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The Five Stages of Grieving/Loss- & The Battle for Our Republic

By DAGNY

The five stages of the grieving process described below is a commonly accepted way by which people deal with grief and tragedy, especially when diagnosed with a terminal illness or facing a life changing loss. It was first introduced

by Elisabeth Kübler-Ross in her 1969 book, *On Death and Dying*. I propose that it is what many U.S. citizens are going through today in light of the strong socialist movement taking over much of our country.

Denial – "I feel fine."; "This can't be happening, not to me."

Denial is usually only a temporary defense for the individual. This feeling is generally replaced with heightened awareness of situations and individuals that will be left behind after death.

Anger – "Why me? It's not fair!"; "How can this happen to me?"; "Who is to blame?" Once in the second stage, the individual recognizes that denial cannot continue. Because of anger, the person is very difficult to care for due to misplaced feelings of rage and envy. Any individual that symbolizes life or energy is subject to projected resentment and jealousy.

Bargaining – "Just let me live to see my children graduate."; "I'll do anything for a few more years."; "I will give my life savings if..." The third stage involves the hope that the individual can somehow postpone or delay death. Usually, the negotiation for an extended life is made with a higher power in exchange for a reformed lifestyle. Psychologically, the individual is saying, "I understand I will die, but if I could just have more time..."

Depression – "I'm so sad, why bother with anything?"; "I'm going to die... What's the point?"; "I miss my loved one, why go on?"

During the fourth stage, the dying person begins to understand the certainty of death. Because of this, the individual may become silent, refuse visitors and spend much of the time crying and grieving. This process allows the dying person to disconnect oneself from things of love and affection. It is not recommended to attempt to cheer up an individual who is in this stage. It is an important time for grieving that must be processed.

Acceptance – "It's going to be okay."; "I can't fight it, I may as well prepare for it." In this last stage, the individual begins to come to terms with their mortality or that of their loved one.

Now let us compare this to what is going on today:

Denial- Socialism could never happen to America. The American spirit would never allow it. Our Constitution protects us from this.

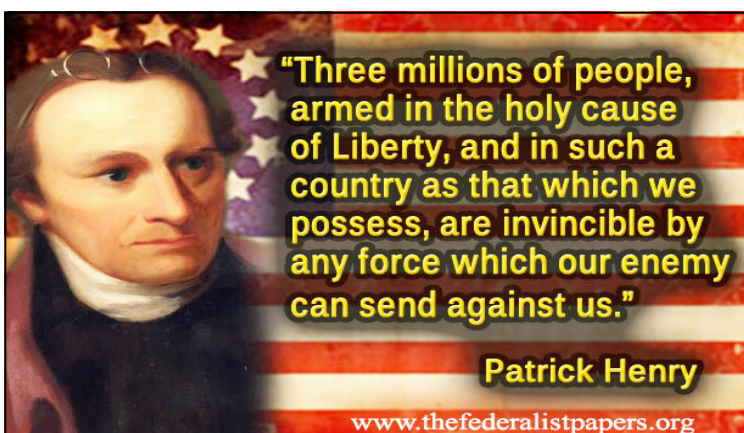
Anger- An increase in group protests, demonstrating anger with the politicians and political parties, Tea Parties, etc.

Bargaining- Compromising on your values, voting for the lesser of two evils, convincing yourself that socialism isn't so bad - after all the government will at least take care of me so sacrificing a little freedom is acceptable.

Depression- Basically being defeated, giving up, low voter turnout, apathy and complacency, hopelessness. There is nothing we can do to change the situation.

