A Disclaimer:

I want to keep my word with you. I know you understand that I receive interesting and timely news items from friends all over the world. Most of these items appear to have prophetic relevance. Others are of particular interest in the field of Science, Health & Nutrition, Devotional themes and some touches of Humor.

With a bit of hesitation, I am forwarding some of these items to friends like you via email. My concern is this: some persons who will receive or read the items I choose to forward will assume that I endorse, approve or believe every "iota," and that I am endorsing the author or source. This simply is not true! As you read, you must be discerning, choosy, discriminating and use common sense. If you are going to quote someone, quote the source -- I am not the source, I am the reporter . . . --CW

Iranian Warships Complete Suez Canal Transit
By: Maamoun Youssef / Fox News.com/ February 22, 2011

CAIRO -- Two Iranian naval vessels traveled through the Suez Canal on Tuesday en route to Syria, officials said, the first time in three decades that Tehran has sent military ships through the strategic waterway.

"Canal officials said the ships -- a frigate and a supply vessel -- had reached the Mediterranean Sea by about 4 p.m. local time.

"Israel saw the passage as a provocation. Earlier this week Prime Minister Benjamim Netanyahu said
he viewed the move 'with gravity.'"

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Fountain of Youth from the Tap? Environmental Lithium Uptake Promotes Longevity, Scientists Demonstrate

ScienceDaily.com /February 18, 2011

ScienceDaily (Feb. 18, 2011) -- A regular uptake of the trace element lithium can considerably promote longevity. This is the result of a new study by scientists of Friedrich Schiller University Jena.

"Professor Dr. Michael Ristow's team along with Japanese colleagues from universities in Oita and Hiroshima have demonstrated by two independent approaches that even a low concentration of lithium leads to an increased life expectancy in humans as well as in a model organism, the roundworm Caenorhabditis elegans.

"Lithium is one of many nutritional trace elements and is ingested mainly through vegetables and drinking water. 'The scientific community doesn't know much about the physiological function of lithium,' project manager Ristow says."

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--Jesus said, "And there shall be . . ."

Is Germany's Super-volcano Awakening? We Think So . . .

The Extinction Protocol.com/ February 15, 2011

KOBLENZ, Germany -- The scene of Germany's famous Laacher See lake looks picturesque and serene but underneath the calm surface of the waters lies a potential killer that could devastate a good portion of Europe. The last time the Laacher See super-volcano erupted 12,000 years ago, it deposited ash across much of Europe. On July 30, 2010, an earthquake struck near the region and that likely signaled a potential awakening of the giant sleeping caldera.

"Scientists believe that a new eruption could happen at
any time. Today the region near Koblenz was shaken by a swarm of 7 earthquakes beginning with a 4.5 magnitude quake which erupted at a depth of 6 km. Earth is on the precipice of major geological change."

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Ark. Cities Feel Unexplained Surge in Earthquakes

By: Sarah Eddington/ Twin Cities.com/ February 17, 2011

LITTLE ROCK, Ark. -- Jim Sutterfield was briefly puzzled by a thumping sound that seemed to slam the back of his office chair. But when the small-town Arkansas fire chief turned and saw no one was around, he quickly realized it was just an earthquake -- again.

"That was only my second time to feel one, but others here have felt them for three or four months now,' Greenbrier chief Jim Sutterfield said after feeling the latest tremor on Wednesday. 'Now when it happens, people say, 'Well, there's another one.'"

Several small earthquakes ranging in magnitude from 1.8 to 3.8 have rattled the north-central Arkansas cities of Greenbrier and Guy this week, and the cause is unknown.

The U.S. Geological Survey has reported more than 30 earthquakes in the area since Sunday, including a magnitude 3.8 quake this morning and at least 16 others occurring Wednesday, two of which were magnitude 3.2 and 3.5. More than 700 quakes have occurred in the region over the past past six months."

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A work that always needs attention
In any given year, almost 2½ million adult residents of the United States make a federal facility their home away from home. It is estimated that 6% of US prison inmates are non-citizens. Their crimes range from misdemeanor to criminally dangerous. Some sit awaiting trial; others, in more extreme circumstances, sit awaiting execution. In either case, and all in between, our ministry offers a small, but persistent, voice of hope.

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Canal officials said the ships -- a frigate and a supply vessel -- had reached the Mediterranean Sea by about 4 p.m. local time.

Israel saw the passage as a provocation. Israeli officials refused to comment Tuesday, though earlier this week Prime Minister Benjamin Netanyahu said he viewed the move "with gravity."

The canal linking the Red Sea and the Mediterranean enables ships to avoid a lengthy sail around Africa. The Iranian ships are headed for a training mission in Syria, a close ally of Iran's hard-line Islamic rulers and an arch foe of Israel. In Syria, officials at the Iranian embassy said it would mark the first time in years that Iranian naval vessels dock in a Syrian port.

The ships paid about $300,000 in fees for the passage, according to a Maritime agent. The officials all spoke on condition of anonymity because they weren't authorized to speak publicly about the matter.

