

# Part I



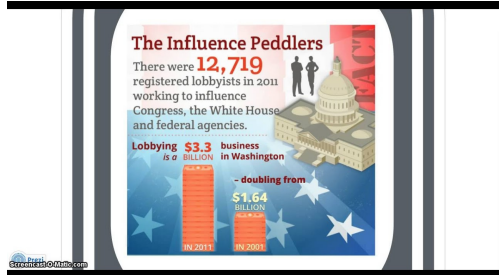
## Introduction

# Chapter I

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There is a “back to the land” movement underway today, the likes of which we have not seen in the past 90 years. Not since the great depression of the 1930s have people felt the need to return to self-sufficiency and divorcement from society. Increasingly, Americans are becoming disenchanted with a government that caters to the large corporations and special interest groups.

Corruption, while not overt in most cases is rampant in the form of “campaign donations” by special interest groups to candidates who will do their bidding. After all, when a politician gets elected, he immediately



has a single job before him and that is to get reelected. For a US representative, that comes about every two years. If the “Coalition for the Salvation of Angleworms” offers that representative \$100,000 to promote their campaign, what are

### Lobbying

- **Lobbying:** a way to influence the lawmaking process by convincing lawmakers to vote as you want them to
- **Lobbyist:** a person who tries to influence lawmakers



the odds this representative will vote as the C. S. A. wishes? And, if they hint that in the next election they will not only will withhold it if he does not vote their agenda, but are considering donating to

his opponent... Now, how will he likely vote?

We have all seen the disintegration of the American labor force. The old days where we could go to work for a major corporation right out of school, work for them for decades, rising in position as our ambitions and abilities allowed and that corporation took care of their people their entire working life, and then retiring them with a very adequate pension that, coupled with our Social Security and medical, allowed them to live with dignity and security throughout their senior years.



Today that is all gone... Our manufacturing jobs have all gone offshore... Mostly to China, of all places... And those now available here are largely through foreign corporations doing business in country mainly to circumvent the stiff tariffs imposed on the importation of their products.

Corporations such as Toyota, Honda and Nissan, to name just three, have displaced such as Ford, General Motors and totally replaced Chrysler which is now a totally foreign owned company. There are only two domestic auto makers left, and they do much of their manufacturing outside of the US. Once, when I was selling cars, I had a customer who was a union member, make a statement to me that, being union, he could not buy a Toyota truck because he had to buy American made... I responded, then, "The only choice you have, then, is Toyota, as they are manufactured in either California for the Tacoma or Indiana for the tundra... By



UAW union employees... Ford F series are made entirely in Mexico while GM are made in Mexico and Canada!"

In the meantime, the government has taken over medical care and for the retiree, that means Social Security and Medicare! For the former, since Lyndon Johnson started the trend of using the Social Security trust fund as the president's private trust fund to finance programs he cannot, or will not, get funded through Congress. For President Johnson in the mid-1960s, it was financing the Vietnam war. Each president since, with one exception, have continued this practice to the point that the trust fund that should be fully vested with literally, trillions of dollars, is broke... And it is entirely unfixable. Every time a congressman even mentions the word "SocialSecurity" the other party screams at the top of their lungs to all the seniors... "They're trying to stop your Social Security!" And millions of seniors who have nothing else go into a total panic and the matter is dropped immediately. So today, they are raising the age of eligibility and decreasing benefits... Now called "entitlement" to make it seem like it's largess from a loving, protective big brother, and not the paid-into insurance program it was originally mandated to be.

As if this were not bad enough, Medicare makes Social Security look like Valhalla in comparison... The government takeover of the medical industry has had catastrophic consequences. The reporting requirements alone are forcing

doctors out of private practice and into clinics where the government directs what they are allowed to earn.

