

We must agree to have freedom of speech because if we lose that we will lose our other freedoms as history shows. Stand up for unlimited responsible freedom of speech and open-minded positive discussion to seek best solutions to problems. Don't allow groups to replace our American Laws with laws that deny full freedom of speech and deny equal rights to women and non-believers and allow killings of those they disagree with and taxes on non-believers. (as some are in fact working towards, Yes see references) They have succeeded in Europe and in the UN to pass so called "anti-hate speech laws" which stifles criticism of terrorist groups and even the stating of facts and citing accurate history. We veterans took an oath to defend our constitution against all enemies and oppose any laws, rules or actions which deny anyone full freedom of speech. We stand up for truth and what is right. To not do so would be cowardice. Europe fell for this anti hate speech law nonsense which turned out just to be a ruse to stop criticism of Islam. A Parliament member was fined just for quoting the

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We will need to update economic systems because with most human jobs being replaced and few new jobs being created everyone cannot be on welfare so a basic income will be needed and can be achieved with something like a free sun energy credit system.

Your personal info should be private, but it is often at risk and for sale. It is fact that corporations, governments, the Chinese intelligence (CI), hackers and thieves are all actively building databases on you. CI even records your meds. Do an advanced Google search and full search from lexisnexis.com/ on yourself. You will be shocked at the huge amount of your personal data out there. It may be enough for a thief to establish a new Identity using your info. And that is just on the public web. The dark web has much more on you. Sometimes there is more detail than even you know about you and your family and some might be used to blackmail or threaten you. I know, I was in intelligence. Solution do not give out your personal info. Just say no.

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Much **research on How to be Happier** is on the website wiseuseful.info from 105 ↓
Results of research: Some of the best research is in a book by Dr Daniel Amen “You Happier”. Happiness comes from both within and some external factors such as health, a good diet, with lots of fruits, vegetables, nuts, lean meats, fish omega 3s, probiotics, multiple vitamins and water. Avoid: sugar, artificial sweeteners, alcohol, smoking, drugs, excessive caffeine, and excessive eating. Get lots of exercise and sleep. Maintain a healthy weight. Keep free of toxins. Make good, wise, consistent, thoughtful, decisions. Avoid falls, sports & anything that can cause brain injuries. Maintain good relationships, keep active and learning. Have clearly defined values, purpose, goals, and positive attitude. Suppress negative thoughts & emotions. Be curious, but skeptical and open minded. Question everything. Seek the facts. Mastering your mind and gaining separation or psychological distance from the noise in your head is essential for happiness. Noticing what you like about others more than what you don't

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Happiness is a choice and something you do. You create your own happiness by doing things you enjoy doing. Spend quality time with friends and family. Find meaningful work or more time helping others, spending time in nature, volunteering, helping make a better world. Do meaningful things, useful for community. Spend time in thought, study, questioning. Seek truth. Use time wisely because it is the most valuable thing. **To be a success, think success. Control your thoughts.** Friends are the flowers in the garden of life. **Kindness and being a friend are the most valuable gifts you can give, and they cost nothing.**

Ben Franklin was a very wise person so here are many of his ideas: Speak only what will benefit others or yourself. Let all things have their places. Let each part of your business have its time. Resolve to perform what you ought. Perform without fail what you resolve. Make no expense but to do good to others or yourself; that is; waste nothing. Lose no time. Be always employed in something useful. Cut off all unnecessary actions.

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Most Important words in human relations:
I admit I made a mistake (most important 6)
I am proud of you (most important 5)
What is your opinion? (most important 4)
If you please (the most important 3 words)
Thank You (the most important 2 words)

We (The most important word)

I (The least important word)

Pessimists complain about the wind. Optimists expect it to change. But realist leaders adjust the sails. You are the captain of your ship. Plan your own happy voyage. Consider possibilities & opportunities. Search for best, & wise actions. Live in Reality not fantasy. If you fail to plan you are planning to fail. Great thinkers inspire, share best ideas. The sleeping fox catches no birds. Strong is he who can conquer his own bad habits. Know thyself, correct thyself. Avoid negative criticism name calling and accusations. Search others for their virtues, thyself for thy vices. Correct them. You can never get back a wasted day. Time is worth more than money. Look for opportunities to do acts of kindness.

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Tolerate no uncleanness in body, clothes or habitation. Be not disturbed at accidents, common or unavoidable, or at trifles. Eat not to dullness, drink not to elevation. Sincerity: use no hurtful deceit. Wrong no one by causing injuries or omitting your duties. Avoid extremes. Imitate Jesus and Socrates. Avoid criticism. Rather say “It appears to me” or Ask questions. Prioritize. Avoid wasting time on unimportant things. Ben Franklin’s schedule. Early to rise. Ask What Good can I do today? Plan, Set time aside for thinking, reading, and for work. Before bed ask What Good have I done today? Evaluate actions. Ben Franklin said Dost thou love life? Then do not squander time, for that’s the stuff life is made of. Lost time is never found again. Waste not life as in the grave will be sleeping enough. Glass and reputation are easily cracked and not well mended. **I will speak no ill of anyone because criticism makes enemies.** A true friend is the best possession. Hear no ill of a friend, nor speak any of an enemy. If you would reap praise you must sow the seeds, of gentle words and useful deeds.

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