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## ~ Local To Central West FL ~

### New Local Events On Fluoride & Food Forests, Database & Newspaper!

By Cory Edmund Endrulat, Requested by Jessica

Hello everyone local and beyond, this is an announcement article regarding some exciting new developments. Let's cut straight to the point, the freedom and truth community has a lot of work to do and we need to be devoted, communicative and coordinated! Many meetings are taking place, we need to get more proactive if we are going to create a mass shift in awareness that leads to mass adoption of permaculture and voluntarism, the ideas of the future (*as detailed in the book "Natural Intelligence: The Technology of Peace"*).

**Fluoride:** This has been a recent hot topic in the freedom community, with the emergence of different activists in different cities calling out "officials" to put an end to water fluoridation. We plan to help these efforts in our local community, and we need numbers, we need you! Therefore, we are organizing an event to plan taking action. Furthermore, we will promote our *Bigfoot Food Forest* project through this initiative, for long-term root-targeting community-building solutions beyond symptom management. *See below our event:*

The poster features a map of Florida with a red star in the Pasco region. Text on the poster includes: 'A HOT Topic Right Now And We Need YOU To Help Make A Difference...', 'BIGFOOT FOOD FOREST PRESENTS...', 'END FLUORIDE ACTION MEETING', 'Friday, Jan. 31st 2025 7pm', 'Moonberry Mercantile &amp; Trading, Tarpon Springs FL', 'Bring A Chair, Friend &amp; Snack!', 'Learn How To TAKE ACTION To Remove Fluoride From ALL Our City &amp; Local Water Supply!', 'Helpful Contact: MWAH.TARPON@gmail.com', 'Join Us On Telegram: t.me/freedomflorida', and 'fluoride action network'. There are two QR codes and several logos including the Bigfoot Food Forest logo and the American flag.

**Our First-Ever Event On The New Land & A Grand New Food Forest:** Our local 5-acre land project and current Liberator 2 News headquarters will have it's first ever on-site event, so people can hang out and check it all out before the magic begins! In a few years, this land will turn into fully self-sustaining abundance, perhaps even funding our other efforts and inspiring many other efforts! However, this too, simply requires that we get together and share our resources, our labor and visions! First we will have this potluck event, then we will have a design day for all designers to get together, then perhaps weekly farm and strategy days to keep the momentum going for everything we are doing locally! Let this inspire you, we are making history, together. This is the beginning of the Bigfoot Food Forest. On our video channels, check our powerful interview on Bigfoot with Ryan "RPG" Golembeske, who is partnered with Cory Endrulat in starting this project. *See below our events:*



**Database & Newspaper:** We have announced the idea of doing more local articles, and these systems are currently being set up alongside Jessica with Moonberry Mercantile & Trading in Tarpon Springs, FL. **We have decided to review and publish all local articles every 3-weeks, as this is easier for us to currently sustain until further notice.** Bigfoot Food Forest will also support this system, and we have created it's own YouTube channel and Telegram channel going by the same name. In other news, we have a database you can join (even if you are not local), to network with others and share your expertise or resources (more resources on [theliberator.us/network](http://theliberator.us/network)). You may visit [TheLiberator.us](http://TheLiberator.us) and at the top you will see a silver button called "Local Liberators" for this. Jessica also decided to create a "community board" page to feature all this on her website for ease of access. Thank you everyone to the start of something not merely local and grassroots, this is *much* more.

~ *Worldwide* ~

## Should We Be More Considerate with the Attention of Others?

By NeytsMore ~ [YouTube.com/@NeytsMore](https://www.youtube.com/@NeytsMore)

Just the other day, my wife invited a friend over for a visit. Her family lives on a farm, so as a gift, she brought us a basket of food she had grown and prepared herself. This gesture did more than just nourish us—it drastically reduced the collective attention cost involved in the meal. **By growing the food herself, she saved the efforts of countless others in the usual supply chain. There was no need for farmers, transportation workers, grocery store employees, or food packagers. Everything was produced locally, using her direct care and attention.** This not only made the gift feel more personal but also highlighted how much effort she had saved from being spread across various industries and people.

As the day turned into evening, I offered to make dinner. Instead of heading out to a restaurant or ordering takeout, we prepared pancakes using simple ingredients—eggs, milk, homemade jam—sourced from our extended family. In doing so, we kept the “CAC” low by handling everything ourselves. No need for chefs, waitstaff, delivery drivers, or supply chains stretching across the country. It was just us, using a few basic ingredients, cooking in our own kitchen. What struck me about this experience was how much attention and effort we saved. **The entire process, from growing the food to cooking it, involved only a few people—ourselves and our close network. Compare this to eating out, where hundreds of people might indirectly contribute to a single meal.** This got me thinking about the larger concept of Collective Attention Cost and how our everyday choices affect not just ourselves but society as a whole.

