the UN and USA. Iran will make some more news, they have extreme politics and also want nukes. If they get them there will be trouble and therefore the world government will work to stop it. Perhaps there will be some problems in Zimbabwe where Mugabe doesn't want to share power with the winner of the last election. I don't think there will be a new big war in the year to come. The climate will be in focus and perhaps a big volcano or something nature related will happen to help the climate frenzy go to new levels. I think it will be a slow year to come for the survivalist waiting for some big thing but I am known to be wrong most of the time when I guess, so there is hope that the Rapture will come in the year to come. (It will not come in 2012 so why not 2010, that would fuck up for the Rapture buffs and that would be nice.)



## Sean Kennedy The Fucking Man

co-founder of RantMedia

Okay...

<cue Hardstyle soundtrack>

You wanna know what's comin'?

Private Security Robotics will become the market to be involved in.

Globally, the populaces will be divided between imperialistically militant religious "haves" who are fundamentally driven by their belief that their cause is just... and they will never quit.

iRobot and Taser stock will go through the roof very soon (3 yrs max). Once legislation gets sorted and people understand the very real threat of privatized security forces deploying to control a local urban environment with Complete impunity and legal support; it will be too late

America will put its own spin on a roving state-of-the-art crackdown as will be demonstrated by the Vancouver 2010 Olympics. War vets from Iraq will be put into service as militarised police along the Mexican border.

The 2010 Olympics will be a complete, contained, mess. Transit will be a nightmare; and this will compound the effect that protesters are going to have on the downtown core that will result in a "police incident" that will set the tone for "Civil Rights" in the next ten years for north America.

China is going to continue to flex its muscle in its gradual long grab for the globe. Incidents that should evoke outrage continue to be third page news until China



provokes so many people globally, they are compared to Nazis heavily in mainstream media and it cannot be ignored.

Hollywood will continue to pimp the re-run generation for as long as it can.

It might get another three good years out of it, and then another two after that. Now is the time to begin putting out publications and building Darwinian mass media clusters that act like lobes in the same brain of one emerging consciousness.

These mass media clusters will continue to grow and be augmented and will become referred to as the Singularity and within the next decade it will emerge. The Head mounted display will emerge as augmented reality becomes the new iPhone

(....Most likely Detected as a weird bandwidth spike at first by network engineers, and this will lead to fuel the Meme of "Server". )

In the next ten years Robotics becomes what computers were in the 90's. Japan leads the way in automating living for the old so they can exist with less and less outside contact in further isolation of age.

The weather is going to get so screwy, that everyone stops giving a crap about whose fault it is. They will put down the blame throwers and pick up the flamethrowers to keep environmental refugees out of their back yard. An example could be cited as similar to the media treatment of "Katricians" only far better organised and executed vilification.

"Our army is so small that even an attack from 6000 left handed drunks would be able to take us out on a good day."

Freenetproject.org and Second life will be labeled "Terrorism Pedophilia" in the mass media. Wikileaks will be taken out by a black ops "framed scandal" (<5

yrs ). Cryptography will become like a terrorist tag. People using it will feel like they have to cover their tattoos while walking through an airport.

The future of hope belongs to the few with guile to be effective against the coming trials; and maintain the physical discipline to train themselves for the storm.

...But that's just a ballpark shot.

### John Robb

decorated former USAF special ops pilot, 5th Generation Warfare expert and author of "Brave New War: the next stage of terrorism and the end of globalization"

The first MMO game that encompasses a complete real world social and economic system will emerge. Its transparency, clarity, flexibility, resilience, and speed will make it evolutionarily superior to all of the human organizational frameworks that have come before it. After that, nothing will be the same.

### Fernando "FerFAL" Aguirre

survivalist blogger and author of "The modern survival manual: Surviving the economic collapse"

2010 doesn't look too good.

More unemployment in 1st world countries, more social problems and an increase in crime.

People that used to live in places where they didn't even



"However, the future has not happened yet, and defeatism is immoral. Next year you'll find me on the barricades fighting destiny."

lock the doors will now suffer home invasions and either adapt to the new reality or become victims.

Friends and relatives that had high standards of living are now poor.

More people on the streets, more families dumpster diving.

