## Contents

### Quotes

<table>
<thead>
<tr>
<th>Recipe</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salad Dressing</td>
<td>3</td>
</tr>
<tr>
<td>Ingredients</td>
<td>3</td>
</tr>
<tr>
<td>Kitchen equipment</td>
<td>3</td>
</tr>
<tr>
<td>Steps</td>
<td>3</td>
</tr>
<tr>
<td>Original Recipe Steps</td>
<td>3</td>
</tr>
<tr>
<td>Sources</td>
<td>3</td>
</tr>
<tr>
<td>Yogurt</td>
<td>4</td>
</tr>
<tr>
<td>Ingredients</td>
<td>4</td>
</tr>
<tr>
<td>Kitchen equipment</td>
<td>4</td>
</tr>
<tr>
<td>Steps</td>
<td>4</td>
</tr>
<tr>
<td>Sources</td>
<td>4</td>
</tr>
<tr>
<td>Beef steak in oven</td>
<td>5</td>
</tr>
<tr>
<td>Ingredients</td>
<td>5</td>
</tr>
<tr>
<td>Kitchen equipment</td>
<td>5</td>
</tr>
<tr>
<td>Steps</td>
<td>5</td>
</tr>
</tbody>
</table>

### Git Repos

<table>
<thead>
<tr>
<th>Recipe</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Video and Audio</td>
<td>7</td>
</tr>
<tr>
<td>Nutrition</td>
<td>7</td>
</tr>
<tr>
<td>Technology</td>
<td>7</td>
</tr>
<tr>
<td>Family</td>
<td>7</td>
</tr>
<tr>
<td>Scott Adams</td>
<td>7</td>
</tr>
<tr>
<td>Shooting</td>
<td>7</td>
</tr>
<tr>
<td>Cooking</td>
<td>7</td>
</tr>
</tbody>
</table>

### Links

<table>
<thead>
<tr>
<th>Recipe</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Upgrade 6.4 to 6.5 Notes</td>
<td>10</td>
</tr>
<tr>
<td>IDPA Gun Box</td>
<td>12</td>
</tr>
<tr>
<td>Some Rulers</td>
<td>13</td>
</tr>
<tr>
<td>Traffic Graphs</td>
<td>13</td>
</tr>
</tbody>
</table>
Briefly stated, the Gell-Mann Amnesia effect is as follows. You open the newspaper to an article on some subject you know well. In Murray’s case, physics. In mine, show business. You read the article and see the journalist has absolutely no understanding of either the facts or the issues. Often, the article is so wrong it actually presents the story backward—reversing cause and effect. I call these the ”wet streets cause rain” stories. Paper’s full of them.

In any case, you read with exasperation or amusement the multiple errors in a story, and then turn the page to national or international affairs, and read as if the rest of the newspaper was somehow more accurate about Palestine than the baloney you just read. You turn the page, and forget what you know.

—Michael Crichton (1942-2008)

A reliable predictor of future insuccess: if someone writes long (and frequent) emails.

—Nasim Taleb

The beauty of doing nothing is that you can do it perfectly. Only when you do something is it almost impossible to do it without mistakes. Therefore people who are contributing nothing to society, except their constant criticisms, can feel both intellectually and morally superior.

—Thomas Sowell

Whenever you hear the consensus of scientists agrees on something or other, reach for your wallet, because you’re being had.

—Michael Crichton

Science is the belief in the ignorance of the experts.

—Richard Feynman

Power concedes nothing without a demand...

—Frederick Douglass

Historically, the claim of consensus has been the first refuge of scoundrels; it is a way to avoid debate by claiming that the matter is already settled.

—Michael Crichton

If you thought that science was certain—well, that is just an error on your part.

—Richard Feynman

x86 virtualization is about basically placing another nearly full kernel, full of new bugs, on top of a nasty x86 architecture which barely has correct page protection. Then running your operating system on the other side of this brand new pile of shit. You are absolutely deluded, if not stupid, if you think that a worldwide collection of software engineers who can’t write operating systems or applications without security holes, can then turn around and suddenly write virtualization layers without security holes.

—Theo de Raadt

"A cynical, mercenary, demagogic, corrupt press will produce in time a people as base as itself."

—Joseph Pulitzer

"You are a fine debater, sir. It is a shame you have used your verbal gifts for mere hucksterism and the advancement of your own greed."

—Data, from the Star Trek TV show http://www.st-minutiae.com/resources/scripts/170.txt
Recipes

Salad Dressing

This is Mary Eades’ recipe except I have learned to use a mason jar and a hand immersion blender. The original steps are also given below.

This tastes something like Miracle Whip, which is what I grew up on. I don’t think I’d ever had real Mayo until I was an adult. Anyway, if you want it to taste more like real Mayonnaise, don’t add the sweetener.

The mason jar needs to be just slightly bigger than the blender head. This is because the blades need to start out in the water solution instead of the oil. The mason jars and blender shown below should work.

