

James David Manning's comments about Barack Obama



Dr. James David Manning

Pastor James David Manning exposes Barack Obama.

Ron Paul – Why Alex Jones Can Work for the Elite & Expose them



Alex Jones does seem to be informative, but he doesn't expose all the ones who need to be exposed. He's a fear monger.

Adventure Hitchhiking During Golden Week



children of a couple who took me to a parking area on the Hokuriku Expressway.

Trip 1: From Niigata to Osaka

Japan enjoys a string of holidays from April 29 to May 5th known as [Golden Week](#). I took advantage of this time to travel.

On May 2, 2010, I hitchhiked to Osaka from Niigata, a distance of 585 kilometers in 10 cars. Five of the cars were married couples and three of them had small children in the back seat. During holidays like Golden Week and [Obon](#) in August, I often get picked up by families visiting their hometowns. Sometimes they have the family dog with them. In the back seat of the seventh car was a beautiful three-year-old Golden Retriever named Mary.



The children's
parents

At the Amagozen parking area in Ishikawa Prefecture after waiting for an hour for a car, **I was asked to leave** by one of the parking attendants! He told me I couldn't hitchhike there. It is extremely rare for me to be asked to leave an expressway parking area, and I have no choice but to comply. It was still only a little over halfway to my destination and didn't have enough money to take a bus or train the rest of the way to Osaka.

The parking attendant told me where I could catch a bus from within the parking area. I walked halfway toward it, saw a man, and making eye contact with him, I told him I wanted to go to Osaka. He asked where in Osaka. Anywhere I said. It turned out the man was going exactly to the very parking area in Osaka I wanted to get off at, the Sakae Parking area! He is a rather well-to-do man, a company president owning 3 companies, and his wife was in the back seat. I consider it a real miracle to run into him just when I needed a ride most desperately! We had a most pleasant conversation with him and his wife who happens to be Chinese from Taiwan! This was the second time today to ride with a foreigner. The wife of the driver in the previous

vehicle is from the Philippines.

Trip 2: From Osaka to Hamamatsu City in Shizuoka



Couple with two
year old daughter
who took me from
Osaka to Kyoto

On May 5th I traveled in 4 cars 273 kilometers from Osaka to the city of Hamamatsu in the Tokkai area of Japan. [Tokkai is famous for its earthquakes](#) and occasional tsunami. It also happens to be one of the most popular areas to live in Japan due to its warm and sunny weather throughout the year. Only this year I found it *unusually cold* during my previous trip last April. Where's "[global warming](#)" when you need it? I remember the Tokkai area being warmer in mid-winter than it was last April, and that was 25 years ago!

Three of the 4 cars were families, and two had young children in the car. The first car took me to the Katsugawa Service area just before Kyoto. Sometimes I have to wait a relatively long time just to get to the other side of a large city like Kyoto, but today I caught the second ride in a matter of minutes. An older couple took me to a parking area close to Nagoya.

The last driver was a father of 3 children and a minister of the [Tenrikyo faith](#), a religion that began in the city of Tenri Japan in 1838. Tenrikyo is unusual for Japan because it is neither Buddhist nor Shinto and is a monotheistic religion, a belief in only one God. It seems to have had a lot of influence from Christian missionaries to Japan.

[More about Tenrikyo.](#)

Trip 3: Hamamatsu to Tokyo



Three young men who took me to
Fujikawa near Mt. Fuji

The next day on May 6th I needed to go to Noda city in Chiba on the eastern side of Tokyo. I also had an appointment at 7 PM to meet a man in Otemachi, the heart of Tokyo, a man from the U.K. who wrote me during this trip and expressed interest in my website!

From Hamamatsu, it only took 3 cars to go to Tokyo. The first car was going the opposite direction toward Nagoya, but I grabbed it because the Hamanako Service area is only 8 kilometers from where I was at the Hamamatsu Nishi interchange, and it is very easy to walk to the side of this particular service area to catch traffic going the opposite way.



Mt. Fuji as seen from the Fujikawa
Service Area in Shizuoka

Three young men, all younger than my own two sons took me to the Fujikawa Service area. The view of Mt. Fuji today was better than I expected it to be. Normally the best time to see it is mid-winter when the sky is clearest with fewer clouds surrounding it.

The last car was elderly two ladies, one 75 years old, who took me to Yoga in Tokyo. I got to Tokyo by 4PM, and decided to use the extra time before the 7PM appointment to meet with my friends Steven and Teiko. and helped Teiko set up her own [WordPress blog](#). (Japanese only)



Mt. Fuji as seen
from Susuno
snapped from a
moving car.