The wave of people in Europe that lost their jobs in 2009 are now running out of "el paro", the unemployment bill the government gives them, this will probably cause protests and maybe even some social unrest.

More people will return to their countries of origin as the 1st world countries they went to now lack job opportunities.

In USA the government will desperately go out hunting for tax money. 2010 will likely be remembered as a year of increased taxes as well as new ones. Fines and such, they will all go up in price to round up money to pay for the bailout and free healthcare.

Government control and invasion of privacy will become a more serious problem as the authorities try to control every aspect of people's lives, and their spendings.

It's not all bad. It will also be the time for business opportunities. Those that understand the new needs and new social sectors may find ways of making good money.

Even more people will be moving back to their parents

and families living together chipping in all together to make a living.

The grandparents are now sought after for their nanny capabilities, saving money for the family by doing such jobs.

There will be a reduction in the leisure market. People will be buying some luxury items but even the higher classes will become a bit more careful about spending in general.

Throwing away money ridiculously won't be fashionable any more, and different groups and non profit organizations will be formed, not to save the whales or rainforest, but to feed the new generation of poor children.

There's going to be an increase of small, home based businesses and companies, started by ex-unemployed.

2010 will still be a complicated year for most people, mostly regarding unemployment, poverty, inflation and a new problem: higher rates of violent crime.

By the time we start 2011 we will have both a more solid economy and society. By 2011, the main problem won't be the economy, but governments that now have too much power, power that was granted to them to get the people out of the crisis.

**Kevin Carson**

[themutualist.blogspot.com](http://themutualist.blogspot.com)

The U.S. economy in 2010 will experience either the second leg of a double-dip recession, or near-zero job



growth. The long-term trend will be something like the Great Malaise Alan Greenspan described back in the '80s: we'll see stagnation of both growth and employment. The unemployment figures may be partially concealed by discouraged workers dropping out, but employment as a percentage of the population is one statistic you can't fudge. That statistic peaked in 2000, and is now about 10% lower than its peak. It will probably continue a gradual decline. With an end to asset bubbles and consumer debt as a basis for purchasing power, there simply won't be enough demand to put that idle industrial capacity back to work.

It follows that, of necessity, we'll see the unemployed and underemployed shift a growing share of value creation from wage labor into the informal and household economy. We'll see an increasing number of household income-pooling units in which only one full-time wage-earner brings in outside income.

Dovetailing with these trends to a considerable extent will be the continued growth of distributed and relocalized manufacturing, with industrial production shifting increasingly from traditional mass-production industry to local job shops using general-purpose machinery to switch rapidly between short runs of many different products.

The networked manufacturers of Emilia-Romagna are the wave of the future. An early sign of this trend in the United States is the 100k Garages project. Worldwide, we'll see an increasing trend among supplier networks of traditional manufacturing corporations to

enter directly into flexible manufacturing networks with each other, ignore the trademark and patent rights of their former corporate clients, and treat corporate headquarters as redundant nodes to be bypassed.

In China, in particular, fleets of rusting containerships and enormous idle industrial capacity mean the only hope is reorienting to production for local demand. That means marketing identical knockoff goods without the brand name markup, and selling them cheap to the local population.

The transnational corporations that have outsourced everything will realize they're nothing but hollow shells, and all the actual production that's currently going on could go on just as well without them.



# East Anglia Cyberpunk Noir:

If the world were like a William Gibson novel, what happened at the East Anglia Climate Research Unit would be more telegenic. A Brave Hacker, no doubt wearing black vinyl and mirror shades, snuck past the British security state, getting deep network access, and pulling out evidence of a Grand Conspiracy by the Megacorps to maintain our perpetual techno-serfdom. Now, on the run from street samurai, Yakuza, and cybernetically enhanced Scotland Yard detectives, we move on to the second act.

Cue lighting and direction by Ridley Scott, and pull out your popcorn, right?

Depending on how you watch the news, there's either no story at all, or the narrative above, changing the Grand Conspirators to the Secret Cabal of Climatologists, is close to the accepted truth. The circumstances and what's going on are rather different from either of the conventional narratives.

The first part of our narrative stems from the British Freedom of Information Act, which is a formalized procedure for getting information out of government agencies, most of whom want to hold on to their information without it being reviewed. This stems not from some grand conspiracy to dupe the public, so much as bureaucratic inertia, and turf wars.