Iran's request to send the warships through the Suez Canal came at a particularly difficult time for Egypt as the nation's new military rulers try to focus on pressing domestic issues, including restoring security after the uprising that ousted longtime leader Hosni Mubarak.

The military rulers apparently had no choice but to grant the ships passage because an international convention regulating shipping says the canal must be open "to every vessel of commerce or of war." Egypt also cannot search naval ships passing through the waterway.

Iranian warships have not passed through the Suez Canal since the 1979 Islamic Revolution.

Egyptian-Iranian ties broke down following the Islamic Revolution and the signing of the Israeli-Egyptian peace treaty the same year. Later, the relationship improved slightly, with contacts currently channeled through interest sections in the two capitals.

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Associated Press writer Maamoun Youssef contributed to this story.
Fountain of Youth from the Tap? Environmental Lithium Uptake Promotes Longevity, Scientists Demonstrate

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Professor Dr. Michael Ristow’s team along with Japanese colleagues from universities in Oita and Hiroshima have demonstrated by two independent approaches that even a low concentration of lithium leads to an increased life expectancy in humans as well as in a model organism, the roundworm *Caenorhabditis elegans*.

The research team presents its results in the online edition of the scientific publication *European Journal of Nutrition*.

Lithium is one of many nutritional trace elements and is ingested mainly through vegetables and drinking water. "The scientific community doesn't know much about the physiological function of lithium," project manager Ristow says. According to an earlier study from the US, highly concentrated lithium showed to be life-prolonging in *C. elegans*, the Professor of Nutrition in Jena continues. "The dosage that has been analyzed back then, however, is clearly beyond the physiologically relevant range and may be poisonous for human beings," explains Ristow. To find out if lithium has a life-prolonging impact at much lower concentrations, the scientists then examined the impact of lithium in a concentration that is regularly found in ordinary tap water.

In a collaborative effort with Japanese colleagues, the Jena scientists analyzed the mortality rate in 18 adjacent Japanese municipalities in relation to the amount of lithium contained in tap water from the respective regions. "We found that the mortality rate was considerably lower in those municipalities with more lithium in the drinking water," Ristow explains the key finding. In a second experiment, the Jena scientists examined exactly this range of concentration in the model organism *C. elegans*. The result was confirmed: "The average longevity of the worms is higher after they have been treated with lithium at this dosage," Ristow says.

Even though the underlying mechanisms still remain to be clarified, the scientists assume that the higher longevity they observed in humans as well as in nematodes *C. elegans* can be induced by the trace element lithium.

Moreover, the scientists speculate about using low-dose lithium as a potential dietary supplement in the future.
future. "From previous studies we know already that a higher uptake of lithium through drinking water is associated with an improvement of psychological well-being and with decreased suicide rates," Professor Ristow explains. While low-dose lithium uptake on the basis of the new data is clearly thought to be beneficial, more studies will be necessary to thoroughly recommend such a supplementation, the scientists conclude.

Story Source:
The above story is reprinted (with editorial adaptations by ScienceDaily staff) from materials provided by Friedrich-Schiller-Universitaet Jena, via EurekAlert!, a service of AAAS.

Journal Reference:
1. Kim Zarse, Takeshi Terao, Jing Tian, Noboru Iwata, Nobuyoshi Ishii, Michael Ristow. **Low-dose lithium uptake promotes longevity in humans and metazoans.** European Journal of Nutrition, 2011; DOI: 10.1007/s00394-011-0171-x

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*Disclaimer: This article is not intended to provide medical advice, diagnosis or treatment. Views expressed here do not necessarily reflect those of ScienceDaily or its staff.*
Is Germany’s super-volcano awakening? We think so…

February 15, 2011 – KOBLENZ, Germany - The Extinction Protocol - The scene of Germany’s famous Laacher See lake looks picturesque and serene but underneath the calm surface of the waters lies a potential killer that could devastate a good portion of Europe. The last time the Laacher See super-volcano erupted 12,000 years ago, it deposited ash across much of Europe. On July 30, 2010, an earthquake struck near the region and that likely signaled a potential awakening of the giant sleeping caldera. That Laacher See is a potentially active volcano has been proven by seismic activities and heavy thermal anomalies under the lake. Carbon dioxide gas from magma still bubbles up at the southeastern shore, and scientists believe that a new eruption could happen at any time. Today the region near Koblenz was shaken by a swarm of 7 earthquakes beginning with a 4.5 magnitude quake which erupted at a depth of 6 km. Across the planet, the giant dormant volcanoes, one by one, are being stirred from their long and ancient slumber. Earth is on the precipice of major geological change. See pages 134-135 in my book for the full Laacher See super-volcano story.

- 4.5 quake 6 km – Germany
- 3.2 quake 11 km – Germany
- 2.4 quake 12 km – Germany
- 3.7 quake 20 km – Germany
- 2.1 quake 20 km – Germany
- 3.4 quake 12 km – Germany
- 2.0 quake 10 km – Germany

This entry was posted in Earth Changes, Extinction Protocol Exclusive Editorial, Potential Earthchange hotspot, Volcano Watch. Bookmark the permalink.
Ark. cities feel unexplained surge in earthquakes

By SARAH EDDINGTON, Associated Press
Thu Feb 17, 9:45 am ET

LITTLE ROCK, Ark. – Jim Sutterfield was briefly puzzled by a thumping sound that seemed to slam the back of his office chair. But when the small-town Arkansas fire chief turned and saw no one was around, he quickly realized it was just an earthquake — again.

