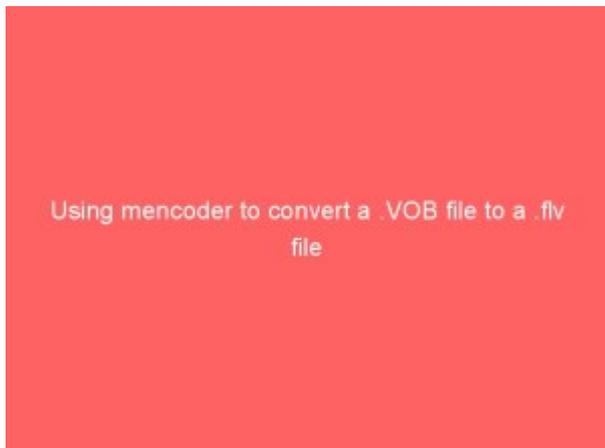


## Using mencoder to convert a .VOB file to a .flv file



I've been working for a Japanese NPO, Leap High 28. Today I was asked by the NPO Chairperson, Yoko Ishikawa to upload a DVD file to Help Japan 2011, a website we made together to raise support for the March 11, 2011 earthquake and tsumami victims. This is the code I used to convert the file to .flv on a laptop with the Ubuntu 11.10 Linux. Note the you need to have mencoder installed.

```
mencoder VTS_03_1.VOB -of lavf -ovc lavc -lavcopts
vcodec=flv:vbitrate=150 -ofps 25 -oac mp3lame -lameopts abr:br=32 -
srate 22050 -vf scale=720 -o unitedearth.flv
```

After creating the flv file, I uploaded it to the server using FTP. I also created a starting .jpg image of the same name as the .flv from one of the frames of the video, and uploaded it in the same folder.

I also installed a handy WordPress plugin, FLV Embed to display the video.

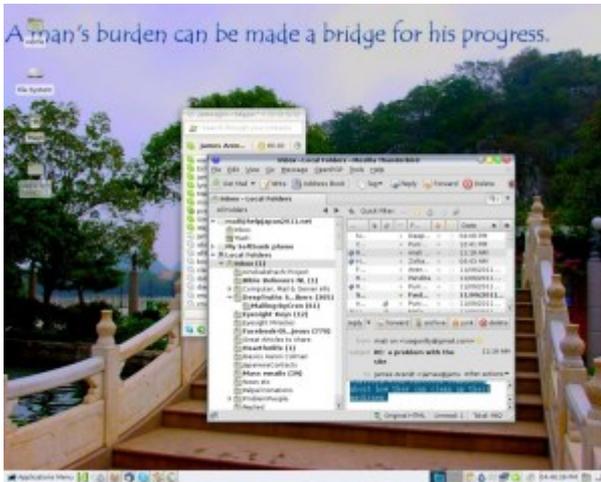
On the page to post the video, in the HTML editor I added the following:

```
[flv:/wp-content/uploads/unitedearth.flv 480 368]
```

Click this link to see the result! Audio in Japanese only.

---

## Fedora 16 review



**November 9:** After getting sick of Gnome 3 on Fedora 15, I tried Linux Mint Debian for a while because it has the Gnome 2 desktop environment, my favourite to date. Linux Mint Debian ran very well but because there were certain tweaks to the system I wanted to implement but could not (but can in Fedora), I decided to go back to Fedora 14, the last Fedora with Gnome 2. The creator of Linux, Linus Torvalds, preferred Gnome 2 over 3 as well. He also uses Fedora as his Linux distribution of choice. Since the advent of Gnome 3 in Fedora 15, Linus ditched it for the Xfce environment instead. I figure if Xfce is good enough for Linus, it's good enough for me. So when Fedora 16 went gold yesterday, I immediately downloaded it, installed it, and installed the Xfce desktop environment.



James Japan's Xfce desktop with Fedora 16

Fedora 16 with the Xfce desktop environment is like driving a new car with a more powerful engine but with different dashboard. I'm getting used to it. Xfce does seem to be more tweak-able than Gnome 2 was. I can see certain features that Gnome 2 didn't have. But I still miss the cool Gnome 2 applets. Won't somebody please bring them back?

**March 14, 2012 update:** I tried to install Compiz in LXDE but couldn't make it work. All icons on panels would disappear every time I ran fusion-icon. I wondered how it would work on KDE Plasma Desktop Environment. Compiz works great! Here's what my desktop looks like now:



Kde Plasma James Japan Desktop

KDE Plasma has 4 different appearances

1. Desktop Icons (Plain desktop with icons on it)
2. Photos Activity (Shows random photos in the Picture folder)
3. Desktop (Makes the Desktop folder a window with the option of wallpaper)

#### 4. Search and Launch (Shows all the installed applications)

Besides this it has a pop-up application menu that is overall better than either LXDE or XFCE, and way better than Gnome 3! All in all KDE Plasma seems to be for me the most user friendly, intuitive, easy to use and tweak-able Linux desktop environment.

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## Why Gaddafi was demonized by the West



I believe Gaddafi was demonized by the West only after he became a hindrance to New World Order plans. Libya was one of the most prosperous countries in the middle east before the NATO (read USA, England and France) attacks! Unlike the Egyptians under Mubarak, the average Libyan enjoyed a high standard of living.

Under the revolutionary leadership of Col. Mu`ammar Qadhafi, Libya has attained the highest standard of living in all of Africa. This is all the more remarkable when we consider that in 1951 Libya was officially the poorest country in the world. According to the World Bank, the per capita income was less than \$50 a year – even lower than India. Today all Libyans own their own homes and cars. In the words of two Fleet Street journalists, David Blundy and Andrew Lycett, who are by no means supporters of the Libyan Arab revolution, “The young people are well dressed, well fed and well educated. Libyans now earn more per capita than the British. – Taken from <http://www.geocities.com/Athens/8744/libfacts.htm> Obviously written before the NATO attack against Libya.