The way FOI acts are currently structured, they are also levers by which political opponents can do the snail mail and bureaucratese equivalent of a denial of service attack; indeed, with the Internet, it can even be a distributed denial of service attack.

When an FOI request comes through, and can't be dodged, it's usually the job of some junior member of the agency to go through and gather all pertinent data, assemble it into a file for release, and get it signed off. What was released from the East Anglia CRU looks very much like it was assembled for an FOI request. It's organized to be largely in compliance with an FOI request, and it contains things that would otherwise not be present.

The reason why an FOI request is important is because the field of climate science has been propelled as the Next Great Calamity, something demanding urgent changes in human behavior and western civilization to save us all. There's a lot of political power to

be grabbed in an apparatus designed to protect society from a shibboleth; see what was wrought under the Bush Administration in the name of national security. With political power comes union jobs, and with union jobs comes permanency. We will never, for example, be rid of the Transportation Safety Administration, and its never ending quest to make airline travel even less pleasant.

What the CRU largely does is paleoclimatology, and matching data sets with ground temperature monitoring station reports. They look at things that are widely considered to be signifiers of prehistoric climate trends, and try to make a projection that can be used to define a normal climate. Doing this





# the deconstruction of Climategate

text KEN BURNSIDE

is tricky work; you need to have something that reacts to temperature and which accretes from year to year in a continuous cycle, ideally going back for centuries. These can range from sedimentation layers in lakes (with pollen counts), to ice cores from Greenland and Antarctica, to bore holes, and tree rings.

Tree ring proxies are the largest part of the data set used by Climatologist Michael Mann to create the infamous 'hockey stick graph' - which showed that the last third of the 20th century had an incredible temperature spike, unlike anything that had been shown in prior records. This graph was created by statistical tools, and careful selection of data sets,

and was theoretically closely matched with overlapping temperature records. This graph has been the source of a lot of the high profile controversy on this topic, with the National Academy of Statisticians saying it's a horribly hackneyed use of sampling techniques, to people reconstructing it and finding that they can create a hockey stick blade from nearly random statistical noise, to people finding that if you remove one or two outlying samples, the hockey stick pattern goes away.

This hockey stick blade is important, because it's a simple, convenient way to point to the shibboleth of future calamity and demand action now. For those whose political futures

are tied to the premise that we must do something now about global warming, this is a powerful political cognomen. For those who are broadly opposed to this agenda, discrediting it is of paramount importance, and those who created it can be discredited as frauds.

These hockey stick graphs and historical records provide the baselines from which predictive models are run; in a very real sense, they're also a generalized proxy for 'how warm is the right temperature?'.

Which leads us back to the CRU data leak.

The second part of our narrative comes in early October of this year, when this file was

# "The aftermath of this data leak likely won't involve a car chase, or a choreographed gun fight. It may be more spectacular than that."

first leaked. It was sent to people at the BBC, who promptly decided it wasn't news (or wasn't news fit to be publicized). Six weeks later, it was pushed out on a Turkish web site, on November 17th. Two days later, on the 19th, it hit widespread dispersal on a Russian FTP site, and was then spread on a climate skeptic web site called Air Vent. Once it got into broad distribution, it was read... and suddenly, there's a story going on.

First, there was a refusal by the CRU to acknowledge that they'd been hacked – in spite of posts by Gavin Schmidt that he'd first spotted this on the 17th. By the 22nd, there was no way to deny it at all. The bag no longer contained the cat, and its shreds were the tattered banners blowing on the 24/7 news cycle.

The right wing side of the press had their smoking gun. There were discussions about how the data that created the Mann hockey stick graph was a 'trick', and how the climate models needed adjustments to hide the decline post 1998, where the temperatures have either remained flat, or decreased sharply, depending on which measure you take of them. On the extreme side, Fox commentator Breitbart felt that the people at CRU should be put to death for fraud.

Most damning of all was the emailed instruction to delete other emails on a topic to conceal them from an FOI request. This sort of email proved to be the principal nail in the coffin bringing down ENRON, as it's a clear admission of criminal intention.

