

You Can't Do That On The Internet

May 2010 - September 2010 through the eyes of Kevin Money

by Kevin "Shinmaryuu" Money

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What Is This?

This eBook is a collection of blog posts from my original You can't do that on the internet blog. It is a time capsule of information and creativity that will no longer be on the web when I pull that blog down in favor of my new 2.0 version. These posts contain the early material for my spoken word album "The Muffin Is Truth" as well as many topical posts made about the world and life in general. I hope you enjoy this book and if not I hope you didn't pay too much for it :).

Thanks

I'd like to thank my mom and dad, grandma, Michael, all of my online followers, and everyone who has inspired me in some way.

I <3 U

3 Favorite Shows Gone

This season 3 of my favorite shows moved on to the land of permanent reruns. Ugly Betty completed it's last season with a wonderful season end that really wrapped up the shows story arcs nicely. I really wish they would have pulled the trigger on the Justin is gay thing much earlier because they handled it very well. I'll be watching the series many times on DVD that is for sure.

Heroes is the next to fall. Heroes was one of the only shows my mom and i actually watched together. We both really loved the show even through the rough patches of the writers strike. I hope NBC pulls the trigger on the specials mentioned in a lot of the articles to wrap up the series or even better makes a movie like Serenity for Firefly.

Last is Law & Order. The old school show that has been on for what seems like forever. I am a HUGE L&O fan especially of the SVU series. Drama with heart, intrigue, and sometimes humor. One of the best shows ever made for television. Can't wait for Law & Order: Los Angeles and new episodes of SVU.

So there ya go 3 titans fall but in there place is a lot of good newer shows. My favorites being The Middle (My life the TV show lol), Modern Family, and Cougar Town. The return of Futurama one of my favorite shows of all time will also help alongside new episodes of the best show on TV right now Big Bang Theory.

Top 10 Ways To Get My Number

This is a parody/truth post in response to this <http://fem-fat1.com/?p=4850> insanity. If you need a top 10 list on how to get a man as a woman your more than likely a nutcase in the first place. The kind of girl who will smash a window, beat up another girl, and possibly cut off a dick.

So single ladies this is how you can get me. I am funny, smart, can fix your computer, and i won't come home drunk :) .

1. Be a woman between the age of 24-35. I'm 27. Kids are cool i like kids kinda want some of my own someday.
2. Don't be a massive party girl. Once in a while is fine...if you face appears in a spring break video goodbye.
3. Don't watch Oprah...watch Ellen.

4. Don't emulate anything resembling a pop star or Paris Hilton. In fact block MTV from your TV. Also that tiny dog you carry around...put the damn thing on a leash and take off the stupid pink shit you bedazzled to it.

5. For a first date ask me to come over and watch Invader Zim on DVD. Pretty much all girls who like Nickelodeon cartoons are badass. Invader Zim gives you cred in my book. Watching Anime? Even better as long as it's not scary i really do hate scary movies of any kind.

6. Don't in any way shape or form care about money. My parents were married for 20 some years until my dad's passing and all of those years they were broke as fuck and happy. Money is for dating Broke is for life :D .

7. Play video games. I don't give a shit what you play just play something. Sims - God of War - Facebook Scrabble don't care any system from any era. Pick up a controller and poke at it and i will adore you. I'll even buy you games and buy games we can play together. YES i will play anything with you :D . First date you break out a DS or a PSP i will fucking marry you on the spot.

8. Be funny. Not in a Sarah Silverman dickhead way...just in a good way. I love humor. That being said sarcasm in to high of dose is lethal to me. If you hate the world that much don't bother with me.

9. If all you want is sex...move on. Not one of "those guys". I enjoy sex as part of a relationship not the reason to have one. Frankly i would be happy consummating our relationship on the wedding day but i am old school like that :D .

10. Like me for me. Want to change me? Not a good idea. I have my own way of doing shit and you can be a part of that but if you try and change me will have problems. This goes both ways because i won't be trying to change you either. If i like you why would i want to change you.

So there you go my half serious look at how to get me. Really i am a catch if you can get past my large number of faults and craziness. I am kinda like a big soft teddy bear on crank.

My Celtic Side

I am part Irish and i found some of these descriptions of Celtic Astrology and my name to be pretty dead on when it comes to my personality.

Tree Astrology:

Birch - The Achiever

December 24 - January 20

If you were born under the energy of the Birch you can be highly driven, and often motivate others they become easily caught in your zeal, drive and ambition. You are always reaching for more, seeking better horizons and obtaining higher aspirations. The Druids attributed this to your time of birth, which is a time of year shrouded by darkness, so consequently you are always stretching out to find the light. Birch signs (just like the tree) are tolerant, tough, and resilient. You are cool-headed and are natural-born rulers, often taking command when a situation calls for leadership. When in touch with your softer side, you also bring beauty in otherwise barren spaces, brightening up a room with you guile, and charming crowds with you quick wit. Celtic tree astrology Birch signs are compatible with Vine signs and Willow signs.

Animal Astrology

Stag/Deer

December 24 - January 20

The stag Celtic animal sign has high ideals and aspirations. If you want to start a new project, get a Stag sign to help you. They will not be deterred from their vision. They are thorough, patient and their persistence insures their triumphs. When others have long given up, Stags buck their way past boundaries. They are proud, and rightfully so - they hold themselves in a regal way. They are naturally noble, like they came from royalty. This is not to say Stags feel entitled. Far from it. They believe in righteous hard work, and their integrity is their trademark.

My name's meaning

KEVIN

Gender: Masculine

Usage: English, Irish, French

Pronounced: KEV-in (English) [key] Anglicized form of the Irish name Caoimhín, derived from the older Irish Coemgen, composed of the Old Irish elements coem "kind, gentle, handsome" and gein "birth". Saint Caoimhín established a monastery in Glendalough, Ireland in the 6th century and is the patron saint of Dublin. It became popular in the English-speaking world outside of Ireland in the 20th century.

Imagine

**Note* - This is basically the story of my life boiled down into one post. This is something I did to reflect back in order to move forward. One of my favorite posts from this era.*

Imagine this if you will. Born different in a place of much darkness. Almost dying before you were able to live. Grow for 4 years considered by many to be special and of great worth to the world. Quiet, unassuming, and sweet. A friend to all. Naive.

5th year your sat bluntly in front of your peers wearing torn red sweatpants as they all laugh because you are different. You are not wanted here and you never will be. Best to avoid them all. Broken arms, punches, pokes, prods, words that hurt you. Why do they do this? Teachers write "he is so smart i just wish he would talk more."

Grade school is over. A lot of pain absorbed but you looks to the older kids of middle school to maybe understand...they don't. Puberty hits as you lay awake nights in cold sweats heart beating a thousand miles an hour. You rant, rave, and cry for hours to the only one who understands your mom. You die a thousand times a day with each word those bastards say to you. You bury yourself in books and ignore them but it only makes it worse.

What's this? A ray of hope a beam of light from this shit you endure. A girl messed up as you. Teased like you, crying like you, who actually likes you for you. You stay close to her every day bonded in your fight against it all. You own island of joy in a war zone. You fight with all your heart for her to love you only to be turned down again and again.

High school comes. You fight daily for the love of a girl who only likes you. She moves away before finally telling you that she always loved you but she didn't want anyone to know about it...You cry for days as her image is burned into your brain as your first true love.

High school is worse everyday. Grades the same but everything around them burns to the ground. Hated by all including teachers. You listen

in horror as you find out one of your friends committed suicide because she was pregnant and her parents wanted to kick her out. You grow up a lot...and die a little inside.

The first nervous breakdown happens suddenly with with out warning watching a rented copy of The Abyss...Heart races harder than ever...you feel faint. Parents scared rushing you for what seems like hundreds of miles in the dark to the ER. Your hooked to wires and machines and no one understands as you cry in a room full of strangers. The psychologist comes and gives you a small pill...diagnoses you with anxiety issues and sets you up with a life saver. You learn everything about your new condition as each term is said...Bipolar, Social Anxiety Disorder, Agoraphobia, and more is said. Medicine is given you hate. New medicine is given to control the chemical side... you do better with this. The headaches are like screwdrivers driven into you ears but as time passes you control the attacks. But your social disorders plague you for life.

First anxiety attack in school. Your left crying cold in a bathroom trying to bring yourself together. You meet friends. Mostly misfit toys like yourself banded more for survival than anything. One of these friends saves your life. You learn new music and go to clubs. Anger is given to the band and the crowd of outcasts around you. You brandish your hands with black X marks you have a purpose again...your balanced...kinda.

You point our all your problems to your parents and councilors and show solutions to change. The councilor agrees. You graduate high school 1998 2 years early testing out of all classes and getting great SAT equiv scores.

You move in with your aunt and uncle...new state, no parents, lot of change..You do well at first. New job you love and many schools to pick from as you try to go into IT. With out money you end up in a community college learning computer typing along side adults in night classes. You become manager at work and school suffers as you are no longer motivated by it. You fall in love 3 times. Once a forbidden love from a girl who was suppose to be getting married shortly divorced from him after once she did. To young most say...The other a new girl at at work who didn't know you were alive. The third could have happened...a punk chick to the core. Strong, independent, sweet... this time you move away before it works. You see her again by chance at a mall store and she still likes you but now it's to far gone.

You return home broken. Family ties hurt badly hurting worse since you thought they understood. Back to mom and dad the only ones who ever really did. You move around a lot because of dad's income from lack of work. He has a heart attack and has to quit. You finally get

to see more of your dad and are thankful to this day for it.

Mom & Dad go on disability and you try to help best you can but every job fails as your social problems get worse. It's hard to look people in the eye now. It's hard to even talk to them.

You find money in baby sitting something you have always been good at. Loving children and always wanting your own...wanting to be a dad. More income in the form of building computers and doing repairs comes. Nothing formal just word of mouth. You survive like you always have.

Dad get's more sick...cancer...terminal...The family moves into 3 apartments in the same building. 1 for me, 1 for mom & dad, 1 for grandma. Dad gets worse by the day. Pain meds make him forget things. It's painful. You hide from it. Caring to remember not what you see now but what you know. Dad is at peace...mom is alone...family mourns the loss of it's most solid pillar.

You make a choice. The whole over the 1. You gather mom and grandma in a meeting and discuss moving out and how it could be done. You budget, hustle, and scrimp building massive credit scores as you work to a goal that dies in your face. The economy dies, low income loans wash away in the wake of the rich getting richer. You throw an audible. You rent a place with room for less than your paying now. Your together. A place to heal, build strength, and move forward.

A new job forms as old skills are reborn. You are your own boss now. No interaction required. Your good at what you do. It gives you confidence. Your the man of the house responsible for others. Fair that you are in this place no but you welcome the challenge as you always have.

Your still alone, depressed, and broken but you have purpose. A reason for life. You dream that it will get better if you try. No magic wands or lamps just blood, sweat, tears, and pride. Your not in anyway shape or form normal...and you like it that way.

The story is not over...it has just began...

Thank you for listening...can i have my shoes back.....

Abstract Paper Clip Chain Theory

Things to remember:

- Avg metal Paper Clip is 1g
- Current record for longest paper clip chain is 54,030 paperclips with a total length of 5,340 feet or 1,627.6 meters.
- The chain is anchored at 1 end so force is only pulling to break the chain not move it. Not ideal but makes things easier.