Now what will happen to them? The same fate of civil strife in Yugoslavia after Tito’s death, and civil strife in Iraq after Saddam Hussein! Their

economy is going to crash and they will lose the good standard of living they enjoyed under Gaddafi. The [wicked Witch of the West Hillary](#) is laughing now at Gaddafi's demise, but someday the poor and meek of this world will rejoice at her demise as they did Jezebel's! See 2 Kings chapter 9 for details. If there ever was a modern day parallel of King Ahab and Queen Jezebel of the Bible, it is doubtless [Bill and Hillary](#).

Why would the [USA, England and France](#) (read continuation of the Roman Empire) want Gaddafi dead? Three reasons, and all about *money* and power!

Also see The Legend of Sirte for more information about the true political realities of Libya.

Recently I've been studying the history of Japan during the the 17th and 18t century. It seems to me that the major difference between then and now, is electrical power and environment it created.

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## [Traumatic trip to Aomori city](#)



**Went the wrong way!** The blue line from Nikaho City to Akita City was my intended route. The orange line going to Daizen city is the detour route the truck driver took me, 38 kilometers out of my way costing nearly an hour extra time! The end of the orange line points to Route 13 where the driver intended to drop me off. The dark green line is the Akita expressway which took me from Daizen City to Hachiryu Station. It made up for the lost time of the detour.

**September 19:** Today was warm, bright and sunny, a very good day to travel by hitchhiking. I was on my way to Aomori city, about 480 kilometers from my home in Niigata city. It was imperative that I reach Aomori by evening because I had to travel further the next day to Misawa city, 70 kilometers from Aomori, and be there by 10PAM to do a job assignment.

My motivation to hitchhike is not just to save money, but to make new friends. The very first driver who picked me up was a talkative lady, Miss Tsuneko, who took me to Tainai city on Route 7, about 60 kilometers from home, a very good distance for the first ride. Tsuneko is not a Christian but she is interested in helping her Christian friend find a Christian husband.

From Route 7 I walked 4 kilometers to get to the Arakawa-Tainai interchange of the Nihonkai-Tohoku Expressway. I hoped catching a ride on the expressway would speed my journey by getting a vehicle going at least as far as somewhere in Yamagata Prefecture and thereby bypassing Murakami City entirely. Expressway drivers tend to go longer distances. Moreover, traffic on Route 7 past Murakami is minimal. In times past I had to wait more than an hour in Murakami to catch a ride going any significant distance.

The 40 minute hike to the expressway bore fruit – I got an immediate ride to Atsumi Onsen in Yamagata! From Atsumi Onsen I caught 3 more cars and got as far as Nikaho City in Akita Prefecture. It was about 3PM. I hoped to catch a ride from Nikaho to Akita city. There was just enough time for me to catch the 4:30 train from Akita station which would arrive in Aomori at 8PM.

After just a few minutes wait in Nikaho, a truck stopped and the driver said he would take me to Route 13 in Akita. I assumed he meant the intersection of Route 13 and Route 7 in Akita City, but I was terribly wrong! The driver was a foreigner, a man from Ho Chi Minh City in Vietnam. He's lived in Japan for 18 years and spoke good Japanese, the only common language between us. The driver got off Route 7 to take a free expressway heading toward Akita City, but partway he got off the expressway at Ohuchi and took Route 105 toward Daizen city. I didn't know it at the time, but Daizen city is the new name for Omagari city. Had he said he was going to Omagari, I would have immediately asked him to let me off at Ohuchi for I knew that Omagari was way out of my way! But the name "Daizen" confused me. The driver was so positive and tried to be encouraging. "Don't worry! This road runs through the rice fields with very few stop lights and little traffic! I'll take you to Route 13 and from there you can catch a ride to Akita city which is next to Daizen! But looking at the map, I realized I made an awful mistake!

Why did I heed the driver's advice and go with him further? It could be because he is Vietnamese, and I don't ever remember meeting anyone from Vietnam before. It's always interesting to meet people from difference countries and cultures. On September 9th two young men from Nepal took me to Akita city. They corrected me when I said the founder of Buddhism was from India. "You're twice our age and know many things, and yet you didn't know that Buddha was born in our country, in Nepal!" □

There was now no way I could arrive Akita city in time to catch the 4:35PM train. After that there was only one more train left, the one leaving Akita

station at 6:46PM which would get me to Aomori city at 10:40PM. If I missed that one too, I would be in bad trouble indeed. It would mean hitchhiking in the dark. I have hitchhiked after sunset occasionally, but it's not nearly as easy as hitchhiking during daylight hours. It's harder for drivers to see me and more dangerous at night.

I began to realize I had to stop listening to the driver and start to follow what I knew from experience to be best. Letting him take me to Route 13 was no guarantee I would make the 6:46PM train. From the map I saw the Omagari Interchange of the Akita expressway a few kilometers before Route 13. It was right on Route 105. I asked the driver to let me off at the expressway entrance, and he did so but expressed doubts I would catch a car going on it. I didn't listen to him this time, I knew catching a ride on the expressway had the potential to make up for the time I lost on the detour.

The decision to take the Akita Expressway paid off! After only a couple minutes wait, a driver stopped and took me to the Nishisenboku Service Area. I got off there because the driver was going to Akita Airport. From Nishisenboku an elderly couple took me to the train station at Hachuryu, about 30 kilometers past Akita city. Because of the speed of the expressway, I actually caught up with and past the 4:35PM train from Akita city and caught it at Hachiryu with 5 minutes to spare! It was a happy ending to an otherwise traumatic trip. God is good. ☐

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## [WordPress – How to assign categories and tags to pages](#)



**December 11, 2011 update:** Before you read this article, you should know I now consider it unnecessary. Because of new feature of custom menus from WordPress version 3, a post can be assigned to a menu item among page menu items. Therefore there is no reason to do what I outlined before. ☐

From quite a while ago I've been wondering if there was a way to assign a category and tags to WordPress pages. There is no apparent option to do this

in WordPress. Posts have the capability to be assigned categories and tags, but pages have no such option. Besides this, I wanted to have long articles added as pages to both appear in the top page menu and yet also have them appear as titles of new posts in the sidebar menu widget.