The left side of the punditerati started down

the road saying that this was fruit of the poisoned tree, what with the illegal nature of grabbing people's emails that were confidential, and that they simply showed that people who work in science are people with the usual pettinesses and office politics of anyone who works in a technical field, carefully eliding over the "Tell so-and-so to delete these emails to avoid an FOI request."

It was shaping up to be a talking heads imbroglia until some of the more technically savvy freelancers out there looked in the other files. Which contained some FORTRAN-90 code with some damning commentary inline. Indeed, people who work in financial software for a living said, after a short perusal, that any code run this poorly would put people in the financial services industry in jail.

Then came the data mining of a file called HARRY\_README.txt, which appears to be the chronological log of the person who had to make their database merges... and the commentary there was savage, about how the database merge techniques were making up the data as they went along to deal with bad formatting and incomplete information.

The release of this data was done two weeks ahead of the Copenhagen Climate Summit. It caused US President Obama to decide it was politically expedient to be somewhere other than Copenhagen. The conference itself was fragile, with a coalition of countries centered around India and Brazil saying they'd organize a unified walk-out if the results didn't come down to 'more money from the first world'. As this piece is being written, the

African bloc has withdrawn from the conference in protest, and it's unlikely that a binding accord will come out of it.

Which leads us back to the Cyberpunk narrative, oddly enough. Political action is like pushing mud with your bare hands; you're better off finding impediments in the direction of the slope the mud wants to go in, and removing them (or adding them) than you are getting behind them and pushing them. This data leak was almost certainly politically timed to destroy the credibility of the paleo-climate models, and to undermine the broadly spoken of consensus.

Which leads us to the cyber-punk noir questions of "Who Did It, and Why?"

Based on what was released (and how much work it would take to compile) and the fact that it was leaked to the BBC, it's about a 99% certainty that this was an inside job.

More intriguing is the question of 'why'. Was this timed just to torpedo the Copenhagen meetings? Is there more data waiting to be released? What FOI request was this file compiled for? Were there other FOI requests that haven't been met? Why, when the BBC was handed a story this hot, did they sit on it rather than run it? Is there truth to the skeptics' claims of a vast conspiracy in the media to use the shibboleth of climate change to add another layer of regulation on capitalism?

The aftermath of this data leak likely won't involve a car chase, or a choreographed gun fight. It may be more spectacular than that.



# Timeline of events

Oct. 2009: The BBC is sent the CRU data leak, and sits on the story.

Nov. 17: The CRU data leak files are posted on a Turkish IP address. Climate Scientist Gavin Schmidt claims someone hacked his computer on this day from that same address. No third party accounts or security log checks can corroborate this claim of Schmidt's.

Nov. 19: The CRU data file is posted to a Russian FTP site, and the link is posted to the climate skeptic site "Air Vent". A preliminary analysis of the hacked emails shows up at the site Watt's Up With That. The initial rounds of punditry begin.

Nov. 20: The preliminary analysis of the emails causes media outlets to report the story, saying they might be the start of something sinister. The skeptical/denier side of the debate starts using the emails to tout fraud at as much volume as the news channels, on a holiday week, can muster.

Nov. 22: Not to be outdone, several politicians make hay of the announcement, including statements about the greatest act of scientific fraud in history. This eventually leads for a call for a Congressional Investigation, led by Sen. James Inhofe. The coverage saturates other elements of the media, with financial magazines calling global warming 'junk science'. As the week progresses, the demands get more and more outlandish.

Dec. 3: In light of rising public opinions, and an ever cascading pattern of new revelations from the CRU files, Phil Jones, the director of the CRU steps down.

Dec. 4: US President Obama has shortened his stay at the conference to the last day only.

Dec. 5: Prior to the Copenhagen Conference opening, the governments of Brazil, India and several African nations state that unless the West is willing to transfer more money to them for modernizations, they will walk out of the conference in protest.

Dec. 7: The Copenhagen Conference begins, attempting to draft a replacement for the Kyoto Protocol. Several attempts to bring the CRU data leak back into public prominence come.

Dec. 11: Representatives from Brazil, India and several African nations stage a walkout of the conference, claiming that the proposed regulations will destroy their chance to industrialize.

Dec 16: Protesters were tear gassed at the conference as they marched on the convention center demanding it be turned into a People's Conference.