Basic Idea:

The basic question is how many paper clips in a chain would you have to add before you could not pull it with out a paper clip failing.

Theory:

The world record chain at 120lbs would cause about 18 newtons of force being pulled at average walking speed causing the chain to break in my estimation. I believe the number in weight could be brought to as low as 70-80lbs or 31,751-36,287 paper clips if gravity was not involved pulling from below at which point the clip would fail easily at basic human child pulling force or less maybe around 5-6 newtons.

My Teen Titans Movie

Ideas: My movie would be a some what fun ala the cartoon Teen Titans with teenage style but not be campy or stupid think Buffy/Joss Whedon humor with a serious side. I would push the movie as a Teen/young adult geek movie marketed with some familiar faces from that genre. The plot line would basically be Titans vs Deathstroke but would be a remix of a all-star titans from the cartoon series mixed with the Superboy/Speedy/Wonder Girl love story.

Characters:

Robin/Nightwing aka Tim Drake: (More crack here but Taylor Lautner from Twilight fame but more importantly from Sharkboy and Lava Girl fame. He played a great bad ass hero in that movie and brings that twilight emo side of Tim Drake. I think him and Felicia would be interesting to see together as Starfire and Robin in that crush romance role from the cartoon series.)

Speedy/Red Arrow: Adam Brody (Total fanboy pick here. Love Speedy and really enjoyed Adam Brody in Grind and other movies. He fits my cast age range/look/attitude as well.)

Superboy: Channing Tatum (Perfect build, perfect look, perfect in a love interest role for wonder girl. I have seen him play the troubled dickhead role that superboy has in the comics. Really like this pick best for my movie.)

Wondergirl: Ashley Tisdale (This one was REALLY hard to go with but i think this is a role she could do and breakout with it as something more than a teen mall girl. She has a strong female personality and i think it could be brought out.)

Raven: Ellen Page (Yup junio. Snarky dry sense of humor. Could easily play goth. Serious and strong enough actor to be built into the sequel movie that would focus more on the raven storyline.)

Starfire: Felicia Day (Yes i might be on crack with this one but she is perfect for that girl next door, clumsy but strong, Robin love interest.)

Beast Boy/Changeling: Jason Earles (Jackson from hannah montana. Perfect in the physical comedian jokester role.)

Things that would happen: Starfire and Robin would end up as just good friends. Speedy would end up on drugs ala the famed storyline in the comics and would lose Wonder Girl to Superboy. There would be quite a lot in the Superboy Wonder Girl storyline added in but i don't know if i would kill Super Boy in the first movie or not. Joss style says yes but a death and a drug addict in the same super hero movie may be too much to deal with. Titans is full of a lot of that kind of drama and though so maybe.

Basics would see the Titans take down Deathstroke and start planting seeds for the Raven Trigon storyline next. Similar to X-men with the Dark Phoenix saga. The series would have 3 movie arcs and then would end in current day Titans lore of the returned Jericho etc.

My heart would want Joss Whedon and Geoff Johns to write the story and Joss to direct. Johns relaunched the Titans in the comics and understands hero books and Joss would capture that perfect blend of snarky dark humor, heart, and action these movies would need to work and make the movie more human.

World Peace Will Never Work and Why

This is just a short list of the reasons world peace will never work.

1. The skeptics will say it will never happen and thus stop trying to make it happen.
2. Anyone under 18 will be on youtube talking about how gay the promo video is.
3. Anyone in college will be too drunk and busy raising 4 kids to care.
4. Anyone over the age of 55 will be too worried about dying and acting too old.
5. The democrats and republicans will take 15 years to pass the bill because they will be too busy fighting over stupid shit.
6. The schools will say it never happened because the kids might think freely and rebel.
7. The terrorists will think it's a sign of weakness and attack people smaller than them with over powered weapons fired from millions of miles away.
8. The religious folk will say it's a good thing but behind your back will be taking money donations and plotting a takeover of the world. (More violence in the name of a god than any other reason remember.)
9. Most of America not effected by the above will be too stupid to know what to do, too high to care, or "just not into it." The ones who do care will be shunned and exiled as crazy and hippies
10. China will take over the world, will all put on orange and yellow hats, and i hope to get a job working in the engine room of a space ship.

Not sarcastic in anyway. The world pisses me off more than i can explain at times. Also number 10 is humor meant to make reading 1-9 easier.

Why i like "kids" shows and pop music.

I tend to get a lot of crap for my support of shows like Hannah Montana and people like The Jonas Brothers and Miley Cyrus. The reason for this goes back quite a long ways. Today i will try to explain that reason to people that like to call me a pedophile or other insane things just because of a tv show i enjoy.

So i grew up in the age of amazing kids shows both in cartoons and live action. I grew up watching The Muppet Show, Fraggle Rock, Animaniacs, Tiny Toons, Pinky and The Brain, Freakazoid, Ninja Turtles, Power Rangers, Transformers, You Can't Do That On TV, and Double Dare. I lived on Nickelodeon and know more about the network than most ever could hope to. I was a massive outcast as a kid and didn't have a whole lot of friends. Sadly Nintendo and Nickelodeon were my after school buddies. So with that i grew up with a big fandom for shows produced for kids. Strangely i never grew out of that like some others i know. I think a lot of people still watch... they are just scared to admit it :D . As a straight edge punker i rarely could give a shit what the average person thinks of me. Hell i spent a few years with pink hair because it bothered people.

Honestly if you give them a chance some of these shows people call stupid or childish are better than some of the shows you see on prime time TV. Shows like Hannah Montana, Sonny With A Chance, The Suite Life Series, Drake and Josh, iCarly, and others are well acted old school sitcom comedy at it's best. You don't have to think about it. You just sit back and laugh.

It's also fun to see new talent emerge. I saw Amanda Bynes before anyone when she was on All That and then the Amanda Show. I saw Lindsey Shaw on Ned's Declassified School Survival Guide before she was touted as one of the best young actresses in shows like Aliens in America and 10 Things I Hate About You. I was also one of the first people to champion High School Musical as a massive hit because of how great i thought Ashley Tisdale was in Suite Life.

As someone who has championed animation for decades as an art form and who for many years thought he was going to try and work for Pixar or Disney someday i can appreciate things for both the value to me and the value to kids. I enjoy watching and creating from a child's point of view. I guess that is not a bad thing. Everyone from Spielberg, Lucas, and others have made millions because they dared to shed that sarcastic skin and look at things with a child's eyes. As someone who loves to write i would kill for a writing job on a Nickelodeon or Disney show and have been in the concept stage for a kids video blog using a puppet.

So there ya go. Once again in my life i have to explain myself to the masses who are to busy going left to even understand what it's like to go right.

Dare to Fall by Kevin "Shinmaryuu" Money

note - This is the first poem i posted to the old blog and will be appearing in audio form on "The Muffin Is Truth".

Shinny white pearl stuck deep in the ocean
Trapped inside a clam in polluted water
It just feels right held in the hands of sunny delight
Lost and alone the pearl is home
Found the hands of the divers love

Sometimes we fight for what is wrong
when what is right is where to fight
Leave ourselves sad and afraid of what is there
instead of walking in to the future to smile
The shoes we think are the wrong size should be where we spend the next mile.

Take a chance on mistaken romance
Dare to fall flat on your face
A new perspective is found in the crying eyes
But great beauty is found in the eyes of a smile
Chance on something new is not a chance but an opportunity not yet taken

Life is never what you want it to be
A series of mistakes that fall in your favor
Every cut, scrape, and bruise another step to eternal joy
Never stop fighting for what you believe
Never stop failing to win because someday chance will make you smile

I live and die by my creativity.

Take 2 of a post i deleted. Decided to take a different point of view.

Anyone who has seen the newest episode of heroes where parkman locks sylar away in his own mind basically understands my life. 16 years of torture and the genetic predisposition to it caused something in my brain to snap leaving me with a bunch of acronym soup disorders SAD, PTSD, Bi-Polar, etc. What it basically means is my ability to interact with people...even in my own family is pretty broken. Panic Attacks at almost every family get together etc. Some understand others look at me like i am nuts. This leads to not having a lot of

friends or girlfriends because frankly i hate being around people for fear i am going to look like a spazz and trust me normies don't understand things that might be different. So i put up this big anti social wall and avoid everyone. Wear a lot of black, keep my head down when i do have to be in public, just overall try to blend in. Little hard when your 6'2" and a fat sum bitch but hey i try.

So many moons ago i really got into technology as an outlet for my creativity. Very typical anti social nerd am i :) . I got heavy into building things, digital photography, programming, building websites, writing, etc. It gave me a place to escape to. Internet is something i have said for years can be both a blessing and a curse. To me it was a blessing. The gathering of the outcast masses. Judgment only by what you know and say not by how you look or where you are from. The ultimate equalizer. Freedom for those trapped inside their own minds.

A problem comes in the nature of some of those who i have met. Like i said on twitter it's strange to me how the smarter you think you are the more you judge others with out really knowing your doing it. Somehow because you are smart in your mind your better. Let's all make fun of our parents for not knowing what a mouse is. Let's make fun of those with virus infested machines. Let's call people noob and setup ways to hack them because it's funny. "The smartest men in the world were teachers." Learn that phrase and live by it.

I have done some interesting things in my life and i don't have a lot to show for them. First Nebraska based skate team on the internet. Created the first portable gaming centric podcast. Was talked about on an episode of Hak5. Built the first wiki for TWiT Live. Ran a successful WoW guild for over a year. I have very little fame, absolutely no fortune, and am normally pretty depressed. Having my mac breakdown and being unable to afford a new computer for over 4 months really hurt. I may not have the perfect "normal" life but i deserve to be happy. Being able to talk to people online gives me that human contact all people need. Conventional? No. But it is how i have learned to cope.

The internet should adopt the phrase "Give us your poor, your tired, your huddled masses longing to be free..." because it gives a home to those who's puzzle piece may not fit in the puzzle around them. The island of misfit toys. The dream that someday the real world will judge you only by what you say and do and not by how you look, or talk, or think, or love, or anything else. The internet is our home. We will fight for it, we will defend it, for it is where we can belong.

5 famous girls i find cute and why.

Yes it's shallow as a kiddie pool but what the hell it's fun :D .

- Ashley Tisdale: Many would find this weird till you read her bio and realized she is only 3 years younger than i am. Other than being adorable which is what most people say i find her point of view on certain things to be much more attractive. Called by TMZ the anti-Paris Hilton she actually had a dry birthday party serving no alcohol and later told Blender magazine that she was basically straight edge! I dig her music, i love her ability to do her own thing, and as i said before she is freaking adorable :D .

- Billie Piper: I first saw her on an episode of Top Gear during their star in a reasonably priced car segment. She is the perfect mix of cute, funny, a tad crazy, and British that i tend to find really find cool. Plus i mean you just can't hate on a girl named Billie add in the Piper and you have the perfect name.

- Jewel Belair Staite: Kaylee Frye should be all i have to say about this one but honestly i have a huge star crush on Jewel. I mean come on she is very cute, quietly funny, and it's said by many that she is genuinely a nice person. Many people have one of those stars they just like no matter what and Jewel is mine.