One of my projects is <http://starsandpearls.com/> The short articles were added as posts, but some of the long articles, the “E-zines”, are laid out in a magazine format with its own internal menu. If you go to the site and put your mouse over the “Stars and Pearl E-zine” menu item, you will see the menu drop down with menu items that all point to pages. And yet you will find 6 of the same menu titles also in the Recent Posts side bar menu! How did I do it?

First of all, you need to install the “Page Links to” plugin from <http://txfx.net/wordpress-plugins/page-links-to/> or by entering the words

page links to

in the Install Plugins search option.

After you install the plugin, go to Posts – Add New, and you will see toward the bottom of each edit post dialog area the following:



First you make your page and publish it. Then you copy the full URL from the location bar into the clipboard. Then you make a post by the same name, assign a category and tags to it, and then paste the URL of the page you created into the “Point to this URL:” of the Page Links To section of the edit post area. You also might want to copy the first couple paragraphs of the page into the post with a Continue Reading code at the end. Either clicking on the title in the posts section or clicking on the continue reading hyperlink will take you to the full page.

I’m posting this because after Googling for the answer to this question, I haven’t found any solution as simple to implement as the one I’m giving you now. □

The two column dropdown menu was made with the aid of [“Uber Menu”](#), a very useful WordPress plugin to make mega menus.

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## [The Truth about Libya](#)

## The Truth about Libya

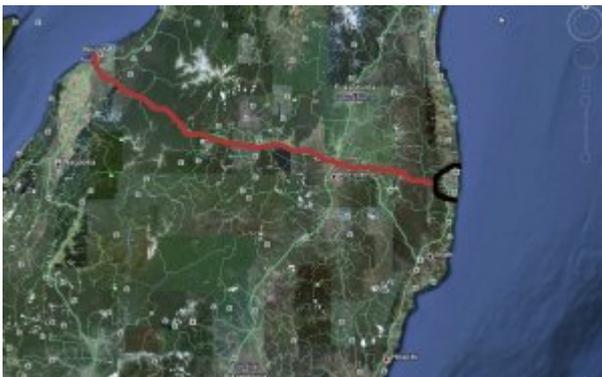
NATO and international bankers destroyed Libya and took away its prosperity using the excuse of ridding the country of a “dictator.” Soon a Libyan central bank will be set up and it will rob the people just as the American Federal Reserve and other central banks do in their perspective countries. The Libyan revolt was undoubtedly caused by outside forces for the purpose of controlling Libya’s economy. The ignorant Libyans who supported the revolt are soon to regret it.

For more comments about Libya, please see:

<http://sherriequestioningall.blogspot.com/2011/08/truth-about-libya-watch-this-video-and.html>

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## [Attempt to hitchhike to the Fukushima Pacific coastline](#)



An attempt to visit the damaged nuclear power plants in Fukushima, Japan.

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## July 31 hitchhike adventure from Aomori city



Women's Table Tennis  
Coach Ohka Iwao

**July 31:** I was on my way back home from Aomori city to Niigata. I decided to take the Tohoku Expressway which passes through Sendai and Fukushima and the Banetsu Expressway from Fukushima to Niigata rather than the much slower Route 7 that runs along the Sea of Japan. Though the Tohoku / Banetsu route is 125 kilometers longer, it's faster because it's expressway and because most drivers are going longer distances.

I didn't have to walk to Aomori Chuo Expressway Interchange today like I did on July 18th. An off duty taxi cab driver saw me and offered me a ride which saved me an hour. But unlike July 18th, I had to wait over twice the time I waited before, 2.5 hours, to catch the next ride.

It was sunny but not too hot. After over an hour of rejections, I decided to stand at another traffic light. Most of the cars turning right at that traffic light were going on the expressway. This way I could walk past each of the drivers hoping for positive eye contact. Most of them ignored me. Some waved their hands in the Japanese manner that means, "NO!"

Two drivers offered me rides but both were going only as far as Hirosaki, only about 8% of the distance back home. I actually got into one of the cars but after thinking about it for a few seconds I decided I needed to look for "bigger fish." I consider hitchhiking to be akin of fishing. You don't have to take the small fish even if you catch one, you can return them back. Usually it takes longer to find a big fish, but when you do catch one, it's worth the wait. This is especially true when looking for cars going an expressway. My first ride on the Tohoku expressway needed to take me at least 200 kilometers or 1/3 of the way toward home if I was to get home that day without having to resort to take a long train ride. When hitchhiking on a

regular road, I'm happy for little fish that comes along no matter how short a distance the driver is going. But today via the expressway, I had to catch a fairly "big fish."

It was indeed worth the 2.5 hour wait for I finally caught one! At 11:30 a man who was going all the way to Sendai offered me a ride. His name is Mr. Ohka Iwao and he is a head coach of women's junior table tennis and one of the representatives of all of Japan in international tournaments! Mr. Ohka took me to Chojahara Service area, the largest one before Sendai, a distance of 304 kilometers and **over half of the way home!** I now knew for sure I would make it home by evening.

It's always great to ride with educated and influential people for the conversation is usually deep and interesting. In 1973, one year after China and Japan established diplomatic relations, Mr. Ohka took his team to China to compete with Chinese teams. He said his team never won even once though he made many subsequent trips. According to Mr. Ohka, the main reason the Chinese are so strong in table tennis is because good players can gain quite a bit of wealth. There's no money in table tennis in Japan, he says. During his first visit to China, Mr. Ohka met the Chinese premier Chou En-lai and was photographed with him.

Mr. Ohka's home is in the Shichigahama area of Sendai and close to the ocean. He was in Aomori city at the time of the earthquake and tsunami of March 11th. His wife witnessed the tsunami from the window of their home! Their house is on a hill and therefore was not hit by the tsunami, but she saw all the houses below swept away. For the next 3 weeks there was no electricity in Sendai. Mr. Ohka was unsure of road conditions, so rather than return home by car he took trains and buses in a circular route to get home carrying as much food with him that he could hold.