Trip 4: The return home

May 7, 2010: Japan enjoyed good weather throughout the Golden Week holiday, but today was Friday, a regular work day, and the weather turned cloudy and raining. But the rain in the Kanto area of Tokyo was light and intermittent, and I had a fold-up umbrella that I usually carry. I decided to go home today to have a couple of days of rest before work on Monday at my new job. I'm so glad I did because it took me two days to recover from this trip! When I travel I usually feel great, but upon returning home it's as if God pulled out the plug and I'm exhausted.

The first vehicle from the Miyoshi Service area near Tokyo was a truck which is unusual on the expressway. Trucks don't usually pick me up, but perhaps this one did because I asked the rider in the parking area and he asked the driver. They took me as far as Kamisato in Saitama which is next to the border of Gunma and just before the junction of the Joshi'etsu expressway that goes to Nagano. Not many cars are going to Niigata from Kamisato. Most go only as far as Takasaki or Maebashi in Gunma, and many take the Joshin'etsu toward Karuizawa and Nagano city. I could catch a ride going that way, but it's a longer roundabout way to Niigata and would get me home later. I opted to go for the road and wait for the direct route.

After about an hour a man saw my Niigata sign and offered to take me as far as Sanjo city. This was great because Niigata city is only 40 kilometers further and I could take a train from that point. The man's name was Mr. Sato and he was talkative throughout the remaining 200 kilometers of the trip.

[Another look at Ubuntu 10.4](#)

I upgraded to Fedora 13 beta from the middle of April. Except for a couple of issues that I considered to be yet bugs in the beta version, I consider Fedora 13 to be the best Fedora Linux yet. Nevertheless, I thought to give Ubuntu 10.4 another chance before Fedora 13 goes gold on May 18. I realized later that Ubuntu 10.4 was still in beta testing when [I wrote about it on March 18](#).

The first thing I noticed was the default background color of the latest Ubuntu had changed from that ugly brown to a pretty purple. The installation instructions were clear and straightforward.

I would have reformatted the root and boot partitions to do a clean install with Ubuntu 10.4, but the **partitioner only listed my first hard drive and not the second** where I keep my /home partition! There didn't seem to be any way to list it in order to tell Ubuntu I want to assign the second physical drive as /home. Fedora always gives a list of available drives during the installation process. Why wouldn't Ubuntu also do the same? Am I missing something? I googled for an answer but found none.

Conclusion: Cutting edge Fedora remains the best Linux distribution for me. I don't want my user data on the same physical hard drive as the operating system. Using two drives speeds up the system. The first drive is also used as a backup for the /home partition on the second drive.

[Is Ron Paul a Freemason?](#)



Ron Paul giving a Masonic handshake

I found this photo on <http://www.abovetopsecret.com/forum/thread354189/pg1>



Enlarged handshake by Ron Paul

And I always thought Senator Paul was one of the good guys! We can't always go by what a person says, only by what he or she does. As Jesus said "Ye shall know them by their fruits." (Matthew 7:20)



Masonic handshake

Image taken from "www.ephesians5-11.org/handshakes.htm">

"The best way to control the opposition is to lead it ourselves."
– Vladimir Ilyich Lenin

What [Henry Makow Ph.D. has to say about Ron Paul](#).

[Monday adventure from Aomori to Niigata](#)



Mr. Kato who took me to Kuroishi on the Tohoku

Expressway

April 19, 2010: I had intended to hitchhike back home on Sunday morning but stayed in Aomori city in northern Honshu an extra day to deal with a friend's PC problem. Hitchhiking on a weekend or a holiday is always easier. There are more cars on the road with families traveling longer distances. Weekdays, and especially a **Monday** mean people traveling for business reasons, and they are usually not in a happy mood.

But this morning I had help to get started. Rather than walk to the highway and try to hitchhike 5 kilometers to the Aomori Chuo entrance of the Tohoku expressway, the friend with whom I stayed with offered to drive me there. This gave me a 30 minute head start. My home in Niigata is 580 kilometers distance via the Tohoku and Ban'etsu expressways and I hoped to return the same day.



The Kitayama
brothers who took
me to Hirosaki
Owani interchange.