- Shirley Manson: Yes she is about 16 years older than me but i don't care. She is half backwards crazy, walks to the beat of her own drum, and sings for one of my favorite bands of all time Garbage. This is my rebel side coming out more than my sensitive guy side but every guy needs a wild girl on their list and this is my choice.

- Amy Lee: Yes i tend to like a lot of female singers but if i had to be honest this would be the girl out of the five i would want to date. I am a big Evanescence fan, i love girls who can play the piano, i am really attracted to goth chicks, and i think from what i have heard her talk about in her personal life she might actually understand my own issues. I have always dated girls with issues and don't mind talking about them. I like being a good listener. The fact that Amy is drop dead f'n gorgeous is only a small part. Personality and how someone carries themselves is always more attractive to me.

Just to make sure this is taken with a grain of salt here is 5 guys i would date if i was into that sort of thing :D .

- Davey Havok: Lead singer of the best band on earth AFI.

- Dexter Holland: Lead singer of the band Offspring and one of the coolest people ever.

- Jaret Reddick: Yup another lead singer this time for the band Bowling For Soup the second best band on earth.
- Michael Cera: I joke about this one all the time. I mean come on who wasn't wanting him to make out with Jonah Hill at the end of superbad lol. Totally missed opportunity!
- Jake Gyllenhaal: Great actor, strangely funny, and not afraid to be himself or be a dork which i admire.

There ya go fodder for a good year of bad jokes. Enjoy :)

My Anti-Diet

So anyone who follows me on twitter knows i recently dropped 55lbs since being diagnosed Type 2 Diabetic. I know really shitty timing to loose weight but i don't dwell in the past. Below i will give you an idea of what has worked for me. This is by no means a full nutritional study and of course always check with your doctor before radically changing your lifestyle as sometimes weight loss can be a bad thing believe it or not. A good idea will be to pick up Alton Brown's newest book Buff Like Me which is coming out soon and is a good concept for a anti diet.

Supplements: I don't get to into the latest hype for supplements for the most part. I do take a multi-vitamin made by One A Day for Men that was recommended to me by my doctor many years back. I also take Fiber but that is more for a irritable bowel issue i have that is stupidly rare in men and has no cure for men. That being said lots of fiber is good and helps with your cholesterol. Unless your into eating a lot of wicker Fiber can be a good idea.

The No Nos: Sugar, extra salt, and regular soda have all been removed from my diet. I drink a ton more water filtered in a pitcher. DON'T BUY BOTTLED WATER! Hot teas and my one vice diet Dr. Pepper round out my drinking options. I don't drink alcohol so that wasn't a big deal to start :D . Hardest thing to give up is chocolate. It is good for you for the most part if you can have sugar but i can't so it's a No No.

Breakfast: I normally eat oatmeal and some 7 grain toast with light butter. I am a big fan of Sara Lee Soft and Smooth 100% Whole Wheat Bread as my daily use bread and there are a few 7 grain breads i pickup when i have the extra money. As for oatmeal i don't by instant glue creating oatmeal i buy a decent brand of rolled oats and make them from scratch using my mom's recipe. You can instead eat some cereal high in grains like cheerios but i am lactose intolerant and not a huge fan of soy milk so yeah little hard :D .

Lunch: Peanut Butter and Sugar Free Jelly with some baked chips is my

norm. I also tend to eat leftovers from supper the night before. My only vice here is Nachos or Taco Bravos from Taco Johns. The only fast food i will even look at anymore. This is what I'll eat if i am on the go.

Snacks: Good bit of sugar free snack food out there. Not the best stuff for you as there is dangers in eating to much "fake sugar". I tend to have the most issue with splenda which gives me the runs (TMI i know but good info none the less :D). My 2 go to snacks are Turkey Jerky made by Jack Links. Great source of protein with out as much fat as beef jerky. Almonds and other assorted nuts are big for me since they are considered diabetic safe foods. Goldfish crackers strangely enough are also a great diabetic snack. Really big fan of air pop popcorn as well made with my vintage Black and Decker air popper i got from a garage sale. No butter just a bit of salt alternative or cinnamon and chili powder (a cool trick i learned that is really badass yummy). Actually bought a shaker jar and made up my own popcorn shake. Last but not least are Soy Nuts. HUGE protein boost and they taste just like peanuts. Funny how much snack section is so big but honestly i snack more than i eat meals outside of breakfast.

Dinner: Lots of chicken and pork. Grilled Chicken with lime and soy as well as stirfrys of all kinds are my favs. My mom and grandma are great cooks so dinner is normally a joy. I eat a lot of wild rice as well. Big fan of Asian style food in general. I keep red meat intake down to 2 times a week and upped my fish intake to 2 times a week. The rest is filled with chicken and no meat dishes.

Exercise: This is the big kill for me. I am a geek who sits around a lot so this is my struggle zone. Walking with a iPod cranked on some hardcore punk is my go to right now. I am looking into buying a wind bike which is a stationary bike with a big fan as the front wheel. Kinda old school but comfy to ride. I also stretch a lot. Not really yoga but just your basic P.E. stretch series. I do this every morning when i wake up to break loose my body for function. I don't weight life currently because i have a pretty fucked up neck, back, and shoulder from years of abuse. I use a light dumbbell for arm curls and that is mostly it.

Hygiene and Routine: I know a tad odd for a anti diet post but important none the less. Routine is important as if your like me once you in one you tend to stay in it. I wake up, stretch, take a shower, eat breakfast and then head out on my day. Sometime around noon before Lunch I'll walk or do some form of exercise for 30mins. This kicks up your metabolism a notch before you sit down to lunch. Then dinner later. I normally stretch again before i go to sleep to relax. I test my blood sugar around 4 times a day to make sure i am not high

or low. If i am low i add in a cup of juice to kick me back to normal. I have had an occasional scare of way to low blood sugar which i also fix with juice.

So i hope this helps people out who want some basics or just how i do things. I know my buddy Matt and a bunch of other people i know are working on shedding some pounds and really kicking ass at it so i felt like i should share :D . My stuff is toned more to someone who is diabetic or close to being diabetic so it may not work for everyone. As Alton Brown says a Anti Diet should only fit the person following it and that is you because we are all different and if you listen your body will tell you what is good and what isn't.

Diary of a Pink Shirt by Kevin "Shinmaryuu" Money

I am more than a Pink shirt
worn through out the days
I am more than a doughnut
covered in sticky maple glaze

I am more than the music
that drowns out your voice
I am more than my sexuality
even though it's a choice

I am more than my face
more than my lips, eyes, and nose
I am more than a first impression
and i hope it really shows

I am more than the era
from which i was born
I am more than a Pink shirt
that today is again worn

This is my tribute to Sheldon Alan Silverstein aka Shel Silverstien. It's kind of a thinly veiled gay pride poem based on a guy i know written in Shel's Where The Sidewalk ends era of children poetry.

My history with J-Culture and being Otaku

Thought this might be fun to look back on how i really got into Japanese culture and media and how that changed though the years.

My first glimpse into Japanese culture was probably started by me getting a Nintendo mixed with my undying love of the Ninja Turtles and Power Rangers as a kid. I got really into Karate and RPG video games out of that. RPGs would be my gateway drug into the world of JCulture. The Dragon Warrior/Quest series especially then later with Final Fantasy.

Then came the big 1 2 punch that would lock it in. First of all the Pokemon craze hit the US. Like many kids i entrenched myself into it collecting all the cards, playing the video games, and watching the tv show. My first exposure to Subbing came with Pokemon when a friend of mine showed me a website that had episodes straight from japan, in Japanese, with sub titles. I basically religiously watched Pokemon and then all the flood of shows to come after. Medabot, Yu-Gi-Oh, Beyblade, Digimon (Which i loved), Monster Rancher, and many more. The 2 punch came with the first ECW PPV barely legal. I have been a big wrestling fan since i was a kid. Anyway the first PPV featured a showcase match from Michinoku Pro Wrestling a small Lucha/Puroresu group based out of Japan. I recognized the style of the match from NWA matches i had seen featuring Jyushin Liger and Ultimo Dragon. The Lucharesu style as it is now called fascinated me so i did all the research i could on it finally coming across an e-mail address via a friend of a guy who would send you copies of Japanese wrestling tv shows on VHS tapes. Good bye money hello large collection of tapes :D

My next evolution would come with watching AKIRA for the first time. A friend of mine knew i liked the Heavy Metal movie and all this puroresu and decided to sit me down and show me this "Anime" he loved so much. My mind was blown out my ass. Who knew this animation i was watching in Pokemon could be so adult and crazy. Ghost in the Shell was the second anime i watched with him at which point i was full blown otaku. I started buying import JPop and JRock CDs, downloading anything i could get my hands on, buying obscure anime at the local shops.

The first full subbed anime series i watched was one called Mahou Sensei Negima or Magical Teacher Negima a series created by the guy who made Love Hina which i also have seen. This was also my first exposure to Fan Service/Ecchi anime or Cupcake Anime with tons of silliness, sexual innuendo, and and cute anime girls. This style of anime is now my favorite by far even though i have gotten more into

battle anime and adult toned stuff since then. My favorite series right now is between Bleach and Full Metal Alchemist.

JCulture has really shaped who i am as a geek. My screen name Shinmaryuu, my love of Japanese comedy films, my love of anime, my love of RPGs, even to a point my love of gadgets all have come from that single spark all those years ago being a child of the 80s. Hell even my excessive use of emoticons can be traced back to spending hours in anime fan chats ^_^. Outside of straight edge punk culture being otaku has had the biggest influence on who i am as a person. I am proud to say i still play Pokemon and watch big eyed pink haired girls glomping on poor young guys. You have to be proud of what you like and never change that for anyone but yourself.

Why Tech Support Is Made Of Fail

So i have been having some off and on issues with my Cable ISP as of late. Basically my internet just stoped working. So being the geek i diagnose the hell out of it and come to find out it's a DNS issue. I type in an address, it stalls, no resolve. I run ping and trace route etc to both text addresses and IP addresses. So basically i know what the fuck is wrong.

I call up text support after my internet has been down for close to 12 hours. He has me unplug everything...blah blah blah. Still doesn't work. He then has me plug my modem right into my laptop bypassing my router firewall etc of which i am pissed off about but do anyway. He sends something down the line and reboots my modem. Suddenly i can connect again. Ok WTF. How does rebooting my modem fix a DNS issue? Anyway he then proceeds after talking to me like a 5 year old with ADD to try and upgrade my service and give me one of their routers (for a charge of course). I say balls to that since i am moving anyway.

So after i hang up i quickly rip that disease infested line out of my machine and plug it back into my trusty and damn near bomb proof WRT56G old school Linksys and what do you fucking know it works. So i was on the phone for 30mins while this toolbox reads his little book to me and all it took was a fast modem reset. This is why Tech Support is made of fail.

BTW cry for me because where i am moving has Time Warner Cable which means for the first time ever i will be under a bandwidth cap, torrent packet shaving, etc. Trust me i will be looking for alternatives ASAP. FIOS for the love of god come to my area fast.

A Comic Conventional Love Story.

Decided to write a short story and this is what i came up with. Not really based on anything. Just a cheesy geek love story. Rough and written entirely off the top of my head. You can tell it rambles :D

A Comic Conventional Love Story.
by Kevin Money

It's strange you know? He had kissed her once about a million years ago across the street from that old bread store but every time he saw her walking past his heart would skip five beats and he would degrade into a puddle of useless. They had played Nintendo back in the day, they had played tag on the school playground, but now as adults Kyle Vanden had no chance to even get close to Alexis Green.