Sachi, Masako and Nozomi at Chojahara SA.

I told Mr. Ohka that I would be fine at Chojahara Service Area. It was 3PM when we arrived and I've never experienced long waits for the next ride there. Three smiling young ladies, Sachi, Masako and Nozomi approached me and asked where I was heading. They all spoke some English (probably why they were interested in me) and said they would ask the driver of their van if he would take me. They all wanted to talk to me to practice their English. Unfortunately for both them and me, the driver said the van was too packed with luggage and there was no room for me to sit.

Almost immediately after the 3 girls left, a passing driver made eye contact with me and then stopped a few meters up the road. I walked cautiously to the vehicle not knowing for sure if the driver meant to pick me up or not. I've been wrong before. Sometimes drivers stop not far from me but with other intents in mind such as making a phone call. But this driver indicated he was stopping for me.

It was yet another sports coach, this time High School Soccer, Mr Shun. He took me as far as Kunimi SA in Fukushima Prefecture.

It was raining in Kunimi and so I decided to wait a bit hoping the rain would stop. After about 15 minutes and rain subsided and I walked out again to the parking area. After a few minutes, an older couple picked me up and took me to Adatarara Service Area. Their daughter is married to a man from the UK where she is now. I've often been picked up by parents whose son or daughter is married to a foreigner.

The Adatarara Service Area is always challenging for me. It's the closest point just before the Banetsu junction heading to Niigata, but the preponderance of the traffic is going a different direction toward the Kanto area, Tokyo and vicinity. This time in an effort to work around the problem, I held out an Aizu sign instead of the Niigata sign. The city of Aizuwakamatsu in the Aizu area is about 1/3 of the distance home from that point. I knew there were probably more cars going to Aizuwakamatsu than there would be to Niigata. This bore fruit. Within a relatively short time an older man picked me up. He took me to the Bandaisan Service Area which is just before the Aizuwakamatsu exit.

Now I was in an excellent situation indeed! The sky was clearer with no more threat of rain. A far higher percentage of cars were heading to Niigata from that point. After only a few minutes waiting, and just before sunset, a young married couple who were headed to Joetsu picked me up and took me to an expressway bus stop on the Banetsu expressway which is relatively close to home. From there it was a short 10 minute walk to the train station, and only 180 yen train ride 2 stations the rest of the way. I arrived home 8:50PM. □

---

## Forced to hitchhike due to heavy rain



Miss Maiko who went

out of her way to  
take me to Higashi  
Noshiro station.

**July 29:** I needed to go this day to Aomori city, 470 kilometers from my home in Niigata. It was raining hard. I attempted to take the very first train out at 6:16AM but after arriving at the station was told that all trains were stopped on that particular train line. When a rainfall reaches a certain level, the railroad company cancels all trains to make time to check the tracks. Landslides due to heavy rain are not uncommon in Japan.

To make any progress at all, I need to take a different line using going a slightly different direction but which would take to me the main station of Niigata city where another train line going to Murakami city would take me further. But due to heavy rains, that train had to stop at Nakajo, about 2/3s of the way to Murakami.

I'm now in a do or die situation. It was imperative that I be in Aomori city that evening. My only recourse was to hitchhike. It continued to rain hard for the first 30 minutes after arriving to Nakajo, but then the rain subsided to the point I could walk outside with an umbrella.



Terata Kouki who took  
me to Iwawa Sakura  
Station in Akita  
Prefecture

The day turned out to be another miracle day of hitchhiking! Six drivers took me as far as Noshiro city in Akita Prefecture. It was 5:30PM by the time I got to Noshiro, just in time to take a train the rest of the way arriving in Aomori at 8PM. Five of the six drivers went out of their way for me! One man went as far as 1 hour or about 60 kilometers to take me to Yamagata Prefecture. The last two drivers, a young man and young lady want to see me again, and they will therefore be meeting each other for the first time when they do when I pass through Akita city again next month.

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**Mr. and Mrs. Kudo take me to Aomori  
city**



Hiromi, baby Hayato and Taiki

**July 17** It was another day after rainy season. I walked a little over a kilometer to route 7 in Hirosaki hoping to hitchhike to my friend's home in Aomori city, a distance of only about 44 kilometers. But most of vehicles consisted of city traffic and I waited what I considered to be longer than usual, about 30 minutes.

A young man, Taiki Kudo with his one year old son Hiyato strapped to a child-seat in the back, pulled up and offered me a ride. Taiki said that he saw me standing with my Aomori sign and circled back toward me hoping I would still be there waiting. He said that he was just about to go to Aomori city with his family and needed to pick them up first. I replied I wasn't in a hurry. So Taiki took me to his apartment building where we waited for his wife Hiromi to come and join us. I had a great time talking with them and they took me all the way to my friend's house in Aomori city saving me 810 yen train fare.

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**Picked up by young mother with two little boys**



Mrs. Takahashi with 5 year old son Raima and 3 year old son Shuga who took me 478 kilometers toward my destination.

**Monday, July 18:** From Aomori city in northern Tohoku I needed to go in one day to Noda city, Chiba Prefecture, a distance of around 700 kilometers. It took me one hour to walk from my friend's house in Aomori to Aomori Chuo Interchange, the beginning of the Tohoku expressway, and it took yet another hour of waiting to catch the first ride. It was worth all the effort considering the very first car took me 70% of the 677 kilometer length of the Tohoku expressway! The driver was a mother, 30 some years old, Mrs. Takahashi with her two sons, Raima (5) and Shuga (3).

When I first saw Mrs. Takahashi waiting for the traffic signal just before the expressway entrance to turn green, I thought, "No chance with her! She has two little kids in the back seat!" And so I was therefore surprised when she turned into the gas station by the expressway entrance where I was standing and waved to me to come.

The front passenger seat was filled with belongings. Mrs. Takahashi had to arrange things a bit to make room for me and my suitcase. I greeted the boys and they were both very friendly. The older of the two, Raima, was quite talkative throughout much of the trip.