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The U.S. Geological Survey has reported more than 30 earthquakes in the area since Sunday, including a magnitude 3.8 quake Thursday morning and at least 16 others occurring Wednesday, two of which were magnitude 3.2 and 3.5. More than 700 quakes have occurred in the region over the past six months.

Scott Ausbrooks, geohazards supervisor for the Arkansas Geological Survey, said the quakes are part of what is now called the Guy earthquake swarm — a series of mild earthquakes that have been occurring periodically since 2009. A similar swarm occurred in the early 1980s when a series of quakes hit Enola, Ark.

Ausbrooks said geologists are still trying to discover the exact cause of the recent seismic activity but have identified two possibilities.

"It could just be a naturally occurring swarm like the Enola swarm, or it could be related to ongoing natural gas exploration in the area," he said.

A major source of natural gas in Arkansas is the Fayetteville Shale, an organically-rich rock formation in north-central Arkansas. Drillers free up the gas by using hydraulic fracturing or "fracking" — injecting pressurized water to create fractures deep in the ground.

Ausbrooks said geologists don't believe the production wells are the problem, but rather the injection wells that are used to dispose of "frack" water when it can no longer be re-used. The wastewater is pressurized and injected into the ground.
"We see no correlation between natural gas production wells and earthquakes, but we haven't ruled out injection wells," he said, adding that if production wells were the cause, the earthquakes would be scattered all over the region underlain by the Fayetteville Shale formation and not in just one area.

Ausbrooks said the earthquakes are occurring in the vicinity of several injection wells.

Guy Police Chief Dave Martini said the locals continue to blame the gas companies for the quakes.

"We have a disposal well here just outside of the city," Martini said. "People are suspecting that to be causing it, even though there isn't any proof of that."

Martini said the earthquakes started increasing in frequency over the past week and that the disposal well has seen an increase in use recently.

Lawrence Bengal, director of the Arkansas Oil and Gas Commission, said a six-month moratorium was established in January on new injection wells in the area. He said four companies are operating already-drilled injection wells: SEECO Inc., Chesapeake Operating Inc., Clarita Operating LLC and Deep-Six Water Disposal Services LLC.

The moratorium, which is expected to end in July, is intended to allow time to study the relationship — if any — between the injection wells and earthquakes in the area.

The largest quake of the Guy Earthquake Swarm was a magnitude 4.0, which occurred in October, Ausbrooks said. The region could possibly see quakes reaching as high as 5.0, but he said anything above 6.0 is unlikely.

The magnitude scale for earthquakes is logarithmic, meaning a magnitude 3 earthquake would produce waves with amplitudes 10 times greater than a magnitude 2 and 100 times greater than a magnitude 1. Geologists say quakes of magnitude 2.5 to 3.0 are generally the smallest felt by humans.

"These periods of high activity are not uncommon. I don't think it's anything to be overly concerned about," Ausbrooks said. "We always encourage people to keep tuned in to what's going on and to always have an all-hazards disaster preparedness kit."
Ministry Behind Bars
A work that always needs attention

In any given year, almost 2½ million adult residents of the United States make a federal facility their home away from home. It is estimated that 6% of US prison inmates are non-citizens. Their crimes range from misdemeanor to criminally dangerous. Some sit awaiting trial; others, in more extreme circumstances, sit awaiting execution. In either case, and all in between, our ministry offers a small, but persistent, voice of hope.

One of the foundations upon which the charter of our work was built was that of prison ministry, with the object in mind of placing good books in the hands of those behind bars. Through the years God has seen to it that our work has not been wanting, and our efforts have never been wasted. In 2010 alone we received back almost a thousand Bible lessons to be graded. In addition to the lessons, we mailed almost 8,000 books to prisoners and their family members—all as free gifts. Chaplains and prisoners have written to tell us of small groups forming to read our books and study the lessons we provide. Can we hear a hearty AMEN!

Life on-the-inside is not like life in the rest of the world, where most of us live. Out here, when we run out of something, we simply go to the store and pick it up. If we want to read a book, we either buy it or visit the local library and check it out. In a prison, reading materials have to develop the ability to experience life after death; in other words, when most of us would consider a thing fit for the trash, then it is that someone has to get out the Scotch tape and paste the thing back together. Welcome to life behind bars, the place where books may be accurately judged by their covers.

And the story often goes on once the inmates leave the gates. Frequently we receive letters of thanks from those who had read our books and Bible lessons while locked up, as well as many notes of gratitude from their families; these are always refreshing.

If you have contributed to our Prison Ministry fund, or to any Mission World project during this past year, thank you! Your donations are a sacred trust to us and are never a waste. None of our work would be possible without you. We can’t say it enough—Thank you!

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