You see Kyle had grown up but he still played Nintendo, He had gained a few pounds, Lost a few hairs, and really got caught up in some PC MMOs. He wears ripped jeans and shirts with sayings he thinks are funny. Hell he even has a replica Master Sword from The Legend Of Zelda. Let's face it Kyle is a geek. Sadly fate had planted him right across the street from where Alexis worked in her parents diner. Kyle worked at Cosmic Comics the hottest comic shop in the city.

While Kyle had grown into a fine example of nerditude Alexis had gone down another path. The braces were gone, the hair long and spiraled, and sometime during college she had added a tattoo on her ankle of Tweetie Bird. The creator had been kind to Alexis and trust me people noticed. She was always in some sort of relationship. Thanks to a relationship that lasted a few weeks in college she also got the rep of being bisexual which only added to this air about her that attracted guys like glue.

Alexis would always smile at Kyle but he would just go on his way knowing that this drop dead gorgeous girl could ever go out with a guy like him. The fear of rejection was strong in him after his only real girlfriend ended up moving to Canada. What it's not bad enough she has to break up with him but she had to leave the country to get away from him too!

Kyle had set out his chores for the day at the store which were many due to the up coming comic convention. A bunch of creators were coming into town and the crowds were expected to be good. Cosmic Comics decided it would be smart to have a table at the show. Kyle was excited he had even spent a few months working on his Tick costume he would be wearing at the show. "Spoon!" he yelled as the fellow employees laughed. As he loaded boxes into the truck he looked

across the street through the diner window and daydreamed that someday he would be a real hero and fly Alexis through the sky like superman or share a upside down kiss ala Spider-Man and Mary Jane. "GET BACK TO WORK!" his boss yelled from the door. "Yes sir...you ass hole(under his breath)".

Kyle laid in bed that night dreaming of more adventures him and his princess could have but alas when he woke the next day it was all just that...a dream. Kyle got dressed up in his costume and walked out the door of his house to a choir of laughs from the locals. "Hey come to the convention later guys. It will be a lot of fun!" He yelled to them. "Ya right like i want to go to a looser and nerd convention!" someone yelled back. Kyle just shook his head and got in the car. Just as the car started Ashley Tisdale's What If came on the radio. Kyle drove off damn near crying to the lyrics.

He arrived at the comic store just in time for his buddy James to come walking out dressed as the Crimson Chin. "I mean really dude..The Crimson Chin!...We get beat up normally you know hahaha." Kyle exclaimed. "ha ha dude the chin rocks man. Chicks dig the chin." James said holding his chin to the sky. Kyle damn near died laughing as he got in the truck. Right as the pulled away he glanced across the street in hopes of seeing Alexis but it seems she wasn't at work today. "To the convention Tick! Before it's to late!" James joked. "Spoon!" Kyle yelled to much laughter.

"Hey what is up with you and that girl Alexis?" James asked riding along the highway. "What do you mean? We used to be friends that is all." Kyle said half under his breath. "Dude come on. You have almost been fired 3 times daydreaming about that girl! You like her or something?" James sheepishly asks. "Dude i mean come on she is way out of my league." Kyle sad with sadness in his voice. "I don't know man. She has been in the store a few times looking at some Teen Titans comics. I guess for her nephew or something." James said. "WHAT!!...i mean i don't care. Shut up man." Kyle said turning the radio up higher. "Code monkey like Tab and Mountain Dew... ." came from the radio as James just shook his head.

The pair arrived at the convention hall just before dawn and started to unload the truck and set up the displays. The place was pretty huge and a ton of vendors were there. It was going to be a big show. A few people commented on how cool Kyle and James costumes were. "Yeah we know we are chintasic!" James said to great laughter from some of the vendors. Kyle just smiled realizing that he was safe here with his people. "Hey is that cleft over there James you better run after him!" Kyle joked to much laughter as well.

The convention was in full force now. Kyle had gotten his picture

taken a bunch of times with a bunch of Tick fans who said his costume was the best they had seen in a while. Kyle had also snuck away a few times to get autographs from some of the creators and even grabbed a flier for a PuffyAmi Yumi concert that would be that night. "Hey dude can you handle the booth for a while again man? I want to go out on the floor and pick up some comics." Kyle asked. "Sure man. No worries. Just snag me that new Fantastic 4 trade and will call it even." James said. "Alright" Kyle said as he wondered off into the masses in search of comics.

At one booth he found a deal he couldn't pass up. An entire box of X-MEN comics. Most of which he didn't have. He bought the entire box, plopped James' trade on the top, and headed back to the booth to unload. As he turned the corner he smashed head on into someone wearing a purple cloak and his box and ass both hit the ground. "Careful tiger. Your going to bend those. Got to watch where your walking." a girls voice resounded in Kyles head like a giant echo. He looked down to check on his box helping this cloaked person scoop up a bunch of...Teen Titan...comics...nah it couldn't be he thought. He quickly stacked the comics and handed back to the person he identified as Raven from Teen Titans. "Thanks." the girl giggled as she gathered her comics. "I love your costume. The tick right? I loved that show." she said. "Yeah it's one of my favorites...Spoon!" Kyle quietly joked. "Ha ha that's funny." she said. "I still can't believe you don't know it's me yet. My costume ain't that good." the girl said. Kyle raised his head in bewilderment just as the girl pulled back the hood of her cloak...It was Alexis. There Kyle was on his knees in front of his dream girl dressed in a giant blue suit with a box of comics in his lap and she was talking to him...and being friendly. "Hey there is a PuffyAmi Yumi concert later. Let's meet up and hang out there." Alexis says. "Ok..." Kyle struggles to spit out. Kyle and Alexis are now married and own Cosmic Comics. They have 2 kids and a house in the burbs. I guess comics are not the only stories with happy endings...

The blog post where i explain what heart is

Heart is very hard to explain when you put it toward something tangible like a movie or book. To me heart is when you watch a movie or consume some sort of other media and you get that warm fuzzy feeling inside. When the movie truly hits you somewhere in your body where it then takes on a spirit and connects with you.

Heart is not something everyone gets. I know many people who just consume media with no regard for it's heart and just bash these types of things as boring. Some people just can't open themselves to accept this feeling. I feel it goes hand in hand with people who can't cry when watching a movie. You have to be able to emotionally attach yourself to something. Not everyone can do that.

Below i will outline a few examples of places i have found heart in media. As i said this feeling is something that is different in everyone. Something really has to connect to you as a person for heart to be found. You'll see a common trend in the media i think has heart connects to someone who had my depressing childhood. The Breakfast Club: A movie that connects a lot to people of my generation especially if you see yourself as an outcast. The breakfast club finds heart in the honest and true interaction between a bunch of amazingly well done characters. It scares me how many times a day i feel like Ally Sheedy in this movie.

Harriet The Spy: I watched this movie for the first time with my grandma and grandpa in a tiny theater in Auburn, Ne and i will never forget it. This movie touched my creative lighthearted childlike soul so much. Rossie O'Donald's nanny character was amazing. The interaction between the cooler popular kids and the friendship issues that arose from Harriet's way of doing things. The Independence shown by Harriet and her friends to really be their own person. I just got so much from this movie that i still have with me today.

High School Musical: I have no idea how Disney was able to take what should have been just another shallow Disney teen comedy movie and turn it into something with so much heart, so much humor, and even in the end really give a true honest positive message of being true to yourself no matter what. I was really happy this movie became so popular because it really could be a positive influence on a kids life. Number 2 wasn't as good but they really did bring it back home with 3 to the point it is now in my top 5 trilogies of all time.

Where The Sidewalk Ends by Shel Silverstein: Yup a book. This along side A Light In The Attic and Falling up are 3 of my favorite poetry books ever. These books bring heart in the form of whimsy and truly

thinking like a child. I have no idea how Shel is able to accomplish this but when you read these poems your taken back to a simpler time of childhood but you still have that adult sensibility and sarcasm. It's like going back and watching Looney Toons or The Muppet Show now as an adult when you can appreciate them in a whole new way. If you have kids they need to own these 3 books along side Sideways Stories of Wayside School. 4 of the best kids books ever written.

Kid Nation (2007 CBS Reality Show): I actually created the first fan podcast for this show. A show that finally took a bunch of kids and put them in a show where they could be real. You could see the fighting, the cliques, the trying to find your way while still attached to these mythical family values. CBS got a lot of crap for this show from the critics and special interest bullshit groups but in the end they created one of the only honest, heart filled, and touching reality TV shows ever made. Kids on this day finally were given a voice of their own.

Pixar: Yup not one movie but the entire damn company. John Lasseter basically saved Disney from fading into obscurity. John is the walking embodiment of Walt Disney himself. A man so bursting with heart and just pure creativity that almost everything he touches becomes gold. Toy Story was yet another movie i saw at the theater in Auburn, Ne with my Grandparents and it changed how i would look at animation from that point on. Toy Story was the first movie in 6 years that made me cry watching it. The last being Little Monsters (Another movie that should be on this this and in my top 3 movies ever). Pixar is one of the only media companies that can manufacture heart time and time again. Every movie it just gets better and better. I balled my damn eyes out watching Wall*E and Up. I adore Pixar more than i can ever explain. They are one of the only things left on this earth that can make this bitter, jaded, bipolar, cynic feel something deep down inside that is good and pure.

There are many more i could mention like Green Mile, Radio Flyer, Iron Giant, Little Monsters, The Wizard, and many more but as i said each of these lists would be very tailored to who made them and how they grew up. Heart is something different to each person. Hit me on twitter or whatever and let me know somethings you think have heart.

My blogging ethics.

There is a lot of FUD going around about ethics in blogging and indie journalism so i figured i would layout my theory on this and how i roll.

1. I don't take anything from anyone...period. I may be poor as hell but if i talk about something you can bet your ass i paid for it myself. Don't offer to send me anything because i will not take it. Your wasting your time.

2. There is no advertising on my blogs outside of the banner for Child's Play which is a charity i support. I make no money doing what i do. If your a reader who wants to donate contact me for my paypal donation address. I promise my sites will never have ads nor will my podcasts. I despise advertising in many ways. The links on my sites to outside sources are to friends or services i use myself and i do so for no pay.

3. If i review something it means i have used it myself and it's my honest opinion of that item or service. I have not been asked to review it. I wear my heart on my sleeve and have very little filtering between my brain and mouth.

4. Anything that is not my creation will be fully credited and i will remove anything i am asked to remove by the original creator. That being said i know my legal right to say what i want to say. If you want to be a crybaby over something i say about your product or service well make a better product or service. I live in a country that protects free speech and use it a lot.

So there it is. These will never and have never changed. It's just how i roll. I am basically corporate Teflon. This means i am highly unlikely to ever make a living doing this but as long as the model is the way it is now that is just how it's going to be.

What would i pay?

There is a lot of interesting talk about publishing with the iPad coming out. Everything from digital comics to newspapers to magazines are talking about ways to get their content on this new device. Well i grew up in the Napster generation who basically thinks everything is free. I personally am not like that so i figured i would make a list i what i think is fair to pay for different types of content.