Dec 16: China has withdrawn from the conference after a plank was created demanding greater transparency in their emissions regulations. With China backing out of the proposed plan, the likelihood the US will sign on to it in meaningful ways (or that it will pass the Senate for ratification) are effectively nil.

Dec. 18: The Copenhagen Conference closes.

Looking over these files, and looking over the quality of the code used within them, has caused a section of the Open Source community to advocate open sourcing ALL of climate science.

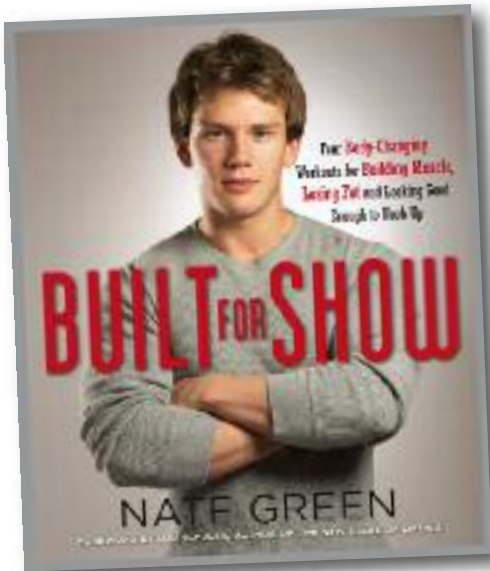
Anything used to inform, influence or direct public policy should have its data sets and source codes made available for anyone to look at. Hardening this position is the acknowledgement that the CRU only had the post-message data sets to work from, and had deleted the earlier sets. (Having worked in large data set science in the past, deletion of old data sets - or at least, relegating them to backup media, is not uncommon.). The open source mantra is that dark proprietary spaces are where bugs breed, and that the CRU's data and code is a bug breeding maternity ward.

Longer term, this is really about the role of governments and the nature of truth when it comes to mobilizing political action. It is always in the best interest for a government to mobilize the people against a calamity; whether climate science indicates that human released CO2 is a calamity is open to some vigorous debate; the alternate explanations include solar cycles and "We don't know". What we do know is that complex, multi-variate chaotic systems generally don't lend themselves to single variable solutions, and this applies to politics as well as climatology.

Making the entire process more transparent, while closing off lots of Cyberpunk noir story lines, is in the public interest. Getting the best interests of the public to overcome the short term focus of the political process and the 24/7 news cycle, is an uphill battle at best.

# MUSCLE AND BABE

## an interview with Nate Green of



Nate Green is an interesting dude. At the tender age of 23, he has managed to rise from obscurity and become a prominent writer over at the Internet's best muscle site, T-Nation.com, as well as writing his own book called "Built for show: four body-changing workouts for building muscle, losing fat and looking good enough to hook up". Through hard work, hard thinking and a bit of luck, he has managed to forge a destiny for himself. When he's not benching a car or writing a treatise on the latest in esoteric peri-workout nutrition for combat athletes, he chills out at his ranch in the Montanian countryside and kicks back with the all-American pastimes of redheads, guns and alcohol. Add some power armor and you have the quintessential Heinlein protagonist...

### **Tell us a bit about how you wound up writing for T-Nation?**

In 2006 I took out a bank loan, bought an airline ticket, and flew across the country to meet my "Internet friends" at a seminar. I'd been on T-Nation for two years prior and had amazing success after applying their articles to my situation. I knew I had to meet some of the coaches.

I met TC, the editor-in-chief, and was offered a job as a forum moderator. After a year of doing that, I had an idea for an article and pitched it to him. It went over well and he started throwing me more work. At that time, I was already writing for Men's Health and Men's Fitness on a freelance basis.

Then in 2008, I was offered a full time position with all the free supplements I wanted. You'd have to be an idiot not to take an offer like that.

### **Tell us about Tim Ferriss and how you got to know him.**

I commented on one of Tim's blog posts before heading to bed one night. When I woke then next morning, I had an email from him asking to see more of my writing. From there I bothered him with questions (while trying to be respectful of his time). I met him in Vegas last year at a blogging expo and recently helped him with a project (although I can't really discuss it right now.)

### **What are some good products or sites in the personal development field that you enjoyed?**

I'm a fan of T-Nation and TC's editorials, Tim's Lifestyle Design blog, and zenhabits.net.