Mrs. Tahahashi said, "Let's have a good trip!" I was so happy to know she was going all the way to Nasu City in Tochigi Prefecture. This would take me past the big city of Sendai which is sometimes hard to cross.

It was the second time Mrs. Takahashi picked up a hitchhiker. The first time was with her husband. She took a young Japanese man toward his destination. I was glad too to be of some service to her in helping her keep her two boys from fussing with each other too much and making too much of a racket. Every time I turned around to talk to them, they would calm down.

Mrs. Takahashi seemed to be in a hurry to go home and often approached a

speed of 140 kilometers per hour! “Don’t worry,” she said. “The car won’t go any faster than this!”

I had a receptive audience of 4 hours to share with what the Holy Scriptures have to say about God, creation of the universe, the history of Adam and Eve in the Garden, why people became what they have become, why evil exists, why we are all criminals in the sight of our Creator, and why we need to be saved. Mrs. Takahashi was impressed to know that Adam put the blame on his wife for eating the “apple.” Most people in the West have heard all these things in church much of their lives, and they have either accepted them as fact, or rejected it all to the point they don’t care to listen anymore. It was the very **first time** for Mrs. Takahashi to hear it, and because she seemed interested I was glad to keep sharing more. I’ve *hardly ever* been turned down by a Japanese person an offer to share with them stories from the Bible. I can only think of a handful of times out of 10s of thousands of people I’ve talked to in the 34 years I’ve lived in Japan.

We stopped for a restroom break and Raima held out his hand toward mine for me to hold hands with him to walk with him and his mother toward the parking area facilities. He then followed his mother into the restroom.

The next day at the Miyoshi Service area on the Kanetsu Expressway heading home, I met another young mother with her son. They were from the USA and are now living near Yokota AFB. There were many American service personnel with their dependents around who were on their way back to the Air Force base after a field trip. I told the lady I’m about to hitchhike to Niigata. She didn’t believe me at first. I showed her the picture of Mrs. Takahashi and sons that I took with my cell phone. “It wouldn’t happen in America” the lady replied. I tend to think that Japan is now, “the land of the free and the home of the brave”, more than the USA is, don’t you? America *used to be* so back in the 19th century.

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## [Picked up by two members of the Akita Prefecture Parliament](#)





Akita Parliament member Jun with me in the background. Jun is holding my cell phone trying to include Teru Kun in the photo, but missed him because he couldn't see the camera viewer from his position.

**July 15:** Today I hitchhiked in 11 vehicles from Niigata city to Hirosaki city in Aomori Prefecture, a distance of about 430 kilometers. The highlight of this trip was car #9 with two lawmakers of the Akita Prefecture Parliament, driver Obara Masateru and front seat passenger Numaya Jun who took me from Akita City to Odate City, a good distance of around 100 kilometers. They told me to call them Teru Kun and Jun.

It's an absolute first for me to get picked up by active politicians! Once I was picked up by the former mayor of a city of 50,000 people, Mr. Kobayashi of Niitsu city, but he was retired then and not serving in any public position.

Well, you can imagine the fun I had talking to these guys and telling them all the things I heard about crooked American politics! **Two Illinois governors in a row**, George Ryan and Rod Blagojevich were arrested and convicted on corruption charges. George Ryan is sitting in prison and will be there till July 4, 2013, and Rod Blagojevich was recently convicted and about to go to prison.

Teru Kun and Jun became Akita Parliament members just last March. They said they're good guys who will not be corrupted by money. They promised never to take a bribe. I tend to think they are sincere because they had nothing to gain by picking me up, and they gave me presents when parting, an expensive looking bottle of grape juice, Japanese daikon and cucumbers. And they seemed to know nothing about the Secret Societies in America that formulate policy behind the scenes.



3 presents from Teru and Jun

Japanese public servants receive quite good salaries, perhaps double of many other countries. Teru Kun and Jun acknowledged that they are well paid, but said that the budget of a politician is quite high and they have to struggle to make ends meet. The meeting in Odate they were required to attend would cost them 10,000 yen each. They referred to themselves as "poor politicians." Indeed their car was nothing fancy, just a regular type of vehicle that most salary men drive.

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## Removing the WWW sub-domain for search engine optimization



One of my websites, [Deep Truths](#) would show in a browser using either the WWW subdomain prefix, `www.deeptruths.com` or without the WWW, e.g. `deeptruths.com`. From search engines' point of view, this meant that there were two websites of the exact same content and one of the sites would be penalized and not listed in search results. Deep Truths was hosted on a Microsoft IIS server. Because of this the WWW subdomain name could not be removed without the help of the MS IIS server administrator. He is a friendly guy I've had much communication with, but when I wrote him about the problem, he either didn't understand it well or thought it was not really a problem.

The solution was to move Deep Truths to a Linux Apache server so I could use commands in the `.htaccess` file to rewrite `www.deeptruths.com` to simply `deeptruths.com`. MS IIS servers also use `.htaccess` but the commands to rewrite the URL only work in Linux.

Specifically I added to `.htaccess` the following lines:

```
Options +FollowSymlinks
RewriteEngine on
rewritecond %{http_host} ^www.deeptruths.com [nc]
rewriterule ^(.*)$ http://deeptruths.com/$1 [r=301,nc]
```

I got this idea from <http://www.scribd.com/doc/2300173/Joomla-How-to-Remove-www-from-domain-and-why-it-matters> But the example on that page does just the opposite of what it says it is supposed to do, it adds the WWW instead. I'm sure that was a mere typo. I just modified the code moving the `www` on the other line and it worked. □

All WordPress sites seem to have this feature enabled by default! WordPress seems to be quite good with SEO even though the webmaster doesn't know much about SEO.

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## Hitchhike adventures since the March 11th earthquake



Mrs. Ayami who took me from Hirosaki to Namioka city in Aomori Prefecture on July 9th.

I haven't felt it appropriate to write about my adventures meeting people hitchhiking in Japan since the catastrophe of March 11th. People are still suffering and I want to do what I can to help those who are going directly to the disaster areas to treat people with Post Traumatic Stress Disorder (PTSD).