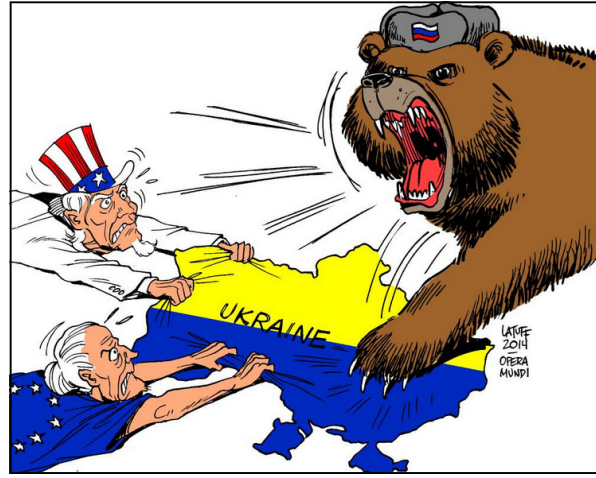
Acceptance- You recognize you may not win the battle, but at least you are going to keep up the fight. You may have a renewal of your faith. You also recognize you should prepare for the worse and hope for the best. You no longer are immobilized with fear. I consider this the resurrection phase myself. Becoming functional again and the ability to deal with the situation, to prepare one's self for the future and embrace it. Ready to move on.

One may not go through the stages in order or go through all of the stages, one may go back and forth between a couple of stages, and not all people will ever awaken and realize what is at risk of being lost, but the hope is that the final destination will be enough of us get to the acceptance that we are at war for the soul of our country. Once at the acceptance stage, we can join together in the fight and give it all we have for the sake of our children and grandchildren. We should do no less than our Founding Fathers did some two hundred plus years ago.



Crisis Report #3

By ROBERT GORE, *Financial Editor*



French President François Hollande, German Chancellor Angela Merkel, Russian President Vladimir Putin, and Ukrainian President Petro Poroshenko, negotiated a cease-fire in Ukraine without the involvement of either President Obama or Secretary of State Kerry. The sour grapes coming from *The Wall Street Journal* Friday reveal the mindset of much of the US establishment. There were

two front page articles: "Doubt Clouds Ukraine Truce" top center, and "Cease-Fire Hopes Exceed Expectations" just below. The tone of both, evident from the headlines, is undisguised skepticism. An editorial excoriated the agreement, and Merkel, Hollande, and Poroshenko, for giving away the store. The editorial said it "gives the Kremlin the benefits of establishing a de facto satrap without having to foot the costs of sustaining it or assume political responsibility."

Let's assume the *Journal's* assessment is on point. Left unsaid was that Merkel and Hollande may well have reached a conclusion that escalating US and European involvement in the conflict by sending arms to the Ukrainian government was not in their interest. That reckoning would be driven by geography, history, and hard-headed calculation. If Russia is supplying arms and troops to east Ukraine's ethnic Russian rebels, as the US has repeatedly asserted, sending arms to the Ukrainian government puts the US and allied European nations at war with Russia. However, even with armaments, Ukraine would be crushed by Russia if the Russians invaded in force. What then would be the response?

If the US and Europe escalated their involvement in Ukraine, they would be fighting Russia on its doorstep. That undeniable geographic advantage must give the Europeans pause, and then there is history. Ukraine has, for most of its history, either been part of Russia or within the Russian (or Soviet) orbit. The *Journal's* use of the word "satrap" is ironic, because the present Ukrainian government is a satrap of the US and Europe. Virtually bankrupt, it is dependent on their financial aid and without their military aid it will, on current form, be unable to suppress the east Ukraine rebellion. Do the Europeans really want to go to war over a dependent, financially pressed government actively opposed by a significant part of its population, for a country vitally important to Russia? Military odds-makers would make Russia the favorite, even if the US joined in (the odds-makers have been successively marking down the US with each Middle Eastern fiasco). While the US has never fought Russia head-to-head, the French and Germans have, and those forays did not go well for them.

Merkel and Hollande might also have asked themselves: which is more advantageous, bringing Ukraine into the European orbit or a reasonably healthy political and commercial relationship with Russia? Hands down it's the latter. Ukraine's economy is a debt-laden basket case and Europe has enough of those. The Europeans have to be apprehensive about the Russian pivot towards China and the rest of Asia. (Continued on page 2).