When this began, I asked my personal physician why he had given up his private practice in favor of being part of a clinic... He replied... “Under the new system, I can see patients until 5:00 or 5:30 PM, then do government paperwork until midnight or 1 AM and, if I get one of their codes wrong or even misspell a word they will bounce the entire thing and no payment will be forthcoming. Even if everything is correct, I get paid about 30% of what I bill. This forces me to limit the number of Medicare patients I can see because what the government will pay on Medicare will not even cover the cost of the malpractice insurance I must carry. Further, the private insurance carriers have seen what the government is doing and are beginning to emulate it. I have found it simpler and more efficient for me to let a clinic staff worry about all of that and just see my patients as I should. This way I have no idea if they are Medicare or not... They are just my patients, and I can care for them in the best way I can.”



Following is a narrative of incidents recently in my own life in my dealings with the medical system...

I moved into my present quarters on 10 July 2020... When I was settled in here, it was arranged for me that a church

health institute would provide my medical necessities with a doctor there as my primary care physician. I had great expectations for these arrangements, especially when I found that the lead nurse in the doctors office, Emily, I had known and really liked when she worked at my former residence, a skilled nursing facility.

My first appointment did not go well... The first thing he did was jump on me about my weight. Yes, I'm still 40 pounds too heavy, but 18 months prior, I had been 170 pounds too heavy. I had lost 125 pounds. He ignored that fact and when I tried to discuss it he began on the fact that I was somewhat heavier... Some 5 to 10 pounds or so, than when I had been weighed in March... And I again explained that I was aware of that fact but the fact was, for 16 solid weeks during this interim, I had not been allowed outside of my 11 x 12 room... That I had been fully sequestered for this fall term... again to a non-hearing individual.



The subject and then changed... "What medication are you on?" he asked.

I looked at him and said, "You are the doctor. You have my medications list in your hand as provided to me by the nurse just two hours ago."

He paused to look at it and said, "I'm stopping this and this and that."



“Just a moment,” I stated, “those were prescribed by my prior doctor on the basis of conditions I have. How can you arbitrarily stop them with no testing done to show reason to do so? There has been no abatement of any symptoms except for a general lowering of my A-1 C and daily blood sugars.”

That is how the first visit went.

In August, I had my second visit... It started well enough... He had ordered blood tests which I had done and he was



writing the order again when I asked him why, as I had just had them done three days prior.

“Well I find no record of them in your file. Where did you have them done?”

When I explained that the lab in this building had done them, he called for Emily and she brought them up on his computer.

It was at this point that he informed me that I was severely anemic and that I was losing blood to the point I was 2 pints low in my system. To attempt to isolate this, a colonoscopy and an endoscopy were scheduled. .. canceled... Rescheduled... Postponed, then, finally administered... A story its own right... The test showed no blood leaks as I have been told they would.

On the next appointment with the doctors office, this time a virtual appointment on Zoom, he told me I was still losing blood but he said he had not figured they would show up...

Really? Then why did we spend those thousands of dollars doing them then?

In the wait time for this test, he started changing my blood pressure medications, to the point that I came very close to succumbing from being overdosed. My blood pressure was down as low as 62/51 when I ceased all blood pressure medications until this matter could be addressed! I was taking, at the time, four different blood pressure medication to lower my blood pressure and it was too low to sustain me.

In November, my psychologist suggested I look into a care system that came to me. They are an “in-home” healthcare system and since transportation was ever a problem to the point that of the seven times I called the dial a ride system here... On two of those seven, they never came, and I was left sitting out front waiting for them. I thought it might be a better option.



On 1 January I was accepted by them and they sent their people to set things up... They then sent a phlebotamist to draw a blood test in the first week of January ... and I heard nothing more until early Tuesday morning, 2 February, when they swooped back in... And asked if I had any concerns...



--OH BROTHER--!

"What of my lab tests?"

"What lab test? I have no record of any such."

A long discussion ensued on the subject, When they finally decided my test results must be on the "new system" while their computers were on the "old system. "

"Do you have any current medical concerns?"

I explained about the skin growth I have in the area of my right temple. I explained that, having had these removed a few times in the past, it's stood the chance of being cancerous.

"Do you want medication for that?"

--SLOW BURN IGNITED--

"You stated you were suffering depression... Do you want medication for that?"

--FLAME INTENSIFIES--

"Your back pain seems to be getting worse, do you want medication?"