The first driver, Mr. Kato, said he would only go as far as Kuroishi, about 20 kilometers down the road. The traffic at Kuroishi was only a tiny fraction of Aomori Chuo, and I wondered if I made a mistake taking the ride from Mr. Kato. I knew the next expressway entrance at Hirosaki Owani would be much better for me, and headed that direction on foot. I knew it was too far to walk all the way, but nevertheless I continued walking down the road until I caught the next ride nearly an hour later. Twin brothers with the family name of Kitayama picked me up! They are highly skilled carpenters who make Buddhist temples and Shinto shrines. One of them said when he was young just after graduating from university, he traveled in Europe for 3 months hitchhiking from place to place. Japanese who have traveled overseas, and the ones who themselves have experienced hitchhiking will usually stop for me.



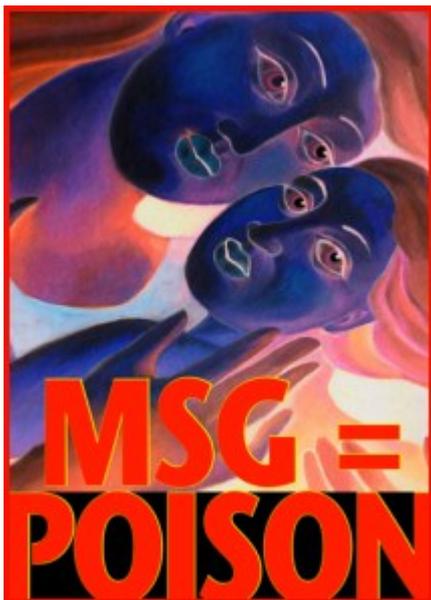
Former Sumo
wrestler, Yoshi

The most interesting person to pick me up today was Yoshi, a former Sumo wrestler. He said he lived in a Sumo world from 8 years old till 20, and all he wanted to be in life was a professional sumo. But that dream suddenly ended with an injury to his knee. The doctor told him he couldn't wrestle anymore. In despair he left Japan and moved to San Diego to start a new life. There he grew fond of the local Mexican people, and learned to speak Spanish. He also met a Japanese girl in San Diego with whom he fell in love with and

expressed that love. She told him, "Yoshi, you know nothing about real love! Come to church with me tonight and learn about love." So he went with her to a Spanish speaking church in San Diego, heard the Gospel of Jesus for the first time in his life, and was so moved with [the Message](#) he wept with emotion! God came into his life that night and by and by, he felt called to become a missionary to Peru! Yoshi described to me in detail life in Peru, the poverty and the lack of morals. And I thought Japan is tough! The Japanese are hard to sell but they do have a strong sense of morals in their culture. Though they don't know the teachings of the New Testament, many Japanese live by its principles better than Westerners who do know the Bible.

Yoshi took me to the Adatara parking area just before the junction of the Ban'estu expressway that goes to Niigata. It was 4:30PM and I still had an hour and a half of sunlight left. The previous time standing at Adatara I caught a ride in only 20 minutes, but 3 hours later by 7:30 I still hadn't caught a ride and was standing in the dark unable to even read the license plates until the car was about to pass me. Over 95% of the traffic was heading toward Tokyo, not toward Niigata. I realized rather than wait for cars to come to me, I would have to walk up to drivers in the parking area, the ones that have Niigata license plates. Normally I don't do this because drivers who do give me rides this way are usually not friendly or talkative, but I was in a desperate situation! The first driver I asked did give me a ride, and I was so grateful to know I would be home in two hours and not have to try to figure out how to sleep at Adatara that night. ☐

[The Food Additive MSG is a Slow Poison](#)



The food additive MSG (Mono-Sodium Glutamate) is a slow poison. MSG hides behind 25 or more names, such as Natural Flavoring." MSG is even in your favorite coffee from Tim Horton's and Starbucks coffee shops!

Adventure returning home from Tokyo



Keiko and Tsutomu Uchiya

April 6, 2010: Today is the 11th and last day of my trip. The highlight was to meet Tsutomu and Keiko who took me from Gunma prefecture to the Miyoko parking area in Niigata. They are a married couple in their mid 40s who live in Chiba and work as hair stylists. The interchange Tsutomu and Keiko intended to exit the expressway was a convenient one for me to continue my journey from, and they opted to go a bit out of their way to take me to one that was better for me. But what ended up to be the best solution, when we stopped at Miyoko parking area, Tsutomu asked a young man with Niigata license plates if he would take me the rest of the way home, and the young man, Mr. Koike, agreed to do so! This saved both them and me time and effort.