And the best part about our visit and sharing attention with those we care about was that we effectively cut out all the middlemen, speculators, regulators, tax or tariffs. **By growing, preparing, everything ourselves, we bypassed the layers of bureaucracy and control that usually come with any commercial transaction. There were no corporations profiting off the exchange, and no government agencies involved in taxing or regulating our meal.** It was a simple, direct connection between people, unfiltered and free from outside intervention, allowing us to focus on what really mattered—spending time and attention on those we value.

**Understanding the Concept of Collective Attention Cost (CAC):** Collective Attention Cost refers to the total number of individuals or contributors involved at various stages of bringing a product, service, or idea into existence. It quantifies the collaborative attention, energy, and resources required to create, develop, distribute, or transform an item. By understanding Collective Attention Cost, we can see how even the simplest things in our lives rely on a network of human attention and labor. But more importantly, it helps us reflect on how to minimize this cost to create a more sustainable and equitable future.

### Why Collective Attention Cost Matters:

**1. Resource Efficiency:** Reducing Collective Attention Cost can lead to more efficient use of human, financial, and material resources. When fewer people are involved in producing and distributing goods, we eliminate layers of unnecessary labor, transportation, and packaging. This not only reduces waste but also encourages more direct and sustainable practices. For instance, sourcing food locally and cooking at home, as we did, involves far fewer contributors compared to eating out or relying on large supply chains. By lowering

Collective Attention Cost, we simplify processes and can ensure that the attention of many is not wasted on tasks that could be done more efficiently.

**2. Economic Equity and Fairness:** When fewer contributors are involved, it can also mean that the labor is more equitably distributed. In a system where attention is spread too thinly, contributors may feel undervalued or underpaid. By focusing on lowering Collective Attention Cost, we empower the people who contribute by ensuring their work is recognized and rewarded fairly. Lowering Collective Attention Cost also invites a more mindful approach to consumption. Instead of involving countless workers across different sectors, we can build economies that rely on closer, community-based exchanges, ensuring that wealth and value remain within local ecosystems.

**3. Social Responsibility:** When we reduce Collective Attention Cost, we often end up fostering a deeper sense of social responsibility. Sourcing locally or doing things ourselves, as in the case of our meal, strengthens local economies and reduces reliance on far-off, disconnected supply chains. By paying attention to the human and environmental costs behind the goods we consume, we make more thoughtful choices that contribute to a healthier society. Moreover, a focus on lowering Collective Attention Cost can shift our mindset from quantity to quality. Fewer contributors, but more intentional attention from those involved, can lead to higher-quality products and services that better serve both producers and consumers.

**4. Collaboration and Innovation:** Lowering Collective Attention Cost doesn't mean eliminating collaboration—it's about fostering more focused and meaningful teamwork. Fewer people working closely together can create more innovative and effective solutions, since their attention isn't fragmented across too many tasks or layers of complexity. That said, it's crucial to maintain diverse perspectives even when reducing Collective Attention Cost. The goal isn't to cut people out but to ensure the right people are involved, working with clear intentions to contribute in ways that truly add value.

**5. Long-term Sustainability:** As we think about Collective Attention Cost, we can also strategize for the long term. Lowering Collective Attention Cost isn't just about cutting costs or reducing complexity—it's about building systems that are sustainable and adaptable. By understanding the attention costs embedded in everything we do, we can design processes that grow with society's needs, ensuring that both efficiency and ethics are at the forefront. Organizations and individuals alike should be mindful of the broader societal implications when striving to lower Collective Attention Cost.

**Invitation:** Managing Collective Attention Cost invites us to rethink the way we live, consume, and contribute. It's not about spinning the world for the sake of keeping it in motion—it's about being mindful of where we direct our attention and energy. By making choices that lower Collective Attention Cost, we give people more room to focus on what truly matters, freeing them to think, feel, and act toward a better tomorrow. Ultimately, we need to allow people the space to use their attention in ways that foster creativity, innovation, and care for one another. By simplifying where possible and streamlining our contributions to society, we can create a world where our actions have deeper meaning and where we work together with greater purpose toward a sustainable and equitable future.

*Learn more: [YouTube.com/@NeytsMore](https://www.youtube.com/@NeytsMore)*