News Paper - Most news papers are around \$1.75 news stand price and you then get a deep discount if you subscribe for a year. Personally i like this idea. \$1.75 if you just want a one off and then different subscription models for 50% off newstand price.

Music - \$.99 per song \$9.99 for a full album across the board flat rate. Also add a all you can eat subscription service.

Comics - Most comics these days cost around \$3.50. Let's drop the price down to \$1.99 and then do subscription models again so you can get all the issues within a year for a discounted flat rate.

Games - I love the iPhone model of putting out games from \$.99 - \$9.99 on average depending on the size of the game. This is very fair and should stay this way.

Movies - \$1.99 one day rental or \$9.99 to own it. Flat rate across the board. Add a subscription service like Netflix. For one fee you get the next movie in your queue.

TV - \$.99 an episode with an option to buy a full season.

The Idiocy of Genius

In this i am going to try to get across a point that no one will understand and thus will be ignored. Sadly i feel it's a plague and must be stopped in some way.

Have you ever noticed that the dumber someone is the more of an ass hole they are but that the same statement goes for how smart someone is? I mean really when did geeks become the most jaded douchebaggy asshats on earth? I don't know how many times i have seen a geeky smart person on a podcast or twitter say some just asinine garbage about something or someone. Just harshed out uber critics that think nothing is good, everyone is wrong (except them), and nothing really matters anyway.

I figure it could be some deep rooted emotional trigger spurred by poor treatment as a child in school or at home so all these geeky smart people built this shell around themselves and fire out at every direction for some sort of sarcastic protection shield. These people are also some of the most closed minded I'm right your wrong kind of people i have ever met and i live in the Midwest for fuck sake. This place is like closed minded people R' Us.

I don't know what crawled up the ass of some of these geeks but for god sake get a sense of humor about life and realize that A. Not everything is cut and dry one way or another and B. Life is way to fucking short to go around hating on everything like some cheap tv critic. It takes a hell of a lot more brains to explain the good points of something than the no brain talking head fucks that just say everything sucks because they think liking something different might make them uncool.

There is an old saying that goes "The world is in black and white until you can feel color." I guess what it means that if you go through life as a logic only robot critical of everything you'll miss out on a whole lot of what life is all about.

Amendment:

This is something i would like to add at the end of this. Any person who calls themselves a geek who goes to a geek/nerd convention and makes fun of the people at the convention is a fucking ass hole and should be listed as the first person to toss of the space shuttle to our new earth. You go to these things as a safe haven to be your geeky self. Not to have douche maggie over there tweeting about how lame your Cloud cosplay is.

The basics of the rant are when did everyone who calls themselves a geek turn into Comic Book Guy from The Simpsons? It's fucking depressing.

I can for you by Kevin "Shinmaryuu" Money

Want me to cut my hair?
I can for you
Want me to change my look?
I can for you
Want me to take care of you?
I can for you
I would change everything
Just to be with you.

Want me to sell all my stuff?
I can for you
Want me to forget all my friends?
I can for you
Want me to give you all my money?
I can for you
I would change everything
Just to be with you.

Want me to die for you?
I can for you
Want me to kill for you?
I can for you
Want me to cry?
I can for you
I would change everything
Just to be with you.

Would you cry for me?
No you wouldn't
Would you die for me?
No you wouldn't
Would you love me?
No you wouldn't
You wouldn't change anything
because you don't know who i am.

10 Reason Music isn't dead...yet

There is a lot of talk about dwindling music sales and how bad music is on the radio these days well these are 10 "recentish" bands that give me hope in the music scene as a whole going forward. Some surprises in here so buckle in kiddos.

Jason Mraz - A very talented lyricist who creates catchy sing a long tunes perfect for taking a long drive. Mr. A-Z is my favorite of his albums.

She & Him - Who would ever have thought actress Zooey Deschanel would bring back the classic girl group sound of the 1950s and 1960s. I knew she had talent after seeing the movie Elf but one listen to Vol 1 She & Him's first album i was hooked.

OK GO - A band i jokingly call the new Weezer. A very creative group known for their video making skills but their music is equally great. Might always be the indy darling but their spirit and DIY nature will inspire a lot of other bands.

Kelly Clarkson - Insanely talented and can only go up from here as she learns. Proof that not everything on American Idol has been a giant waste of TV time spitting out one hit wonders. Amazing attitude and will inspire a lot of girls to go for the dream.

Miley Cyrus - While some call her the death nail for music i say she is one of the saving graces. Infinite talent in her voice and styling begging to shed the Disney pop star shell. Her song The Climb as well as a few of the duets she has done with her dad prove this most right now. Give her some time to grow into being herself and you could be seeing the future of country and pop radio.

Three Days Grace - One of the best rock groups out right now period. They keep it simple and they make hit songs. You know what your getting with these guys. If they can stay together they will have a long career.

Taylor Swift - Basically the best country radio can offer right now with a small nod to Jason Aldean. She is a walking drama magnet but the second she opens her mouth and her sarcastic and often times darkly humorous lyrics come out you know she has that it factor. Everyone needs a breakup song and Taylor can deliver.

Katy Perry - The anti-pop star. The Cyndi Lauper of this generation. I think her attitude and fun loving nature will inspire more than her songs but hey this is showbiz baby. I like her for some reason and i

hope she keeps moving up.

Zac Brown Band - Catchy, fun, and country fried. A rebirth of Lynyrd Skynyrd but with more of a down home feel. I see big things in these guys future. I trend away from country music for the most parts but it's always the innovators that bring me back. Zac Brown Band have done that just as Garth Brooks did in the past with fusion sound and a whole lot of fun lyrics.

Lady Gaga - Not really my musical taste but damn you have to love a rebel and someone who walks left when told to walk right. Oddly she kind of reminds me of early Elton John. A showman with a lot of musical skill hiding in the shadows.

See kiddos it's not all indy darlings, no one ever heard of bands from your local high school gym, and American Idol photocopies. There are are few groups and bands out there that inspire, create, and get stuck in our heads. Now go buy some music and support them you pirates :D .

A lost fans guide to pro wrestling

First a little background. I am 28 years old and have been a pro wrestling fan for most of those years. I started mostly as a die hard NWA/WCW fan. Loved guys like Rick Rude, Sting, Terry Funk, Cactus Jack, The Great Muta, The Steiner Brothers, and many others. It wasn't till we finally got cable that i got to see WWF regularly. Before that i would have to watch at my grandma's house or on VHS tapes i rented. I really got into guys like The Hart Foundation, The Rockers, and Macho Man Randy Savage. Always been more of a good wrestler fan than the big muscled up guys. Despised Hulk Hogan for a very long time lol.

As i got older i got more into ECW which then got me hooked on Japanese pro wrestling especially a new breed called Lucharesu made famous by Michinoku Pro, Osaka Pro, and Toryumon (Now Dragon Gate). It blended high speed wrestling of Lucha Libre with hard hitting Puroresu style with flamboyant and sometimes downright strange characters and was a lot of fun to watch.

As of late i have become kinda disillusioned to pro wrestling from WWE and TNA. I enjoy Impact and WWE NXT but the rest is hard to watch at times. Especially RAW with the celeb host thing is just brutal some nights. So with that i hit the indy scene again and this is my guide to you of good wrestling out there to watch.

Ring Of Honor - ROH has been around a number of years and has went through a lot of ups and downs. Most of the young TNA roster at one

time were members of ROH. Guys like AJ Styles, Desmond Wolfe, and The Motor City Machine Guns all made their name in ROH first. The company offers a great blend of Japan style wrestling mixed with old school NWA storytelling to bring a true alternative to sports entertainment. If you like your wrestling more than the entertainment and humor this is the place to go. DVDs are \$20 and they have a tv show on HDNET.

Chikara Pro Wrestling - Describing Chikara to a new fan is kinda hard. It's like a mix of Lucha Libre, Kaiju Big Battle, Japan style wrestling, and a insane sketch comedy troupe. The company that boosts wrestling ants, a Swiss German version of the NWO, Los Icecreams, and a wrestler created by the fans like in a video game. My personal favorite American wrestling company gives a you a great mix of all styles for all people. The best company if you have kids as well since they allow no swearing and all the storylines are family friendly. \$20 DVDs, internet PPVs, and a Free Podcast are how to see them.

Dragon Gate USA - The American branch of my favorite Japanese wrestling company Dragon Gate. Originally the brain child of Ultimo Dragon who you may know from his WCW days. The company brings an amazing hybrid wrestling style that is lightning quick, innovative, and amazing to watch in action. Take TNA's X Division and times that by 100. They can be seen on DVD for \$20 or via their PPVs on your local cable PPV service.

There are many more out there i could talk about like Evolve, Full Impact Pro, Pro Wrestling Guerrilla, All American Wrestling, Jersey All Pro, and many others but that will have to wait for a new wrestling themed podcast project i have in the works. There are a lot of alternatives to WWE and TNA you just have to know where to look.

IPTV is no longer Obsoleet

I really want to bring this to the attention of all my peeps out there. My buddy Famicoman who i have known for what seems like a decade from the ole Hak5 chat room has started up his own IPTV show dedicated to older technology as well as some other stuff. Well he has released the first episode and my god is it what IPTV has needed. Lo-Fi, DIY, Hardcore, Technology programming that has been sorely missed with the loss of BSoD and Hak5's move to more mainstream gloss IPTV.

I can not recommend enough that you go over to <http://obsoleet.noobelodeon.org/> watch the show and support Famicoman in anyway you can. If you check the front page of TRSP i have link button to his site. I fully recommend if you want to place that on

your page as well and really get the word out about this great new blood in tech IPTV.

I am not just saying this because of the shoutout in the first episode either :D i shoot straight and if i don't like something i would say so. I really enjoyed the first episode and it took me back to a day when kids in garages were making videos for the web about hacking and mods before Revision3 and TWiT were glimmers in an eye.

Insomnia Humor: 05/25/2010

Top 10 people who share my birthday January 13th.

- Robert Stack (The Actor)
- Sydney Brenner (Molecular Biologist and Nobel Prize Winner)
- Charles Nelson Reilly (One of my favorite people ever. Frequent panelist on Match Game.)
- Rip Taylor (Mr. Confetti. Really funny guy.)
- Richard Moll (The big dude from Night Court)
- Brandon Tartikoff (Famed NBC Executive helped create my crush show of my childhood Punky Brewster.)
- Julia Louis-Dreyfus (Really funny lady.)
- Orlando Bloom (Girls seem to like him. :D)
- William Hung (American Idol wanna be turned cult classic for his horrible singing.)
- Trace Adkins (Decent country music star)

Post yours in the comments if you can't sleep either. Just google your birthday and look for a list.

Struggle by Kevin "Shinmaryuu" Money

Anything sadder than a song never heard
just a few words in the wind just whispered.
Tap tap tap to the keys of the keyboard
out of the heart blank stares from their head.
Sometimes you feel like they think your just dead.

You turn face and fight
sometimes just in spite.
You'll struggle tonight
to sleep sound and tight.
Hoping tomorrow brings a day that's alright.

You work at a job 24/7 and then some
just to scrape your pennies into an income.
Look in the mirror the hopeless victim
you support your family give everything to um.
You start to wonder if the struggle is just dumb.

You turn face and fight
sometimes just in spite.
You'll struggle tonight
to sleep sound and tight.
Hoping tomorrow brings a day that's alright.