Adventure hitchhiking from Osaka to Tokyo



Muslims praying just after sunset at Fujikawa Service area on the Tomei expressway in Shizuoka prefecture. The cherry blossoms over their heads are in full bloom.

April 3, 2010: Osaka was still cold but sunny when I arrived at the Suita Service area on the Meishin expressway at 10:30 AM. The Meishin expressway runs from Nagoya to Kobe. The first driver took me to Gozaisho on the Shin (new) meishin expressway which is just before Nagoya. He said he is 50 years old and married. Both him and his wife are afflicted with some type of mental illness and cannot hold a job. The man was friendly but his driving caused me some alarm at times because it was a bit erratic.

At Gozaisho a van with four ladies and an elderly man took me to Hamanoko Service area just before Hamamatsu. Hamanoko SA is a good place to hitchhike because it is on the Tomei expressway, a direct road to Tokyo. One of the ladies is studying English and spoke it fairly well though she has never been abroad. She studies on her own only with the aid of NHK radio English classes.

After an unusually long wait of about an hour at Hamanoko, a young single couple named Dai and Marika took me to the Enshutoyota parking area just past Hamamatsu, only 20 some kilometers further up the road. He would have taken me a bit further to a larger service area, but I didn't want them to go out of their way and there seemed to be enough vehicles at the parking area to easily catch a ride. But after a few minutes at the parking area, I realized most of the traffic was local and wondered if I made a mistake getting off there. I had yet another long wait for the next ride. However, I've learned from experience that the times I waited the longest often ended with the best results. God would send somebody special that would make it worth the wait.

At Enshutoyota a saw a group of young men wearing what appeared be an Islamic type of garb. Some had beards. An hour later a van with the same men drove past me but stopped about 20 meters down the parking lot. I picked up my luggage and approached them. There were 7 in all averaging 22 years old, all

university students on a scholarship. Most were from Pakistan but at least one was from Bangladesh. I saw their van had Aomori plates and knew they would pass through Tokyo! All spoke English but would also speak either in Japanese or their own mother tongue to each other. All were friendly and seemed glad to offer me a ride.

Their names are Mustafiz, the man from Bangladesh who I sat next to, Mahatir who sat on the other side of Mustafiz, Arif the driver and another Arif, the front passenger next to him. Behind me sat Shazree, next to him Pika, and Izzul on the far window side. Mustafiz, 24, had the longest beard.

After two hours we arrived at the Fujikawa Service area. Mustafiz said they needed to stop and pray. It was 6 PM and the sun was about to set. They said I could wait in the car while they prayed, but I thought it would be wonderful to witness them praying, and asked if I could be with them. No problem they said. There was a beautiful view of Mt. Fuji and I hoped to take their photo in front of it. After prayer, they said, but by that time it was already too dark.

I was greatly impressed at the young Muslims' dedication, faithfulness and devotion to God. I asked them many questions about their life and religion. We exchanged different views and doctrines about faith, but there was no debating or arguing. I told them I never ever believed that Islamic fundamentalists had anything to do with [911](#).

[Adventure to Kansai](#)



March 27, 2010: Today is the first day of an extended hitchhiking adventure to southern Japan.

I left home at 7:30AM. The weather was unusually fair for normally-cloudy Niigata. The first stop was Kariwa, a village next to Kashiwazaki city and home to the [largest nuclear power plant in the world](#). Since a major earthquake just off shore Kariwa in the Sea of Japan, two of the 9 nuclear reactors are again producing electricity.



Nobuo and Miwako
at their wedding
party

After arriving Kariwa a little before 10AM, I spent the next two and a half hours with Nobuo and Miwako, friends who I came to know when hitchhiking four years ago.

By 12:30 the beautiful weather turned cold and cloudy with intermittent snow. I had hoped to hitchhike all the way to Otsu City just before Kyoto this day, but when a man offered me a ride to Matsumoto in Nagano Prefecture instead, I grabbed the offer. I knew that Nagano would be better weather, and my appointment to meet a friend in Otsu was not till the next day on Sunday.

(To be continued!)

[Adventure Returning Home to Niigata City](#)



Mr. and Mrs. Ii who went out of their way to take me to Niigata City

March 22, 2010: It was unusually windy with a few snow flurries, and the temperature was just one degree above freezing when I left my friend's house in Aomori city at 7:30 AM to walk to the National Highway route 7. I've hitchhiked on this highway before, but this morning people seemed unusually hard and unconcerned. Nearly everybody was ignoring me and the others who didn't would shake their heads or cross their arms meaning "no!" After an hour and a half and walking several kilometers I got desperate and send an

email text message to my mate for her to pray for me.