### **What did you learn from the process of writing a book?**

You don't really know what you think you

know till you have to teach it to someone. Also, I learned how to organize like a freakin' champ.

Another thing: one project isn't the end-all, be-all. The book was great, but I'm more than "Built for Show." It's one just thing I thought was important to talk about.

### **Any good tips for our readers on organizing?**

Sure. Grab a piece of paper and seven note cards. Brain-dump onto your page and write down every single thing you need to do that week: appointments, work to finish, haircuts, deadlines, training sessions, etc.

Now take your note cards and write one day on the top of your card. Monday through Sunday.

Now take your huge list of things to do and put two to three very important ones on each



# CONNOISSEUR

text AHA

T-Nation.com

notecard. When that day rolls around, do what's on the card and nothing more. Rest assured that every important thing for the week is getting done. Now go out and play.

## **Name 5 persons you would like to hang out with and become friends with.**

I've got a great group of friends, an amazing girlfriend, and I work directly with some of the world's top strength coaches, writers, and entrepreneurs. I'm feeling pretty lucky about the people I do know!

But, what the hell. I'll give you three.

Matt Damon, Lupe Fiasco and Megan Fox (Not sure about the "friends" thing, though.)

## **Some lesson you learned from self help books and such?**

Damn, I hate the term "self help." As George Carlin said, "there's no such thing as self-help. If you helped yourself, you didn't need help."

I've read a lot of psychology texts and pop-psych books (think Malcolm Gladwell), but I've never been a fan of the "read this and change your life" type of books. I like to explore thinking and motivation, and the self-exploration is fun to me.

But enough dodging the question.

I've learned that we as humans have it pretty damn easy but we like to make things hard. And that's fucked up.

## **How did you get into Pick-Up? Your thoughts on the seduction community?**



I'm definitely not into "pick-up." I've read a few of the books and agree with some of the "tactics", I guess, but I'm still a big fan of talking to girls and being yourself.

And yeah, I know the pick-up guys will say something like, "You are being yourself.

You're just showcasing your 'best' self." Fair enough. But if your "best self" has to be pulled out of you unnaturally and you can't be congruent with who you feel you are, then I think it's a waste of time. It's like emotional masturbation. And I know those guys probably get enough of the physical counterpart.



**"For me, lifting weights is like church. I go in to feel good, to save myself, to exercise my demons. I couldn't just train for girls now. I have too much invested in my self to shortchange my body or my mind."**



### **Any tips on showcasing your best self?**

First you should know what kind of person you are. A little self-exploration is great for everyone. If you're a prick, then acknowledge it. Realize you're probably going to offend people with your humor. You can make it work to your advantage, though. Find an atmosphere where pricks are OK, like a club.

Don't like to go out to clubs? Well, it's going to be pretty damn difficult to pick up a girl at one, isn't it? Like conversation? Consider yourself a more cerebral guy? Head to a coffee shop, farmer's market, book store, or brew-fest.

The point is to be yourself, regardless of who it is. Make it work for you.

**I find your combination of training & nutrition as well as fashion & dating to be fascinating in your book. How can an author similarly differentiate himself in the fitness field today?**

There's more room for personality than people think. If your friends think you're interesting, then it's a pretty good bet other people will think so too. So take a chance and talk the way you want about the things you want.

**What are your thoughts on training for aesthetics ie looking good nekkid?**

Well, the book is "Built for Show." That should say something.



**“Eat food, drink water, work, play, and try to find someone to have sex with.”**



Honestly, I think it's a fine goal when you first start. But after a while, you should have some more personal and meaningful goals.

**Ah, interesting. What are some more meaningful goals?**

Well, it's a personal question and one every guy will have to answer for himself. For me, lifting weights is like church. I go in to feel good, to save myself, to exercise my demons. I couldn't just train for girls now. I have too much invested in my self to shortchange my body or my mind.

**What can guys do to hook up more?**  
Try.

**What are some things that have been discovered in the training trenches in the past few years, and has yet to penetrate the mainstream?**

After you build a strong base (general

strength and muscle mass) I think it's important to specialize.

It doesn't matter if you're going for bigger muscles, better performance, or whatever. You have to pick apart what you want and write an individualized, specialized way to get there.

You can't focus on everything at the same time and expect to get anywhere worthwhile.