This is just to say I'm still hitchhiking, people still pick me up, and I still need to travel this way to do my job and save money at the same time. Since March 11th I hitchhiked 22 days in 75 vehicles and traveled 6400 kilometers. Some of the people I've met have been directly involved in the relief efforts. One man came from as far as Sasebo city in Kyushu to Soma city in Fukushima.

On July 11th I passed through Fukushima city on the Tohoku Expressway. Radiation levels in Fukushima city are higher than other places in Fukushima Prefecture where people are still allowed to live, even higher than in Soma city which is 20 kilometers closer to the damaged nuclear power-plants. This is because the wind happened to be blowing toward Fukushima city when one of the plants had a chemical explosion. The no-go zone is a 20 kilometer radius around the powerplants. The inhabitants of that area have not only lost their homes and land, but any livestock and crops they happened to have.

Merely passing through Fukushima city presents no danger from radiation. The Fukushima city people have not been reporting any radiation sickness. So far not a single person has died from radiation, not even the ones who worked

close to the plant to cool down the reactors. For this reason IMHO I consider comments from so called “experts” that Fukushima is far worse than Chernobyl to be nothing but hype and fear mongering! According to [world-nuclear.org](http://world-nuclear.org) 30 operators and firemen died within three months since the Chernobyl accident. It’s now been four months since the Fukushima powerplant meltdown, and **not one power plant worker has died** or is even ill from radiation!

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## Back to Linux Mint Debian



I had been using Fedora 15 for about 5 weeks since it came out at the beginning of June, but now again I switched back to Linux Mint Debian. Gnome 3 IMHO was too radical a departure from how I was used to operating. KDE4 was slow at times. Neither LXDE or XFCE seemed to support a Favorite Applications menu. Only Gnome 2 could make me happy again using my PC, and I figured Linux Mint Debian with its speed and power was my best bet. I knew it would continue to have Gnome 2 as its default desktop environment.

### **Linux Mint Debian improvements over Fedora 15**

- Gnome 2 is the default desktop environment!!! (You long time Gnome users know how I feel. :-))
- Much faster boot up.
- System feels more responsive and quicker.
- All the apps I need without having to install more repositories. Skype, Google Earth, and Virtual Box installed from the command line using default repositories!
- All needed multimedia codecs were installed by default
- Flashplayer and its plug in for Mozilla Firefox was installed by default.
- Because Linux Mint Debian is a rolling distribution, I should never have to do another clean Linux installation on this PC as long as I stick with this distro!

The only major quirks I’ve come across so far is that I can’t get LibreOffice to do a spell check. The language modules don’t load. Neither does Mozilla

Firefox do a spell check either! I'm using Google Chrome to make this post because the spell checker works. I'm sure I'll either figure out the spell checker problem sooner or later, or soon an update will fix it.

**July 22 update:** After much searching I found a fix for the LibreOffice spell checker problem by using Synaptic to download and install myspell-en-us This added the Hunspell SpellChecker module to LibreOffice. I also fixed the Firefox spell checker problem by right clicking on an open space in a form in Firefox, and clicking on Add Dictionaries.

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## Government and banking institutions' mistrust of aid collectors since the East Japan Earthquake



A couple days after the massive magnitude 9 earthquake in the Pacific 70 kilometres (43 mi) east of the Oshika Peninsula of Northeast Japan which caused a massive tsunami destroying the northeast coast of the Tohoku region, I was asked to make a website <http://helpjapan2011.net> for the purpose of raising aid to buy goods and materials for volunteers to take to the survivors of the disaster.

At the time, NPO Leap High 28's Paypal account was under investigation by Paypal administrator's to verify its NPO status. Because of this, account was unable to accept donations. To work around the problem, I used instead my own Paypal account as a temporary substitute.

Within the first week a number of friends sent close to \$500 US to my Paypal account. Shortly afterward, Paypal sent me a message saying that I was using my Paypal account for business purposes and asked me to answer a set of questions. I believed I answered all the questions honestly and explained that none of my web sites with a Paypal donation button are offering anything for sale. I was merely asking donations for my missionary work, and since the March 11th earthquake, specifically for suppose of aid toward the earthquake and tsunami victims.

This seemed to satisfy Paypal and the matter appeared to be settled, but after a week suddenly and **without warning, Paypal froze my account!** This meant I could not use it to receive further donations or pay out from it. Thankfully by that time I withdrew all of the donations received for the earthquake victims and sent them on to the NPO. Only \$100 of the money I previously had in the account is now frozen.

I personally used 10,000 yen (now \$80 US) from donations I received since the earthquake to buy vegetables and natto for a large and needy family in Sendai. That together with other donations from friends taken to the family in Sendai was nearly double than the \$500 US I received in my Paypal account.

Other Paypal users in Japan – people I know – who are working to raise aid for the tsunami victims have reported similar problems with Paypal. It makes me think that Paypal may be ultimately controlled by [the Establishment](#).

Banks have also asked prying questions about transfers of funds from overseas. One of my friends who has been doing an great work in bringing supplies to needy families in Minami Senriku received a large donation of 3.2 million yen (\$40,000 US) from a company based in the USA. The bank dragged its feet in transferring these funds to his account. He was asked by bank officials the purpose of the money. What business is it of theirs, anyway?! He said that if he told them he was selling *pornography*, they probably would have understood and accepted it better rather than saying he was using the funds to buy equipment, food and supplies for the disaster victims! It dawned on him, *"The Establishment doesn't want me to have money! Common folks aren't supposed to have money because that means freedom of movement from Establishment control!"*