Speaking slowly with a very measured urgency, or lack there of, "I am not the doctor... I do not have a degree in medicine... I do not prescribe my own medication... I have always had an agreement with my doctors... I did not

practice medicine and they did not write Sasquatch books..." She had the common decency to at least appear to blush.

At 8 PM Tuesday evening she called me with the lab results... Until she realized she was reading the wrong report... I think the part that said I was pregnant clued her in.

Lastly, when she found the correct report (I hope) she asked again about concerns and I went back to the internal bleeding issue and, after some discussion, she said, "Well I just don't think it's that's the case at all..."

I stopped a few moments to bite my tongue on what came to mind to say,.. And then calmly stated, "You have just called that doctor a liar, for he has told me on multiple occasions now that this is precisely what is happening. So, what is it? Are you lying to me or is he lying to me?"

No answer... And no resolution...

After some moments she said, "I will have a dermatologist calling you to make an appointment about that skin cancer for that is what I believe it to be."

The dermatologist called today... Wednesday... "Oh, we do not take Medicare patients... You will have to pay for it yourself..."

And the beat goes on.

in addition to the foregoing rationale, there are those who are simply tired of the rat race. Life in a corporate cubicle

has lost whatever meaning it once had and they feel the need to opt out.

Perhaps the idea of raising their own food in a manner that does not tend to kill our planet is appealing... Certainly, the ecological chaos being wreaked on the planet by huge waste



sumps filled with the mountains of effluent coming off the cattle feedlot and the factory barns housing the chickens and pigs being raised that is leaking steadily into our rivers, bays and estuaries must be curtailed. The factory houses are so foul that humans cannot enter them without breathing aides and protective clothing... And we are expected to eat this swill... As it kills our waters.

Yes, there are those who believe in the sanctity of all life and are determined that their chickens, pigs and sheep shall never know pens or coops. Certainly those will have to realize that this Utopian world does not exist and to pursue such a course will result in having the happiest and fattest coyotes, hawks and owls ever known to man. They simply have not yet learned that part of their husbandry is the protection of those in their charge and this can be done consistent with the concept of “Free Range”, insuring a happy, healthy and safe band of the various animals.

Truly our goal should be herds and flocks, gaggles and convocations that never know a day of stress in their lives... That they have only one bad day in their life and that being

over so quickly and humanely that they do not ever even know it happened!

One last thought here... Without sounding like a doomsday prepper planning for some type of Armageddon... A concept which it's not beyond the realm of possibility, let's look at the events of 2020 and see what can be learned.

For the first time, in my lifetime, at least, the shelves of the grocery stores in the US ran bare. Even in World War II, while certain foods were restricted, especially those being imported, the shelves were never bare...



In 2020, the year of the virus, this was the case at times. There was simply nothing there to be had. Yes, we laughed at the shortage of commodities like toilet paper, a staple that every home should have in storage in quantities to last the family therein a full year, was made light of, but, the fact was, the pinch was real. In fact common prudence and precaution would have every home with the basic commodities so stockpiled. This should include not only the paper goods, but staple food stuffs as well. Items like flour, rice, canned goods... Whatever it takes to help us survive should be stored on hand. Of course fresh vegetables, meats and fruits cannot be so stored, but on our homestead they can certainly be available to us and on call. If we have 200 chickens, 25 ducks, 12 turkeys, two hogs and a beef in our freezer and 100 laying hens providing us with six dozen eggs daily, what care we if the grocery supply line is disrupted for a time?

In fact, I heard a discussion between a homesteader wife and husband on just this subject... He said, "When Covid struck and our state went into lockdown, assembly restricted and supplies were running short, were it not for the news media,



we would never have known. On the farm it was business as usual, up early, do our daily chores, homeschool The children,

cook a healthy meal and live on as usual. The mask argument was simply not applicable for we were a self-contained unit and life was proceeding as usual."

To follow will be a treatise describing how to attain and live on our own homestead in a manner that keeps us content, safe, healthy and prosperous.

Is this possible? Yes, it is and the goal of this volume is to teach how to go about it...