**I agree on your training philosophy. That being said, what are some good training programs our readers should check out? le WS4SB, Doggcrapp, Max-OT, etc.**

Built for Show, WS4SB, and really anything that actually has a plan. Most guys go to the gym and try to ad lib their workout. It doesn't work that way. At least not for very long.

**Why are most people not motivated to train? How can we change this?**

Because we're wired to want instant feedback. They simply haven't built enough success factors into their minds and they get pissed off when they don't see "results." The thing is, they never took the time to define what those results are.

**What should one do to survive and thrive in 2010?**

Eat food, drink water, work, play, and try to find someone to have sex with.

**What tips do you have for aspiring writers?**

Write how you talk. It's fun to read and really shows your personality. Hell, sometimes I just yell at my screen and wait to see what happens.

# AN INTRODUCTION TO male ENHANCEMENT

text AJ "Big Al" Alfaro

"Male enhancement". When you hear that phrase you probably think of those "Smilin' Bob" commercials or other similar ads describing the enlargement of a "certain part of the male body".

Just what is "male enhancement"? Is it true that you can enlarge and strengthen that "certain part" of your anatomy?

I hope this article will help answer those questions.

Male enhancement refers to making active changes to your penis by increasing its size, improving erectile hardness, and maximizing sexual control. This is usually done using a combination of methods involving tension and working the muscles associated with supporting good genitourinary health.

About "Penis pills" - The good brands act as an herbal Viagra that will help you get better erections, but the ubiquitous commercials won't tell you that you need to do exercises or use some form of tension if you want to see actual size gains.

About surgery - Some "experts" will tell you that there's little you can do about some of this except through surgical means. Penis enlargement surgery (known as "phalloplasty") is not only extremely expensive, the results are often less than satisfactory. Most lengthening phalloplasties involve severing

the penile suspensory ligament and hanging weights<sup>1</sup> (which you can do without the surgery), and the girth enhancing procedures can involve fat transfers or the use of Allo-derm (cadaver tissue), which usually leaves the penis looking very unnatural.

If you're skeptical about this whole "male enhancement" thing, that's good - skepticism is a sign of intelligence and you shouldn't blindly take someone's word on something like this anyway.

Let's start with the hard science behind penis enlargement. While there's not too much in the medical books about penis enlargement, there's enough data available to show that size changes are indeed possible. For one, there was the Chartham Study conducted by Dr. Brian Richards back in the 70's that used a combination of several methods to induce enlargement. There's also been some recent

articles<sup>2</sup> in US medical publications about extender-induced penis enlargement studies. One thing to note - US medicine is quite conservative in this area. Penis extenders are actually sold in stores and are available through medical plans in Europe!

There are also physiological laws that support adding penile size. One such rule is known as "Davis' Law", which states:

*"Ligaments and other soft tissues, when placed under unrelenting tension, elongate by the addition of new material. When remaining uninterrupted in a lax state, they gradually shorten by the absorption of material"*


Also, I believe that the effects of Penis Enlargement may best be explained by a combination of two processes known as mechanical *and* biological creep.

Mechanical creep is defined as the elongation of tissue beyond its intrinsic extensibility resulting from a constant load applied over time (as with PE exercises).

On the cellular level:

*"Networks of fibrous collagen and elastin within these tissues are clearly able to reori-*





“Make sure  
to use lots  
of lubricant.”

*ent themselves after the application of force.”<sup>3</sup>*

Before starting any male enhancement regimen, it's highly recommended that you get a thorough check up to ensure that there are no preexisting issues that may cause problems down the road.

According to most studies, the average adult human penis is a little over 5 inches erect in length. Most studies are done in a “bone pressed” fashion (bone pressed refers to pushing the measuring device into the base of the pubis to eliminate the difference that the fat pad above the penis makes). You should really think about whether or not this is something that you wish to undertake. My personal recommendation is to do it because it's something that *you* desire for yourself to increase your confidence and sexual performance.

One of the most popular exercises is the “jelq”. The origins of this exercise aren't clear, but one thing is certain — this exercise is the most popular amongst PE practitioners, and some attribute their impressive gains to this exercise. This exercise is primarily for girth (thickness), but can be done with little or no lube for length.