Love in your world is a straight up joke
people come and go taking half and leaving you broke.
Heart break and pain drinks and a smoke
black it all out just waiting to croak.
The pills go down easy after the first choke.

You turn face and fight
sometimes just in spite.
You'll struggle tonight
to sleep sound and tight.
Hoping tomorrow brings a day that's alright.

Life ain't rainbows, fairy tales, and fun
you think this is bad it has just begun.
Dig your nails in and hold up your gun
point not at yourself but instead at the sun.
Yell to the sky as hard as you can "I may be broken but i will never
be done."

You turn face and fight
sometimes just in spite.

You'll struggle tonight
to sleep sound and tight.
But when tomorrow comes you'll make it alright.

How To Make Big Box Stores Better

So we have all shopped at one time or another at a big box store like Wal-Mart or my favorite Target. Well below are a few free ideas on how to make this experience MUCH better from a retail point of view. Everything below is given a real reason why it would work for the company to increase profit or loyalty.

1. Break the store into smaller bite sized pieces. If i want a set of RCA cables i don't want to have to walk 12 miles to get to them with my arthritic ass. I will go to a much smaller store like radio shack and get what i need or oven more scary the internet. By breaking the store in to easy access smaller stores (Like a 1 company owned mini mall of sorts) you offer the customer the ability to still go from store to store to browse like a mall but you also offer speed and ease of access to your products for that 1 stop quick item.

2. 24/7 wins the race. Staying open 24 hours 7 days a week offers flexibility to those who may work nights or just keep odd hours. Options and ease of use are going to be thrown around a lot in this article but that is how you beat online retailers. Speed and ease of access.

3. Unlock the brutal return policies. I get it that returns can get out of hand but punishing the good for the evils of the bad is not how to do things. No restocking fees and cash refunds give the customer confidence in making their purchase with you. Amazon.com has some of the best customer service in the industry when it comes to this sort of thing. Take a page from their book.

4. A well designed website with in store pickup. Most offer this now with a few exceptions. Best Buy for instance has a horrible to navigate and poorly made website in my opinion well Target's site is awesome. Deals right up front and clean easy to search navigation. Things like Lowes free delivery and Target's free shipping for orders over \$50 also really are attractive to customers.

5. Hire only well trained and out going staff for personnel positions. As a former Customer Relations Coordinator i know how hard this job can be. An endless string of frustrated in a hurry people all day long can wear a person down. But when it comes down to it a smile and some small talk can break down a lot of hostility. To many times big box stores hire part time high school kids who barley can make eye contact no less fix a customer problem. This is an easy

training issue and can have a big effect on customer attitude.

6. Last but not least Primum non nocere first, do no harm. To many times the big box rolls into town to much fear from the community. Embrace the community and not in a superficial way. Allow car washes in the parking lot, allow garage sale signs on the way out, post fliers for local events and concerts. Be yourself with all the convenience but with the feel of the local mom and pop grocery store.

Most of these ideas are takes on the ideas of Sam Walton. An idol of mine and the creator of Wal-Mart back when that really meant something good. Sam was all about the customer and i think everyone in retail needs to understand that before the internet takes total control. Brick and Morter can have advantages if it is willing to evolve beyond the ideas of the past and think smarter about what they can offer.

The events that made me grow

This is a look back on the major events in my life that have helped me to grow as a person.

First girl i loved: Her name was Jennifer and it was a high school thing. Total romeo and Juliet style as her dad hated my guts. Taught me that i could open up to someone else and love them even if it was going to hurt.

Getting the fuck out of high school: Graduated early to escape the tortured existence and have never looked back once. Only been back to the city where my high school is once. Every one in my school with the exception of a tiny few can go fuck themselves for treating me the way they did just because i was a poor fat country living mommas boy.

First major job and school: Working at Blockbuster Video in West Des Moines Iowa while trying my hand at college.

Failing at both: School wasn't for me and with out school i had to leave my job and return home tail tucked between my legs. I learned how no matter how far down you go you can get back up.

Creating Method Boards: My cousins and i worked very hard and created one of the first Nebraska based skate teams to really push the technology limits of film and web. Got to meet Mike Valley and the Element skate team as well as a ton of talented young people around the state. Regained a glimmer of hope in humanity.

Podcasting: Creating the first ever portable game system centric

podcast in The Gameboy Podcast as well as a fan podcast for Kid Nation the CBS tv show. Really fell in love with indie media.

Kinda working for Leo Laporte: Many don't know this since they don't credit me for the idea but i ran and created the first Twit Live Wiki with my friend Jeff. I ended up stopping for time and personal reasons but was pretty cool for a few minutes to work with one of my idols.

My dad passing away: Almost killed me. My mom and dad have been there for me in good and bad forever and my dad was my rock. This is by far the hardest thing i have ever had to get through in my life.

Playing World of Warcraft: I know a game making the list is a bit odd but honestly i adored my time as GM of Knights of Radshire and to this day adore the people i played alongside. So many friends, so many memories, to ever forget.

Buying a house: The culmination of my rebuilding process after my dad passing away. Me taking the reigns as the patriarch of the family and making sure my grandma and mom were ok. My grandma has since moved out (Long story not talking about it) but everything is ok now. 5 years from now i will be 33 and own my own home outright. How many people can say that :D .

Diary of the humble geek by Kevin "Shinmaryuu" Money

To all those create for an audience of 3 i salute you.

I type clickity clak on keyboard from a pc or mac. I pour my heart into every single word just looking to be heard by some internet famous inflated ego nerd. The comments say emo, loser, and freak i am none of the above i am a nerdtacular geek. The comments to my blog are 90% spam talking in broken phrases mixed with topics of who i really am. Just a bunch of sick fucks looking to make a dime of the words that spill from my mouth's divine rhyme. I got no friends on this highway of information i was outcast and left at some pit stop between yahoo and AOL online chat rooms with girls who would listen to what i had to say because they were bots meant to prey on the stupid and lonely who thought the internet was how they would be saved.

Invested all my pennies earned, saved, and found to buy a microphone from radio shack. Used it to make podcasts the revolution they said. Any normal man could quit their day job and do what they loved talking of topics so niche they couldn't even find a spot on public access. Big money comes in with fortune and fame and takes it all away as i scream into a mic for 5 people today. At least one bought a

t-shirt went on his blog and proclaimed it to be lame. What is one man to do with an audience of 2 just roll up and quit bow down to a twit?

Found a old camera at goodwill today. Used it film some of my hobbies and interests. Spent 9 hours editing the footage into a video show for Youtube. 5 minutes after posting i had 5 comments calling me gay, emo, and lame. What i am i to do creative freedom was promised by this free web but all i have been given is a sense of impending dread. No one listens at home, in my school, or the streets. I am alone in a place that was suppose to be safe but wait a ding i have mail...

Hey Kevin your stuff is pretty damn tight i dig your video and your poems and your podcast statements were right. Keep it up dawg your fan Mike. This is why i do the shit that i do. Write things no one reads, make audio no one hears, make videos no one watches. I do it for those who have given up hope that all media sucks and is created for the money not the art. Fuck the critics, the haters, the ego driven stars who forget where they came from. It is i the humble geek the real geek not ashamed of who he is or some made up nerd chick trying to sell advertising for Netflix and Gamefly.

My pledge goes as follows. I am but the humble geek. My gear may be lame and my writing not great but i embrace the freedom the internet has gave. I have a few die hard fans out there somewhere who care what i do. This is all that really matters as it should to you too...

To create under the fear that know one will ever see or hear what you do is to be shackled into box with no escape. Only when you dare to not care what anyone thinks deep in your heart only then will you truly be creative.

This pile of 595 words is dedicated to anyone who reads what i have say. Your a silent few but i still love each and everyone of you from the bottom of my nerdy little heart. -Kevin Money-

Human by Kevin "Shinmaryuu" Money

**note* - I regard this as the best thing i have ever written to date. Currently has over 100 views for a rough audio version on Youtube.*

I've seen children cry I've seen a parent die. Heard my arm snap to the will of another. Violence and love we are capable of it all. The greatest machine not sure of our creator. Run amok in hate spewed speech or killed for just a single belief. Infinite technology to make it better but we rely on oil and greed. Watch in horror as planes break wills and water washes away. Bombs drop on others just

like us for the crimes of a few. It's everyone's fault except that of our own. The president, the government, or maybe the games the kids play.

Humans are more than their leaders infinite space for creativity and grace under pressure of faith. This is the anthem of those who dare to go above average, dare to change the world not just their own backyard, and dare to care about something outside of their own little world of safety into the big blue marble covered in darkness that we have created.

Human's have the power to embrace those from the other side of an invisible line, the power to allow freedom for those once shunned, the power to allow choice in who you love, the power to allow the children to play, the power to take down the largest corporation, the most corrupt government, the most sickening TV show, and the most hypocritical religion.

From what we have created we have lost control. Time is now to regain the reigns and ride this ball into the future of what we will become. It's our money, it's our world, it's our time to stand up and be heard not just for some shallow idea but for the big picture. It's time to care enough to stand and be heard for the futures of those we love and those we don't know.

One world under faith in freedom and unity for all is our new pledge. No flag to fight under just the eyes and the smiles of those you have helped. Humanity for a better world. No boundaries, no invisible lines, no prejudices, no hate, no fear, just beauty of what is here and what we can create. In common sense we rise above, abandon the past mistakes, and redefine the word peace. Day to day, week to week, month to month, year to year, life time to life time we can make real change relentless in our efforts. We are human and YES WE CAN!

Rotten Tomato Brains

This article is half inspired by James "AVGN" Rolfe's "Top 10 Sequels That Aren't As Bad As Everyone Says" video on Spike.com. It's also inspired by the Rotten Tomatoes "Last Airbender" review. Lastly by Amazon.com reviewer's take on the Lord of The Rings Trilogy on Blu-Ray.

The topic is popular belief, going with the crowd, group think, snarky mob reviewing. Have you ever played a video game you really liked only to go online and find out everyone hates it? Good that means you don't get suckered into this stupidity. In recent memory it seems that a movie, tv show, etc can live or die on what the mob thinks. A few hateful rants on something on twitter and suddenly a

creative work worth millions of dollars is burned at the stake by a angry mob half of which probably never even bothered to check it out.

The Twilight series gets so much shit because it's popular and honestly they are well made films in my opinion. Not my cup of tea content wise but i can see why girls like it. Green Day gets loads of crap because they "sold out" from their punk roots. Guess what they are also like the fucking Beatles now in popularity that transcends generations and musical genres and to me there is nothing more DIY punk than that. They never changed their attitude but more people got to see it. That is how Revolutions are formed my small minded friends.

It's time to click delete on this trending topic, digg front page, metacritic, rotten tomato brain washing way of life and learn to enjoy and dislike things for your own reasons not swayed by popular opinion.

I am 28 years old and i like Nickelodeon sitcoms, I am looking forward to the new Selina Gomez movie, and i loved the Transformers movies.

As James said in his video stop all this group think bullshit and think for yourself for once.

The Truth Is Not True

Basically in this article i would like to get across the idea that anyone who says what they are saying is the truth is basically lying at a fundamental level.