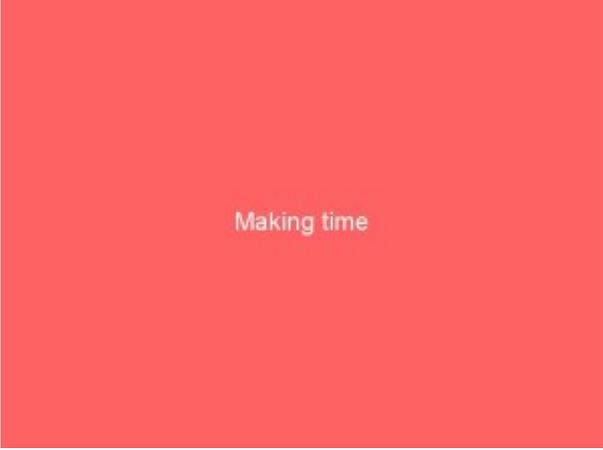
Mr. Ikeda, the man who took me home on July 11th. from the Adatara Service area on the Tohoku Expressway in Fukushima Prefecture reported similar problems with banking institutions and government agencies. His house in Soma City Fukushima Prefecture was somewhat damaged by the earthquake but is still in a livable condition. City Hall in general has had nothing but doubts about his motivations to help raise aid for the disaster victims. He's had to fight every step of the way to do anything toward the cause of bringing aid.

Apparently a few unscrupulous persons have been using the March 11th. disaster as a means to fill their own pockets. As a result, all the good people trying to help have suffered. At the same time, big name charities such as the Red Cross are collecting millions of \$ without having to account for what all the money is being spent on! Talk about a mixed up world that cannot discern anymore the difference between the good guys and the bad ones.

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# Making time



Making time

In the beginning God created the heaven and the earth. – Genesis 1:1

What a profound statement the Holy Bible makes in the authorized version of the Holy Bible (King James Version of 1611) in its very first verse! The Creator not only made matter (atoms and molecules), He not only made space between them (heaven) but He also created TIME! – (in the beginning). I consider it a universal concept.. Even with my finite mind, I **must** grasp that there had to be a beginning of **time**. Some call it the “**Big Bang**.” I prefer to call this historical event, “**Genesis Chapter 1**.”

This post is not a theological disputation of what “time” is, but rather, (I hope) an amusing account of cultural differences of two different peoples of the meaning of the word of “time.”

Today a Japanese friend (who is conversant in English) asked me to do a favor and move out some rather large and heavy furniture (desks) from her attic. She did not intend for the furniture to be preserved, but to be destroyed.

“I’ll make time for it.” I replied. The entrance to the attic of her house was small. I knew the easiest way to move the large desks from her attic storage space (cheap furniture) was to break them apart with sledge hammer– a tool on hand – and to carry the lighter pieces of the broken furniture down through the attic entrance one by one. Japanese made furniture is not like that made in the West. It’s inexpensive fiberboard, not solid wood that lasts for generations as in American or European furniture. It is easily damaged and usually discarded after only few years (even one!) after its creation.

From what she said to me, I felt her saying, (as common for the Japanese people because they do not want you to go out of the way for them) “**Don’t go out of your way for me!**”

I replied again, “I’ll **make** the time!” But her reaction again seemed to me to be negative. Why on earth would a person who is asking a favor interpret what to me was a positive response to that favor such as “I’ll make the time” be

as a negative? My conclusion: Cultural difference only. Me “making” time meant to her that I would be bothered to oblige her request. This is not true.

Another point: The Japanese often use the word “if” when asking a favor. “If you have time.” My response: “If you want me to do something for you, please don’t say, ‘if’, say ‘when.’ I can always find the time.”

I like to think of time as something you or “take,” or “grab,” or seize” such as the expression “Seize the Day”. I like that expression. Time is not something that “comes” to you. We all do what we consider to be our own particular priority.

When somebody says to me, “I’m busy. I don’t have the time to do what you are asking.” I understand that to mean, “What I am doing now is more important than your request.”

As for me personally, my goal in life is of servitude to others. I like to “make the time” to help others.

When I say to somebody, “I’ll make time to fulfill your request” I hope they consider that I am doing a service for the motivation of love for them, not for any personal gain on my own. This is what my blog is all about. □

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## [Opinion of Benjamin Fulford](#)



### **Benjamin Fulford with David Rockefeller**

I just listened to a 4 part YouTube video clip of Benjamin Fulford’s interview with David Rockefeller.

Canadian born Benjamin Fulford first came to Japan in the early 1980s to study at Sophia (**Jesuit**) University in Yotsuya Tokyo.

From [http://en.wikipedia.org/wiki/Benjamin\\_Fulford](http://en.wikipedia.org/wiki/Benjamin_Fulford)

“After receiving a B.A. from the University of British Columbia he returned to Japan in the mid-1980s to pursue a career in journalism. He worked in Japan as a correspondent for Knight

Ridder, the International Financing Review, the Nihon Keizai Shimbun English edition, and the South China Morning Post before moving to Forbes magazine, where he was the Asian Bureau chief from 1998 to 2005.[2] After leaving Forbes he wrote a series of books in Japanese. He conducted an interview with the reclusive David Rockefeller in November 2007.”

My hat is off to Benjamin Fulford for learning Japanese so well and becoming a naturalized Japanese citizen. That is quite an accomplishment because it involves Japanese officials interviewing one’s personal relatives. But after listening to Benjamin Fulford for just a few minutes, I’ve come to the conclusion he is a **disinformation agent**.

He puts all the blame of the world’s troubles and woes on the USA. True conspiracy researchers know that America is just another pawn in the overall scheme of things. Benjamin Fulford talks about an Asian secret society called the “White Dragon Society” of which he is now the spokesperson for. Benjamin Fulford says the White Dragon Society is against the “Military Industrial Complex” for causing all the trouble and wars in the world. He says that the same are running out of money, and that March 11, 2011 East Japan earthquake and tsunami was an attack against Japan in retaliation for Japan’s banks not lending them money! Any true researcher of the NWO (AKA Illuminati) knows this is **absolute rubbish** because the NWO **own** the world’s central banks, print up as much money as they want to, and lend it to governments charging interest. This is what the American Federal Reserve bank is all about and what Thomas Jefferson warned of:

“If the American people ever allow private banks to control the issue of their currency, first by inflation, then by deflation, the banks and the corporations which grow up around them will deprive the people of all property until their children wake up homeless on the continent their fathers conquered.”