CALENDAR OF EVENTS

Apr 11-12—Mother Earth News Fair, near Asheville, NC. Over 150 demonstrations & workshops. Call 1-800-234-3368 or see motherearthnews.com/fair/workshops-north-carolina.aspx for more.

April 16—The Well Armed Woman, local Chapter meeting at 6 pm at The Christian Martial Arts Center, Murphy NC.

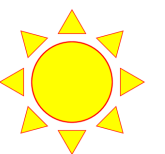
April 16—Tri-State Back to Basics, 6:30p.m., Brasstown Community Civic Center. E-mail robinlweiker@gmail.com for further information.

April 18—NRA Women on Target Instructional Shooting Clinic, Murphy, NC. Contact Carrie Brekke, 706-896-6075 (please no calls after 7pm).

April 18—Practical Preparedness Medical Training, \$25. Murphy NC. E-mail lucy@appalachianmessenger.info for further information.

April 21—Mountain Country Rod & Gun Club. Meeting 7-8:30 pm at Penland Senior Center, 69 Alpine St., Murphy, NC.

May 29-31—Heritage Life Skills, Waynesville NC. Two days of workshops & speakers including Survivor Jane & Rick Austin. Call Jan at 828-456-5310 or see carolinareadiness.com to sign up.



Thought for the week:

The trouble with doing nothing....How do you know when you're done?

Crisis Report #3, (continued)

The more that develops, the less Russia needs Europe. Notwithstanding American policymakers' fervent hopes, Russia's economy is hardly going down the tubes. It has abundant natural resources, including oil and natural gas, an educated population, low debt, and inefficient Soviet-legacy manufacturing and agriculture whose productivity could be dramatically improved.

The headline of the *Journal* editorial is "Putin's Latest Victory." Putin is the enemy and the US political elite wants to use Ukraine as a lever to dislodge him and install a government more tractable to its designs. This is a pipe dream on the order of the neocon fantasy of remaking the Middle East, and Merkel and Hollande just said "nein" and "non" respectively. If they keep the US from escalating the war in Ukraine (a long odds bet), it would redound to the benefit of both the US and Europe. However, remaking the Middle East and Russia to suit American interests are long-term goals of the bipartisan elite, faithfully trumpeted by its MSM propaganda arm. This is what passes for brains among those running the US, and it reinforces the message of "Buy Asia; Short the US and Europe," (SLL, 2/3/15). They are dangerous in every sense of the word, posing a grave threat to the lives and remaining wealth of the American people.

Apparently the world's smart money is grasping the potential of the Asian-Russian linkages US policy has done so much to promote. The Russian stock market hit bottom one month after the Ukrainian coup last year and so far is the world's best performing market in 2015. The Chinese have pollution issues and massive piles of debt and malinvestment to work through, but their stock market has been on a tear. So has India's. The Asia-Russia investment thesis has far more appeal than taking a flyer on the debt-saturated economies and central bank-manipulated bond and stock markets of the US and Europe.

The other crisis facing Europe—Greece—is even less amenable to resolution than Ukraine. In fact, it is unresolvable; there will be no happy ending. Greece is tolling the bell, loud and clear, for debt as a way of life in the western welfare states. Like most of the west, Greece has a pile it cannot pay. The only issue now is who bears the loss. Regardless of where it falls, Greeks will be looking at austerity and reduced living standards for many years to come, corresponding to the many years they lived beyond their means. They will not be alone.

In "Crisis Progress Report (2)," SLL advised keeping an eye on interest rates as the ultimate canary in the coal mine, the one variable of which governments and central banks cannot afford to lose control. Rates have continued to creep up and may take off if the Europeans cannot devise some market-pleasing (albeit cosmetic) solution to their Greek woes. The recognition that there are no painless solutions to bankruptcy—that ultimately many people get hurt—shall spread far beyond the borders of Greece. To paraphrase Thomas Jefferson, the tree of credit must be refreshed from time to time with the blood of creditors who accept inadequate compensation for the risks they bear.