I have been listening and watching a lot of Penn Point on Revision3. I really do enjoy the show for the most part and have always been a big Penn&Teller fan. That being said Penn can bother me quite a lot at times for his some what closed off way of thinking about things. The biggest that bother me are the fact that Penn is a know skeptic community member and a know atheist and says that a lot of the ideas he puts across he does so because they are the truth. This is completely broken logic in my opinion.

A skeptic is basically someone who will believe nothing until they see it with their own eyes backed up by loads of facts. It's a very scientific, logical, dare i say robotic way at looking at life. Everything is black or white period. Quite a few skeptics are also Atheist. A way of thinking that there is no god or higher power and basically that all religion is wrong and waste of your time.

The issue i have with Penn is he proclaims these things to be truth

and in some way better than the way someone says a Christian thinks because what he says is true and what they say is stupid and wrong. My issue is they are both wrong.

The "Truth" is not real. It only exists as a form of mind control to gather people into groups based on ideas they proclaim are true. It's cult-like behavior at best. There is no one final judgment on what is true and what is not true; it's all based on opinions backed up by "facts" which are also based on opinion and in most cases can be proved wrong. The entire practice of saying one person is right or wrong about their ideas is asinine because you are both right and wrong depending on what you want to believe.

So when it comes down to it the only way to get the truth is to look inside yourself to what you think and what you believe to be true. Otherwise you're just another of the wondering sheep defined by your fenced-in logic and rules controlled by whoever is giving you the most "truth" at the time.

Now the real question is do you believe the bullshit I just spewed and my opinions or do you have your own on the subject. Honestly I hope you have your own. I am not a leader of men or some cult leader I am but 1 man born on the earth with ideas of his own.

To me Penn is a brilliant man who makes very good points about a lot of things. I just kinda wish he would do it with a more unbiased way of looking at things. I feel at times his points are held back by what he thinks to be truth and thus is no better than Fox News or any other group or person who puts all their eggs into one brain basket.

**Wanna play that Pokemon game a parody to the tune of Party
In The U.S.A. by Miley Cyrus**

I hopped off the plane at PAX
with a dream and my deck again
welcome to the land of geeks to impress (woah)
it's here that i fit in.

Bumped through the door,
Here I am for the third time
Look to the right and I see the Pokemon sign
This is all so crazy
What a bunch of ignoramus

My tummy's turnin and I'm feelin kinda car sick
Too many nachos and I am burping,
That's when the announcer man turned on the microphone
and a tournament was on
and the tournament was on
and the tournament was on

CHORUS:

So I put my deck down
I'm playing my hand,
And the butterfree flies away
Noddin' my head like yeah
Moving my potion like yeah,
And I got my deck down,
I'm playing my hand,
I know I'm win this ok
Wanna play that Pokemon game
Wanna play that Pokemon game

Get to the hotel in my taxi cab
Everybody's starring me down
Like "who's that dick, that's rockin' torchic?
He's gotta be from out of town"

Always pokewalking with my team around me
Everyone is jealous of my party
I step out to scope the cos-play ho's
Download the latest DS demos

My tummy's turnin and I'm feelin kinda car sick
Too many nachos and I am burping,
That's when the announcer man turned on the microphone
and a tournament was on

and the tournament was on
and the tournament was on

CHORUS:

So I put my deck down
I'm playing my hand,
And the butterfree flies away
Noddin' my head like yeah
Moving my potion like yeah,
And I got my deck down,
I'm playing my hand,
I know I'm win this ok
Wanna play that Pokemon game
Wanna play that Pokemon game

Feel like a Pokemon fight
Hero of my hometown tonight
Ash will bow to me this time
I win the game and I'm feeling alright!

CHORUS:

So I put my deck down
I'm playing my hand,
And the butterfree flies away
Noddin' my head like yeah
Moving my potion like yeah,
And I got my deck down,
I'm playing my hand,
I know I'm win this ok
Yeah (huh huh), Wanna play that Pokemon game (Yeah)
Yeah, Wanna play that Pokemon game

So I put my deck down
I'm playing my hand,
And the butterfree flies away
Noddin' my head like yeah
Moving my potion like yeah,
And I got my deck down,
I'm playing my hand,
I know I'm win this ok
Yeah (Yeah), Wanna play that Pokemon game
Yeah (hahaha), Wanna play that Pokemon game (Play that Pokemon game!)

Welcome...if we say it's ok

Not like the brazen giant of Greek fame,
With conquering limbs astride from land to land;
Here at our sea-washed, sunset gates shall stand
A mighty woman with a torch, whose flame
Is the imprisoned lightning, and her name
Mother of Exiles. From her beacon-hand
Glow world-wide welcome; her mild eyes command
The air-bridged harbor that twin cities frame.
"Keep, ancient lands, your storied pomp!" cries she
' With silent lips. "Give me your tired, your poor,
Your huddled masses yearning to breathe free,
The wretched refuse of your teeming shore.
Send these, the homeless, tempest-tossed to me,
I lift my lamp beside the golden door!"

"The New Colossus" by Emma Lazarus

The above is inscribed upon a bronze plaque on the second floor of the statue of liberty. It is meant as a welcome sign and a hope filled sign for immigrants coming to the shores of "the greatest country in the world".

The statue more than anything embodies our freedom as it was a gift from the French to celebrate the signing of the declaration of independence 100 years before. So look upon it with the eyes of some one who grew up in poverty, famine, and disease riding hours of not days on boats to a shore that could give them hope and you will understand what it really is.

Since it's inception America has crapped all over the memory and the meaning of this symbol we hold so dear. The French, Japanese, German, Irish, Jewish, Arab, Mexican, African American, Native American, just to name a few of the groups of people America has screwed with or subjugated in the past. We have become a blindingly racist, elitist, and stupid group of people who have taken the NIMBY concept to a psychotic level.

Arizona, Texas, and anyone else out there who thinks it's a good idea to shut down immigration into the United States do me a favor and step out of your own backyard to realize what is around you. How many Indian heart and brain doctors do you know that have saved thousands of American lives? Our world class heart hospital here is filled with more than a few. To deny access to this country to to deny those minds to learn at our schools, contribute to our economy, and to diversify our culture even more. The only ones who could lay claim to

this country and kick everyone out is the Native Americans and they have no interest in doing so.

Someone wants to come here give them an ID, find them a job, and keep the party going. They have the same rights to a miserable work day and a happy family as the rest of us to.

Do we really want to be known as the country that built a wall between to countries? Maybe we should go ask the Germans how that worked out for them because a wall between the US and Mexico with guard towers along it sounds pretty damn familiar...

Under the learning tree

You know it's weird when you sit back and really think of how your mind is formed when it comes to intelligence. People will tell me i have some sort of high scores on tests and i can do math problems or write out silly long words no one uses in conversation but when it comes down to it where i have learned the most useful stuff is under the so called learning tree of my elders.

My father taught me about hard work and sacrifice. My grandmother taught me about undying love for your family even when they bug you. My grandfather taught me about humility and inner strength when things seem the most dark. I have never once been that snot nosed asshole who thinks just because i am younger, faster, smarter that i am in someway better than what has came before. My grandparents lived through the depression so where do you think i go for advice when the economy is down. It's not some douche on wall street it's to my grandparents.

Even when it comes to famous people who i read about or watch interviews with it's people like Warren Buffet a Nebraska born Billionaire. Sam Walton a man who even in great business success still did everything for the people by the people. Walt Disney a man with infinite creativity who never gave up that inner child. Even more modern role models like Robert Rodriguez who had the balls to make a Hollywood movie for \$7000 and then had even bigger balls to make a series of kids movies that were basically his kids ideas brought to life. Leo Laporte a man who innovates how we report on and view content and news everyday and is one of the hardest working people on the internet.

I listen to a lot of biographies and interviews because to me how you learn about life and gain intelligence is not in a stuffy room reading out dated text books it's gaining that knowledge first hand from people who lived and breathed the life. I love a good story and always willing to listen. The way i view my life and my output has

been influenced many times by things i have read/listened to by people i respect. Dreaming Like A Gamer my gaming blog was a direct result of seeing the former guys from 1UP create RebelFM.

While at the same time being a devote individual there are quite a few minds that have contributed to who i am today. To me anyone who abandons the concept of listening to a story from their elders or basically anyone is doing themselves a great disservice in life.

With out my dad's stories of working for cable and a family friend handing me an Atari controller and showing me how to play i may not have become a geek. I still learn daily but at the same time i enjoy teaching younger people things. Passing down that fruit of the learning tree i guess. :)

Understanding

**note* - This one came from a pretty bad place but for me it's better to remember those places and to learn from them rather than spend a life time running from them.*

Everyone who cares about the real me should read this.

I post a lot of some what cryptic messages on twitter and here on my blog some times. I guess at times i am reaching out for something that is not there. Something i don't have anywhere else.
Understanding...

I have spent the last 23 years of my life under what under the definition of the term has been torture. School beat me down daily under the constant haze of teasing, beating, and down right cruelty under conditions that i basically gave up on the human race as a whole and have a insanely hard time trusting anyone as loyal or kind with out some sort of catch.

My love life is a fucking joke for the most part. Couple girl friends 1 serious but for the most part i have come to realize that no girl in her right mind gives 2 shits about me so i stop giving 2 shits about anyone else. Jaded i know but you get hurt enough you tend to stop healing.

My brain is a mess of jumbled thoughts, very dark depression, social anxiety issues, and bipolar disorder. I was told by my therapist when i was first diagnosed that i was one of the worst cases she had see of social anxiety disorder. That's a fun thing to hear when your 16.

85-90% of the people like me are dead by their teenage years of suicide or dead soon after from drugs or alcohol. I don't know why

but i take both as weakness and refuse to let this kill me. At the same time i know it's breaking me.

The simplest things can set me off and drive me down in a very dark place i no longer understand. I thought i had all of this under control but i guess when you do everything right and nothing changes you tend to get frustrated and beaten down.

I'm sorry to people who don't understand me and i will understand if you unfollow me from where i post my dribble. No one needs to read what i say but know that i do so not for the people who just think i am some sort of drama queen emo asshole. I do it for people who are like me to understand they are no alone.

I am a simple man, a jokester, a hopeless romantic, and a dreamer but with the cards i have been given i tend to be pretty broken and not a lot of my dreams are going to come true. I live each day like the one before doesn't exist. Hoping for a better tomorrow...

144 Friendship by Kevin "Shinmaryuu" Money

Scars on my face from 28 years of sorrow and disgrace. At times i fall into a dark place. I regret what i say minutes after clicking ok but i do it anyway. The silent punishment the blade across the skin that leaves no mark. I open my heart and watch as it bleeds upon the floor for all to see. Exposed and wide open a cry out or plea. The last breathless words of a man who can no longer find hope and reason in a world that left him dying in the desert alone.

But am i alone is the question i scream to the light that has washed over me. With my last breath i cry out in pain desperate and shamed. You answer back like the voice of the choir ascending down on me. Your not alone they say as my tears wash away. There are more like you who deal with the same everyday the explain. Stories and emotions laughs and devotions. A friend to the friendless when they need it the most.

I give thanks everyday for the friends i have met in this way. Born in the future a way to communicate with people i have never seen in person. A place to find those who still give a shit about something. To find the miracle that is the people that care about me even if just in some small way. The words that you say 144 characters at a time can change lives and i am living proof.