– Thomas Jefferson

Benjamin Fulford is not giving the overall big picture of Satan’s final attempt of control of every single person on the planet through economic pressure. He may be what is called a “gatekeeper”, a person who seems to be exposing the Enemy but who doesn’t go quite far enough to lead people into all truth about them.

And he (the Beast, AKA Antichrist) causeth all, both small and great, rich and poor, free and bond, to receive a mark in their right hand, or in their foreheads:

And that no man might buy or sell, save he that had the mark, or the name of the beast, or the number of his name. – The Holy Bible Revelation 13:16,17

My opinion is Benjamin Fulford gives false hope to people who heed him. The

answer is not with us. Only [the return of Jesus Christ](#) Himself will save planet earth and its inhabitants.

Finally, here's a couple quotes from [http://helpfreetheearth.com/news282\\_fulford.html](http://helpfreetheearth.com/news282_fulford.html) that not only agrees with my view about Benjamin Fulford, but also exposes who Alex Jones really is and confirms what I've thought about why Jones would be willing to risk his neck when infiltrating the Bohemian Grove during a summer bash by the elite: He had permission to do so!

In 2007, Fulford became famous on the Internet and in conspiracy theory circles when he "miraculously" scored an in depth interview with David Rockefeller and delivered a threatening ultimatum to the elite that they step down peacefully or face the consequences. After the interview, Benjamin Fulford issued a letter of apology to Rockefeller.

Think about it. How could Fulford who publicly seeks to "take down the Illuminati" score an interview with Illuminati crime boss David Rockefeller? The same way Alex Jones managed to infiltrate Bohemian Grove. They got clearance because they're both **Zionist shills**. If Fulford and Jones were a serious threat to the ruling crime families, they would have been snuffed out long ago. Alex Jones and Benjamin Fulford are delivering a message that serves the ruling cabal. That message is that disaster is imminent. Expect it, focus on it. Be afraid...and by doing so, you attract it.

Another guy I have doubts about is somebody who calls himself Jim Stone independent journalist. Nobody knows who this guy really is! At least we do know who Benjamin Fulford is. How can any researcher or "truth teller" have any credibility at all if he or she is not willing to tell the world who they are? You can [find out who I am](#) if you want to.

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## [Fedora 15 review](#)



In a post I wrote on February 7, I said I moved from Fedora 14 to Linux Mint Debian. Well, less than two weeks later I moved back to Fedora 14. I'm familiar with the Fedora way of tweaking the system, and I just couldn't figure out how to set up certain things in Linux Mint Debian. Fedora is not only cutting edge, it's more user friendly than Debian based distros for technicians in my opinion.

I've been with Fedora since Fedora Core 3 and have witnessed significant improvements with every new version. However because Fedora 15 comes with Gnome 3 as the default desktop environment, I had some misgivings when I upgraded. I knew that Gnome 3 is a radical departure from Gnome 2, but I wanted to at least give it a shot.

### **Improvements over Fedora 14**

- Since upgrading my AMD Phenom quad core CPU to a Phenom 2 six core CPU, Fedora 14 would often hang during boot at udev. I had to press the ESC key a couple times to continue the boot process. This doesn't happen anymore in Fedora 15
- While playing music and running Skype at the same time in Fedora 14, a Skype login by one of my Skype friends would pause the music player. The next login by somebody else would start it again. Needless to say this was a bit irksome but now with Fedora 15 the problem seems to be fixed.
- So far I haven't felt a need to install the third party proprietary Nvidia video driver for my Nvidia card. The default open source driver seems to be doing an acceptable job. It plays Youtube videos at full screen without obvious jerking of motion.
- LibreOffice seems better than OpenOffice in some ways. I used to get weird behavior from OpenOffice Calc of menus popping up though I was only filling in the cells with my data. This didn't happen in LibreOffice. However, I could not read the Japanese fonts in a .docx file, a problem I didn't have in OpenOffice.
- Startup and shutdown, especially shutdown, is significantly faster.

## **What I don't like about the default Fedora 15**

I think the developers of Gnome 3 made a major mistake in such a radical change from Gnome 2. All my cool Gnome 2 applets now gone forever! The coolest thing about Gnome 2 for me was that it was a mixture of the look and feel of both Windows and Macs. Gnome 3 is nothing like either. How can I therefore recommend Windows users to try it when I couldn't even figure it out? Gnome 2 made it less painful for a Windows user to switch to Linux. The analogy of the Gnome 3 interface is that it makes it easier for users to access apps from smaller screens. Fine. Why not then have it only for hand-held devices? Why use such an interface now when PC screens as large as 24 inches have become easily affordable by most users? Hardly anybody these days has a screen size smaller than 15", especially if they use a Desktop PC.

### **Alternatives to Gnome 3**

I tried out KDE4 for a few days. It was certainly more intuitive and comfortable for me to use compared to Gnome 3. But KDE4 also seems slow at times.

I tried out XFCE which is similar to Gnome, but it seemed to lack certain features.

I also tried LXDE. It's fast, has a Gnome 2 look (but still no Gnome 2 applets) and the default File Manager PCManFM seems to be better than Nautilus in some ways. It has configuration tweaks that Nautilus doesn't have, and it sorts my Desktop Icons automatically every time I erase a file from my Desktop. Way to go LXDE developers! However it doesn't seem to have a Favorites section for me to add frequently used software.

I'm back again to KDE4. Though its startup is slower than LXDE or XFCE, it seems to be the most configurable and easiest to use Desktop environment available now for Linux.

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**[Bruce Lipton explains the placebo effect and why most modern medical practices are not based on true science](#)**



I was truly amazed and impressed by this talk by Dr. Bruce Lipton! He explains why modern medical practices are still based on old outdated 19th century science because it does not include the principles of quantum mechanics. The medical world, especially in the USA, is stuck in a rut because of the influence of pharmaceutical companies and their monetary motivations. If you have a chronic illness of either a physical, mental, or spiritual nature, please do yourself a favor by taking 30 minutes to sit down and listen to this talk.