This technique can be used by just about anyone, regardless of whether you're young or old, for dramatic, solid gains in penis size in a relatively short amount of time.



**"If you're skeptical about this whole  
"male enhancement" thing, that's good  
– skepticism is a sign of intelligence and  
you shouldn't blindly take someone's  
word on something like this anyway."**

Do these exercises once a day, three to five times a week. Here's how:

**1)** Apply a generous amount of lubrication (KY Jelly, Nivea cream, Vaseline or any suitable lubricant.)

**2)** Standing or seated, using one hand, pull your penis pointing down gently but firmly. With the other hand, using your thumb and forefinger, proceed to "milk," that is, squeeze the blood from the base of your penis to your penis head in a milking motion.

Each stroke should take anywhere between 2 to 3 seconds to complete.

This exercise should be done with your penis in a semi-erect state (about 50-70% erect). If your penis is not erect at all, there will not be enough blood in there to effectively perform these exercises. If your penis is fully erect, it will make it too hard to manipulate.

**3)** Do up to 100 repetitions. As your penis swells, apply more force. Take it easy the first couple of weeks, then after a month you can start applying more force.

**4)** End your "Jelqing" sessions by jiggling your penis up and down about 50 times (while you're doing this, protect your testes

by covering them with your other hand!)

Note – After a couple of weeks on these enlargement programs, the skin behind the head of your penis may start to look puffy. This is a perfectly normal part of the enlarging process. You may have to start using your other hand to help you in the milking part of the exercise.

As you milk down with one hand, place your other hand firmly on the base of your penis, with your penis between your forefinger and middle finger with enough tension to pull the stretched skin back.

You need to be able to fully milk the entire length of your penis without the skin blocking your movement.

You may notice a "baseball bat" appearance after the first few weeks of jelqing. To work on thickening the base, you can do your jelqs with a reverse stroke. Make sure to use lots of lubricant.

As far as the stamina part of male enhancement is concerned, medical professionals have been prescribing "Kegel" exercises for years to men with bladder issues. This exercise also works well at improving penile blood flow and sexual control. Kegels are just one

of many stamina exercises that you can do to improve performance.

For a more detailed explanation of the Kegel, as well as video instructions for the jelq and other PE exercises, please visit our Free Routine section at [PEGym.com](http://PEGym.com).

Since the Internet came on the scene, there's been a loose underground movement that calls itself the "PE community" (PE being an acronym for "Penis Enlargement"). Because penis enlargement is such a private affair and because it's generally looked down upon by much of the scientific community, men from all walks of life wanting more size took it upon themselves to create an exchange of ideas and a huge body of knowledge concerning this subject.

Today, the most popular male enhancement Internet forum is [PEGym.com](http://PEGym.com). Forums like these with their friendly, low pressure atmosphere have been conducive to adding to the "male enhancement" body of knowledge. There, you'll find men from all walks of life posting their routines, putting up before and after photos, and encouraging men to stick with their programs.

Just about everything male enhancement related is discussed there – from manual exercises to phalloplasties. There are even a



few medical professionals there giving input as well.

If you're interested in male enhancement, sites like PEGym.com contain plenty of data on the subject, and there's no shortage of members there willing to help get you on the right track. I also highly recommend reading "Exercising the Penis" by Aaron Kemmer. This book will educate you on all things male enhancement, and it's loaded with enough facts to convince even the most die-hard skeptic.

Whether you're interested in male enhancement or not, one thing's for certain – as the Internet continues to grow and become a greater part of our lives, you're going to see more about this subject. It's slowly but surely

going to become less of an underground, secretive thing and more mainstream and acceptable.

*You can read more about Big Al at*  
<http://www.maleenhancementcoach.com>

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3. Section 34, p. 18, Functional soft-tissue examination and treatment by manual methods (Hammer)

**"Male enhancement". When you hear that phrase you probably think of those "Smilin' Bob" commercials or other similar ads describing the enlargement of a "certain part of the male body."**



The image features a piece of light-colored, torn paper with a deckled edge, positioned horizontally across the center. The paper is set against a background with a complex, organic texture. This background consists of diagonal stripes in shades of brown and tan, overlaid with dark, irregular blotches and lighter, circular spots that resemble water damage or mold. The overall aesthetic is aged and rustic.

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