Within only a matter of **seconds** after sending that text message requesting prayer, I noticed a car stopped about 100 meters up the road and started walking toward it. Not every stopped car necessarily means the driver is offering me a ride, but after walking a bit closer, a man got out of the car and waved me to come! It was a father with his teenage son. They took me to the Aomori Chuo Interchange which is an entrance to the Tohoku Expressway. It was only 3 kilometers further up the road, but they saved me at least another 30 minutes walking.

I had originally intended to take Route 7 back home which is the same route that I came on, but it was already 9AM and I figured perhaps the Tohoku Expressway would be faster even though I may have longer waits. The wind was strong and I began to feel cold. It was good to be wearing a heavy winter coat and woolen hat this trip.

After about an hour a man stopped and offered me a ride to Omagari City in Akita Prefecture. I rejoiced because this would take me to the Shiwa service area past Morioka which is about 200 kilometers further or over 1/3 of the way back home!

After arriving in Shiwa, I remembered that I had quite a long wait there last year during a previous trip. But this time after only 10 minutes a couple with a young son offered me a ride. They were going all the way to Chiba which meant I could go with them as far as the Adatara Service area just before the junction of the Ban'etsu expressway! This is as good as it gets, for we arrived at Adatara at 3:30PM or two hours before sunset. I needed only one more good ride!

The driver was an engineer working with lasers and fiber optic cable production. I commented to him that such technology must be extremely complex, and yet it doesn't compare with the complexity of the human cell. He smiled when he realized the conversation was leading to [creation by intelligent design](#).

The engineer was also interested in what I had to say about the fall of the American government in 1913 when [Woodrow Wilson sold the American economy to a private investor corporation](#).

At Adatara after only a 15-minute wait, a young couple, Mr. and Mrs. Ii from Toyama, took me the final 120 some kilometers back to Niigata. May God bless them greatly for their kindness! They had to get off the expressway to drop me off which meant it cost them another 1000 yen in toll to get back on.

Germs cause cancer!



✘ “The idea that bacteria cause cancer is considered preposterous by most physicians. However, despite the antagonistic view of the American Cancer Society and medical science, there is ample evidence in the published peer-reviewed literature that strongly suggests that ‘cancer microbes’ cause cancer.” – Alan Cantwell, MD. [Read the rest of this article.](#)

Back on the road! – Adventure to Aomori, March 2010



A couple soon to be married who took me from Murakami city toward Yamagata

Princess, the Shih Tsu dog that I have been caring for since December is now with new owners. I’m now free to continue to travel Japan, meet people, share my [faith](#), and visit [Family International Homes](#) throughout the country.



Mt. Chokai as seen from
Sakata City in Yamagata
Prefecture

On February 19th I left home and arrived in Aomori city the next day. It was beautiful weather the first day. The view of Mount Chokai from Sakata City in Yamagata prefecture was outstanding! It was completely hidden by clouds the last time I passed it last November. Nine drivers, all very pleasant people, took me 270 kilometers to Akita city where I stayed overnight. There was very little waiting time between rides, and I arrived before sundown.

I expected continued fair weather but the next day was cloudy with light rain. A small fold-up umbrella I always carry with me was sufficient protection. A truck driver took me as far as Odate city which is just before Aomori. I considered this nothing short of fantastic because only 7% of the vehicles I ride in are trucks, and a truck going a good distance was just what I needed on a rainy day.

The last driver, Mr. Tooru, took me to the very door of my destination.

[A look at Ubuntu 10.4](#)



Fedora Firewall GUI. The services checked in this picture do not represent my personal configuration.

I downloaded the latest version of Ubuntu Linux, version 10.4, and installed it as a [virtual machine](#) with [VMWare](#) on my [Fedora 12](#) pc. I also ran it as a live CD from boot. I'm still not convinced that Ubuntu is better than Fedora for me. Ubuntu is missing two GUIs (software with a graphic user interface) I use all the time in Fedora. There is

- no firewall GUI
- no services GUI

The basic configuration screen of the Fedora firewall GUI is clear to understand and easy to use to open the IP ports the user needs to use, and to block the ones not needed. This makes for better security, and it makes it easier to set up other features such as networking with the other PCs on the

property.