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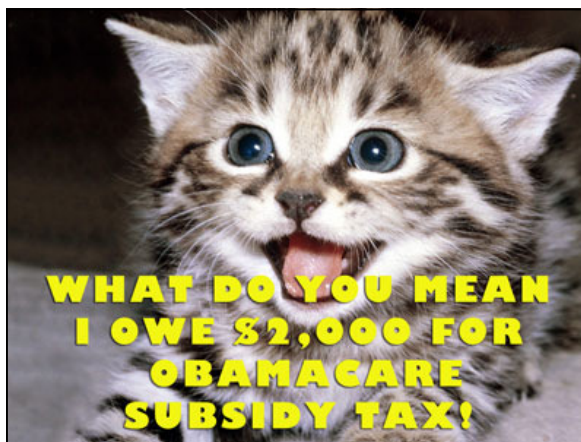
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Keep your eyes wide open before marriage,
 half shut afterwards.
 - Benjamin Franklin



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THE NEW PARADIGM
(a short story)

by

Francis W. Porretto

Smashwords Edition

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(Reprinted with author's permission)**Conclusion -**

Conway returned to find Larry Sokoloff waiting at his office door. Integral's second in command noted the expression on his commander's face and smirked. "No change?"

Conway chuckled. "Why, as a matter of fact, Larry, in my back pocket I have a security contract for the whole of Foxwood hamlet. Twenty mil a year. Monthly payments in Spanish doubloons. Get on the horn and start hiring now. Anyone who can fog a mirror!"

"Ah."

Conway seated himself at his desk. Sokoloff slipped into a guest chair.

"Boss—"

"I know, I know. It's just money, Larry."

"It's money," Sokoloff intoned, "that would pay for new guns and armor, a new firing range, improved gym facilities, and raises that would put smiles on quite a few faces."

"Including yours."

Sokoloff nodded.

"I'm not going to let the cops trample our neighbors' rights, Larry. It might break us financially, but as long as we're capable—"

"Kevin." Sokoloff slid forward, new intensity in his eyes. "What about what it's doing to you? How much sleep did you get last night?"

Conway tried to shrug it off. "I'm fine. And if it gets to be too much for me, that's why I have you, Syl, and Ken, right?"

He tried to make it light and jocular. Sokoloff's gravity remained unchanged.

"You know I'll always back your play, Boss," the lieutenant said. "Hell, I'd take a bullet for you. But you can't expect that from everyone on the force. And you can't expect to run a...a *charity operation* like this for much longer before the guys start wondering what's in it for them."

Conway's neck muscles drew tight. "They do get paid, Larry."

Sokoloff nodded. "That they do. But is it enough to cover having to face down the county cops over and over?"

When it's a lead-pipe cinch that sooner or later the lead will fly and someone will get killed?"

A charged silence passed between them.

"I do think about that," Conway said. "It's why I go on these sorties unarmed, so it's as obvious as it can possibly be that mine will be the first blood spilled. But I can't do anything more about it until our neighbors wake up to the threat and take a hand in their own defense."

"And you won't stop providing that defense *gratis*,"

Sokoloff said. "Even though that's the perfect disincen-
 tive to getting them to act for themselves."

Conway opened his mouth to reply, closed it without speaking.

He's right.

Sokoloff waited impassively.

"I'll give it more thought, Larry. I promise."

Integral's second-in-command nodded, rose, and made his exit. Conway dropped his head into his hands.

The State bleeds you dry for funds it uses to tyrannize you, while your only defender, who risks his life to thwart your official oppressors, has to work for coffee and doughnuts. Organized crime never had it so good.

Is it a whole new paradigm of governance, or the oldest one of all?

It doesn't matter. Either way it can't go on much longer. But I can't just go limp on them.

They need a leader figure who'll rally them to their own colors. A Man on Horseback they'll follow without having to be prodded or shamed. For damn sure that's not me.

But who, then?

He had no answer.

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