Ingredients

- 1.5 cups Bertolli light olive oil
- 2 raw egg yolks (might want to pasteurize them unless you’re certain they’re okay)
- 2 table spoons lemon juice
- 4 tea spoons white wine vinegar or champagne vinegar
- 1/2 teaspoon salt
- 1/2 teaspoon dry mustard
- 2 dashes of cayenne pepper
- 2 packets of lakanto sweetener (or splenda, stevia, sugar, whatever)

Kitchen equipment

- One pint mason jar (needs to be this particular size)
- Hand immersion blender
- Egg yolk separator
- Measuring cups and spoons
- Blender (for original recipe steps)

Steps

1. Add all ingredients except oil into mason jar
2. Add oil and allow to separate (usually take 15-30 seconds)
3. Place blender stick into jar at very bottom
4. Activate blender at high speed
   Do not pulse
   Do not move blender head around
5. As mayonnaise forms, slowly tilt and lift the head of the immersion blender until all oil is emulsified.

Original Recipe Steps

1. Add all ingredients except oil into blender
2. Turn the blender on low
3. Slowly pour the oil in a small steady stream until finished
   A funnel may help prevent making a mess

Sources

1. Nourished by Judy Barnes Baker, page 298
2. Two minute Mayonnaise Recipe I found on Duck Duck Go
Yogurt

This recipe is a way to make yogurt from bacteria tablets and half and half.

Ingredients

- 10 bacteria tablets
- 1/4 gallon of half and half
- Two table spoons of Potato starch

Kitchen equipment

- Yogurt maker with 2L container
- Blender
- Measuring cups and spoons

Steps

1. Place 10 bacteria tablets and 2 table spoons of potato starch into blender
2. Pour some of the half and half into blender, enough to not splash through the top
3. Turn on blender to low, then high briefly, to break up the tablets, then back to low
4. While running on low, add remaining half and half
5. Turn off blender, pour mixture into 2L Luvele yogurt container, put on the lid
6. Put 2L container into Luvele yogurt maker, add external water to line
7. Set yogurt maker to 20 hours at 100 F
8. After 20 hours put 2L container into fridge

Sources

1. Make your own L. reuteri yogurt
2. I Got Undoctored On The Way To The Undoctored Mastermind Seminar
3. More On Gut Bugs And The ‘Not-Yogurt’
4. Tweaks To The Not-Yogurt
5. Not-Yogurt Experiment
Beef steak in oven

Ingredients
- Beef steak, one pound or less (NY strip or ribeye)
- Salt, pepper
- Garlic (optional)
- Olive oil (optional)

Kitchen equipment
- Aluminum cooking pan
- Tongs
- Oven mits

Steps
1. Put steak into cooking pan
2. Allow steak to come to room temperature (30 minutes)
3. Preheat oven to 500 degrees F
4. Salt and pepper steak to taste
5. Add optional garlic and olive oil
6. Put pan into oven for 5 minutes
7. Flip steak in pan and put back for another 5 minutes
8. Leaving oven door closed, turn off oven and wait up to 5 minutes
   Depending on size, it may be ready without any waiting
Git Repos

- Acts for Tarsnap
- My attempt at a Bacula config
- Miscellaneous junk I have collected
- Neo, a helper script from Neospire
- The code for this website
- The linux source code
- Tableau BOBJ Webconnector
- BOBJ Universe Extractor
Video and Audio

Nutrition
- (Michael Eades) Paleopathology and the Origins of a Low Carb Diet
- (Richard Bernstein) LLVLC Episode 264
- (Sally Fallon Morrell) LLVLC Episode 681 Part 1
- (Sally Fallon Morrell) LLVLC Episode 681 Part 2
- (Sally Fallon Morrell) LLVLC Episode 711
- Vilhjamur Stefansson on exploring the arctic

Technology
- BOBJ AD SSO First Try
- BOBJ Dual Authentication
- PuTTY with a Yubikey

Family
- Remembering Jamie Harris

Scott Adams
- AOC abortion tweet, immigration, Trump financials and coffee
- Hoax Funnel
- Self-Research Well
- Border Security Debates
- Inducing Cognitive Dissonance

Shooting
- Practicing reloads with my new camera glasses
- Trying out camera glasses at range
- C&S Range 2019-10-31
- C&S Range 2019-11-01
- Suppressed Canik TP9 Elite Combat (low res)
- Suppressed Canik TP9 Elite Combat (high res)