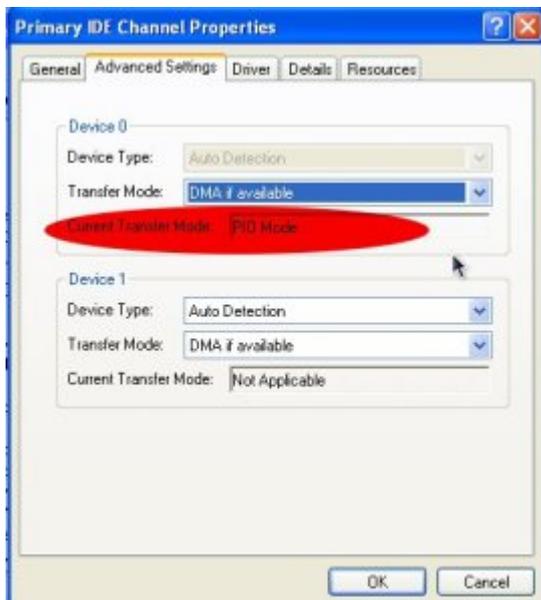
The services GUI makes it easy to turn off services I don't really need which conserves resources. I remember that previous versions of Ubuntu had a services GUI, but it wasn't as comprehensive as Fedora's.

There are firewall GUIs for Ubuntu you can download and install, like Firestarter, but none are as easy to use as the Fedora firewall GUI. Firestarter requires a basic knowledge of TCP/IP protocols and ports, but the Fedora firewall GUI does not.

I really think that Fedora is not only a more mature Linux distro than Ubuntu, but it's also *easier* to tweak to do what one needs to do.

Another problem with Ubuntu 10.4 is I couldn't install Flashplayer on my 64 bit system. I had no problem with this in Fedora.

[Dramatically restoring the performance of an exceedingly slow Windows XP machine](#)



Last night a young lady asked me to look at her Windows XP laptop. It was running much slower than it did when she first got it. Usually, I first consider that the system is probably infected with malware or spyware, and I installed and ran [SuperAntiSpyware](#) to scan the C drive of her PC. But later I realized that she, being the type of girl she is, would not be going to dangerous websites from where she would be infected. SuperAntiSpyware reported no malware present. I then remembered that the primary IDE channel of a Windows XP system sometimes reverts from DMA to PIO. The graphic on the

right shows what the current transfer mode should **not** be!

IDE stands for Integrated Drive Electronics. It refers to the electronics of either your hard disk or DVD drive. In this case, the hard disk is in question.

DMA stands for Direct Memory Access, a technique for transferring data from the main memory to a device (like your hard disk) without passing it through the CPU (central processing unit, the computer's brain).

PIO stands for Programmed Input/Output, a method of transferring data between two devices that *uses* the computer's CPU.

PIO is the older and slower method of data transfer. DMA is at least 10 times faster than PIO from my personal observation. This means that if the IDE primary channel is set for PIO, this will slow down the read and write speed of your hard disk by at least 10 times which dramatically slows down the entire system! Windows XP will automatically revert from DMA to PIO if there are too many DMA errors. In such a case, it may be a sign your hard disk is beginning to fail.

You can check if the transfer mode of your hard disk is DMA or not with the procedure below.

1. Click Start
2. Click Control Panel
3. Click Switch to Classic View (if you are not there already)
4. Double-click the System applet to open it.
5. Click on the Hardware tab to open it
6. Click on Device Manager to open it
7. Click on the plus sign of IDE ATA/ATAPI controllers to expand it
8. Right click on Primary IDE Channel
9. Left click on Properties
10. Click on the Advanced Settings tab
11. Look at the current transfer mode of Device 0. It should say Ultra DMA Mode with a number after it as shown in the picture. If it says PIO Mode, this is the reason for your slow PC.



Ultra DMA mode

If you see that the current transfer mode of the primary IDE channel on your PC is PIO, you may be able to reset it back to ultra DMA mode by [downloading and running this script](#). Just right click the and left click "save link as" to save the file. Windows may save it as a text file by adding a .txt after the real extension of .vbs If so, you would need to rename the file before you can run it by deleting the .txt, and to do that you may have to change the Windows default setting to show registered file extensions.

After you run the script, reboot and check the primary IDE channel settings

again. If it is restored back to ultra DMA mode, congratulations! If not, the only fix would be to change the hard disk altogether to a new one or buy a new PC.

Aspartame, Brain Cancer & the FDA



Beware of consuming any so called sweet sugarless products containing [aspartame](#)!