Cooking
- Trying to make yogurt
go away
- Keybase
- 2018 IDPA Carry Optics (Provisional)
- ISO images
- Glock 19 MOS Vortex Venom
- Git Repos
- OpenBSD to disable hyperthreading
- Node handbook
- Pants made in Texas
- Your Joints on Cake
- Quiet PC website
- Joe Rogan talks about racism
- Glock slide
- Display Fusion Pro
- EMSER Backer program
- Mike Bostock examples
- Quotes on the Right to Bear Arms
- Generate SELinux Man Pages Tutorial
- HOLOSUN Red Dot 10 year battery life
- AR15 Scope
- Hail Mary Cloud and SSH Brute Force
- Stefan Molyneux documentary
- Hoaxed documentary
- Canik TP9SFX
- Polish lady
- Tactical Muffin Top
- 300th Parallel
- Americans welcome Trump to McAllen TX
- How Google cheats on its taxes
- Polish HIV refugee
- Base to allow POF transportation in vehicles
- Tactical tmux
- MIT Kerberos Environment Variables
- Overcoming Stress Fractures
- Strongswan ikev2 VPN
- Tweet from 2019 04 17
- John McCain
- Imam Tawhidi
- 2018 Active Shooter FBI File
- Ben Carson CPAC 2019
- NY Times reporting on the rise of the USSR
- NY Times reporting on the rise of the USSR
- Multiple BOE same server
- AJ talks to Soph the youtube kid
- X11 over SSH
- Prevent Windows 10 Reboot After Updates
- Armed Civilians Do Not Stop Mass Shootings
Upgrade 6.4 to 6.5 Notes

The following new rcscripts were installed: /etc/rc.d/php71_fpm /etc/rc.d/saslauthd
See rcctl(8) for details.
New and changed readme(s):
   /usr/local/share/doc/pkg-readmes/avahi
   /usr/local/share/doc/pkg-readmes/php-7.1
   /usr/local/share/doc/pkg-readmes/sdl2
   /usr/local/share/doc/pkg-readmes/texlive_base

--- -GeoIP-1.6.12p0 -------------------
You should also run rm /var/db/GeoIP/*
--- -amavisd-new-2.11.0p3 -------------------
You should also run rm -fr /var/amavisd/*
You should also run rm -fr /var/virusmails/*
You should also check /etc/amavisd.conf (which was modified)
--- -apache-httpd-2.4.35 -------------------
You should also check /etc/apache2/extra/httpd-ssl.conf (which was modified)
You should also check /etc/apache2/extra/httpd-vhosts.conf (which was modified)
You should also check /etc/apache2/httpd2.conf (which was modified)
--- -clamav-0.100.2 -------------------
You should also run rm -fr /var/db/clamav/*
You should also run rm -fr /var/spool/clamav/*
You should also run rm -fr /var/clamav/quarantine/*
You should also run rm -fr /var/clamav/tmp/*
You should also check /etc/clamd.conf (which was modified)
You should also check /etc/freshclam.conf (which was modified)
--- -dbus-1.12.10p0v0 -------------------
Remember to update /etc/machine-id
--- -dconf-0.28.0p1 -------------------
You should also run rm -rf /etc/dconf/db/*
You should also run rm -rf /etc/dconf/profile/*
--- -dovecot-2.2.36p0 -------------------
You should also run rm -rf /var/dovecot/*
You should also check /etc/dovecot/conf.d/10-auth.conf (which was modified)
You should also check /etc/dovecot/conf.d/10-ssl.conf (which was modified)
--- -geolite2-country-20181003 -------------------
File /var/db/GeoIP/GeoLite2-Country.mmdb does not exist
--- -iodbc-3.52.12p0 -------------------
You should also run rm -rf /etc/iodbc/ODBCDataSources/*
--- -libmaxminddb-1.3.2p0 -------------------
You should also run rm /var/db/GeoIP/*
--- -libxml-2.9.8p0 -------------------
Remember to update /var/db/xmlcatalog
--- -logsentry-1.1.1p7 -------------------
You should also run rm -rf /var/cache/logsentry/*
--- -monit-5.25.2 -------------------
You should also check /etc/monitrc (which was modified)
--- -net-snmp-5.8 -------------------
You should also run rm -rf /var/net-snmp/*
File /etc/snmp/snmpd.conf does not exist
--- -nginx-1.14.0p1 -------------------
You should also check /etc/nginx/nginx.conf (which was modified)
--- -p5-Mail-SpamAssassin-3.4.2p0 -------------------
You should also run rm -rf /etc/mail/spamassassin/sa-update-keys
--- -pfstat-2.5p2 -------------------
You should also check /etc/pfstat.conf (which was modified)
--- -php-5.6.38p0 -------------------
You should also run rm -f /etc/php-5.6/php-5.6.sample/*
You should also check /etc/php-5.6.ini (which was modified)
--- -rsync-3.1.3 -------------------
Remember to update /etc/rsyncd.conf
Couldn’t find updates for opendnssec-1.4.14p1-sqlite3
Couldn’t install opendnssec-2.1.3-sqlite3
IDPA Gun Box

Print this page and the box should be the right size.

IDPA Gun Box (6 by 8.75 inches).
Some Rulers

Traffic Graphs

Graphs are here.
In high school a kid named Curtis would come by my house at 5AM and he would “tap, tap, tap” on my window. We would go running around the neighborhood to practice for cross country. After school it was the same thing, except we would take his dog Sally sometimes.

We used to go running around the neighborhood sometimes. We went to the golf course too and the golfers would yell at us if we got in the grass, so we stopped doing that after a few times. Curtis tried to keep me out of trouble at the golf course but I was a dumb kid.

Curtis would even run in circles waiting on me because I was too slow. But I don’t remember a time when he stopped taking me running. I was probably the one who stopped going, but I can’t remember.

Thank you Curtis. A good friend.