You hear the same thing long enough you start to believe. I am worthless, garbage, and i don't belong but i have started to see that 144 at a time they were wrong. Fuck those that hated me back then. Your nothing to me now you hold nothing on me. Your worthless human

life wasted on the ignorant. Karma's a bitch motherfuckers and i hope that you drown in it. To the system that raised me to be this fucking crazy you should fall for what you have created. A generation of outcast kids just like me. Who's lives are broken if they still have a life to live. It's you stupid fuckers that killed them. You did nothing and stood by as they got away with torture. Chipped away slowly at the humanity inside of me and turned me into a monster of hate spewed depression and bad dreams. I don't forget and I'll never forgive but learn really fucking quick. The power over my life you once held is now dead. Your a bad memory lost in the wind.

I thank till i die the 144 you typed today that made the bad memories that ruled me go away. It's simple kindness of a few words that burned the books of a bad life time. Friendship is something i don't have a lot of but i can give it away in spades. You helped me to day and i am now loyal to a fault. If you have a war i am the first enlisted by your side till the end or until we say goodbye. I thank you for being there for me today if only 144 at a time.

This is dedicated to those twitter followers and friends who pull me back up when i am down. It's nice just knowing someone cares. Thank you from the bottom of my heart.

LogOn Project launches

<http://www.sxel3.com/Logon/>

The website project based in many ideas that came together into one major project for Torn Red Sweatpants Productions. The basic concept is a community run nerd/geek blog where all of the posts to the blog are from members of the community itself. I am doing some posting as well.

The site is being built as a safe haven for the nerdiest of the nerdy and the geekiest of the geeky to have a place to hang out and talk with others just like you. From Twilight to World of Warcraft from Transformers to Star Wars nothing is outcast and all is welcome.

Come LogOn to Library of Geekdom Online and let's have some fun.

Ultimate Showdown of IPTV Superiority

**note* - I wrote this back in 2006 at the height of internet video. I feel it goes well with my recent Revision3 parody video i posted to youtube. I dug this up off google since i actually lost the original copy. Hooray for undying internet bits.*

Ultimate Showdown of IPTV Superiority (Parody Of Lemon Demmon's The Ultimate Showdown of Ultimate Destiny)
by Shinmaryuu

Old Doubled was sitting around
TechTV like a big playground
when suddenly KRose burst from the shade
and hit Doubled with a Idea so great
Doubled toked up and they started to film
thebroken was born and on the attack
who can forget the free pizza and Ramzi Hack
but now the broken was gone this is true

Kevin brought in Alex for a whole new feel
Revision3 was born with a Diggnation apeal
but before they could make it straight to the top
Hak5 episode 1 came out with a pop
Darren Kitchen, Wess Tobler, and Allicat
and blew IPTV away with a half assed hak
before they knew it they were on there way
Open Alpha is next to game away the day

This is the Ultimate Showdown of IPTV Superiority
Video Bloggers, IPTVers, and Vidcasters as far as the eye can see
And they all will survive, That's just the way it will be
This is the Ultimate Showdown of IPTV Superiority

A girl gamer it's about dang time
Jenn Cutter's her name and that's just fine
DLTV is up next yes Pattrick came back
Robert is there too with his lab in black
the show is great, so you better get ready
Ask a Ninja is quite deadly
I think Hope Is Emo is the next to get ripped
They are made by the same guys ain't that a trip

I'll let you catch up if you falling behind
open up iTunes and prepare to hit find
The More Input Show can not be missed
The 1UP Show either with it's gaming twist

Bre Pettis is cool but it's not MAKE's fault
Phill Torrone and MAKE are just cool by default
Here's a fun fact, when CFH canada comes on the air
Jenn Cutter and Hak5 can both be seen there, ooh

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they may be quite broke and drive a Ford Tarus
but there low budjet shows shall never bore us
Network tv is calling it quits on there phones
and people are begging for there IPTV Jones
the network is down, writhing in pain
RSS is flowing and IPTV is winning the game
you can sit back and watch as the bandwidth flys
all network tv can do is sit back and cry

then Gibson the hacker and Louis the cook and
Kyle from pure pwnage that guy is real bright and
Alex Lindsay and Amber Mac the sweetie and
Math Club Chris and Michael Virdi
Da Poorboys, the Frederator, Techcentric, and Andy Walker
Dosman, onl0, every single NerdTVer
Cody P. Christian and The greatest StepOne,
BSoD, Cali Lewis, Doc Tiki, and the new broken
Network TV was going down fast
As IPTV stepped up and kicked it's boring ass
the people had spoke and they liked what they saw
the forums and IRC were both in awe

and the fight raged on for a century
IPTV had finaly won, but eventually
the champion stood, the rest saw their mentor:
Leo Leport in a bright red sweater

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People who inspire me

Inspiration can come from many sources in your life and don't always have to be big to be inspiring. Below is a list of people who inspire me to keep going.

My twitter followers: I joke about this a lot but honestly i love and each and every person i follow on twitter. The jokes, the pick me ups, the help pointing out what i am doing wrong. In the end these are the people i have met here on the internet that i want to socialize with. They are friends and i treat them no different than i would friends IRL.

Dan Brown: Now on revision3 but formally of the youtube channel pogobat this guy proves that someone from Lincoln, Ne can do great things and be intelligent and thought provoking. He inspires me because i was born in Lincoln and now live here :) .

James May: Top Gear star and creator of one of my favorite TV shows ever James May's Toy Stories. Very intelligent and sophisticated but at the same time whimsical and funny. James is the personality i wish i had.

Tim Minchin: A musical comedian, an atheist, and a skeptic. Honestly i have very little in common with Tim in that i believe there could be a creator and honestly i don't care for skeptics but there is something about his talent and wit that draws me in and inspires my own creativity. He is proof you don't have to agree with everything someone says to be inspired by them.

The world: Yup the entire world inspires me everyday. Good or bad what is going on with the world has inspired a lot of my writing. Humanity as a whole fascinates me to no end.

**Wedding Song (By a un-married guy) by Kevin "Shinmaryuu"
Money**

If i had a cookie
I would twist in two
Half would be for me
and half would be for you.

If i had a Lunchable
i'd break it up in pairs
the crackers and the turkey yours
i'd take the cheese and juice.

I'd share my life with you
every bit would be split
from simple things like bathroom time
to complexities of tv remote use.
I'd share my life with you

If i had a normal life
i would share it with you
take you from the single side
because honey...i would marry you!

We could share it all from riches and fame
The heartbreak and pain would drive us insane
A man and a wife a white picket life
A loving embrace next to a hair plugged shower drain

And sex as well man that would be swell
But i shall not dwell for fear of burning in hell
but wait we are married god is cool with it now
So how about a romp in the sheets after we eat chow.

I'd share my life with you
every bit would be split
from simple things like bathroom time
to complexities of tv remote use.
I'd share my life with you

If i had a normal life
i would share it with you
take you from the single side
because honey...i would marry you!

You know someday i would be bad
I'd romp with your sister or just piss of your dad

You would stop sharing with me
and instead just take...it all...

But that won't happen yet because i still love you
Even though i am quite concerned with how your looking at me now
Maybe that last verse was not as funny as i thought
I take it back honey your sister is ugly and your dad is more of a
man that i ever will be
Oh crap that didn't make it better...how about a honeymoon in TAHITI!!!
YEAH!

Social Anxiety by Kevin "Shinmaryuu" Money

I don't walk down the street
and skip to the beat
Of a single rain drop on the lid of bin
Is it such a sin
to realize i find sitting at home alone a treat

I have social anxiety
I live in fear of what is thought of me
I don't go out in the world you see
I just sit home inside my bad dreams
Worrying about what they will think of me

Ain't it a shame
fear of fortune and fame
Even if i try and do well
I couldn't be on tv and sell
for fear i would burst into flame

All social lubricant
and it's many variant
just are not my thing
even for a one night stand or a fling
Drugs or drink i don't partake because i am scared of it.

I have social anxiety
I live in fear of what is thought of me
I don't go out in the world you see
I just sit home inside my bad dreams
Worrying about what they now think of me

Even though it could be debated
history and environment is how i was created
Do those who did this stay up crying nightly?
Not to fucking likely
Why did i deserve to be so hated

Was it because i was fat or a little bit smart
Was it the sweatpants, t-shirts, and love for the arts
My lack of a will to fuck any girl for a thrill
Or partake in the product of granddaddy's still
I guess i was just different from the start

I have social anxiety
I live in fear of what is thought of me
I don't go out in the world you see
I just sit home inside my bad dreams
Worrying about what they now think of me

I hide behind a screen on the internet
Take that as you will or judgmentally interpret it
I plead for obscurity scared of fortune and fame
But a small part still exist to perform comedy however lame
Even though i will fear the comments 5 minutes after posting it.

I still have social anxiety
I still live in fear of what is thought of me
I try and go out in the world you see
I fight to bring into reality my dreams
Because freedom is no longer caring what they think of me

How to fix the music industry

This is just a small idea i had rattling around in my head so i figured i would make it public. The idea is to take some concepts of Creative Commons in order to repair the blood gushing music industry.

The new license for music would be Commercial, Derivative Works with Attribution, Non-Commercial resale.

The idea is the music industry could sell music which then could be used by anyone for mash-ups, youtube videos, creative works but none of those could be sold with out proper license and all the music used in these works would have to be Attributed back to the creators. Basically you would create free advertising in a lot of different forms of media and you would give a lot of freedom to the users.

Radio stations would also be changed under this license allowing for non-commercial radio stations to use commercial music just like the big companies with out being forced into stupid archaic radio license fees. Selling ads or making any money at all with the radio station would put it under the creative license in which case the station would have to pay. This would build up the independently owned online stations getting your music out to even more ears tagged with all the proper attributions.

This new license is a re-imagining of the free use laws already in place but updated a bit for a modern world with emphasis on free advertising and getting the music into the ears of more people who may buy more music.

Popularity

I think anyone who has dedicated themselves to a creative endeavour has found themselves struggling with popularity and obscurity. Will they love what you have created or will you be ignored by all but a dedicated few. Warhol said we will all have 15mins of fame. With the advent of the internet and the wide broadcast that creates it becomes even easier to gain that. Be a girl in a low cut top on youtube and suddenly you have 1 million subs. The question is where is the beef? Where is the real stuff that is born out of some wack jobs head at 4am? Same place it has always been, in obscurity.

I have a large number of creative ventures here on the internet and have since podcasting became the thing to do. I have done a lot of very cool things and a lot of firsts but in the end guys like Leo Laporte, Scott Johnson, and others don't even know i exist. You know why? Because no one outside a few friends know i exist.

I don't have a million dollar company like Digg or everyone hanging on my every word like Leo. I just post poetry, funny songs, impressions, game pick-up videos, and rants on a website i run. I am about to release an independent album of poems and writings for free/donation just like NiN but am i talked about in Wired Magazine? Nope.

Do i just plainly suck? Well that is subjective but i have had people make nice comments about some of my poems like Human and Social Anxiety. When i do something silly a few people will laugh. I do have subscribers on Twitter and Youtube who seem to listen and comment at times on what i do.

So the real question to me is why did i care about popularity so much? Part easily has to do with mental issues i needed to get over about my self worth and needing to be ego boosted all the time to keep doing anything. That will take time to heal the scars of the past. Second is the perception that popularity is easy to come by because of the people i follow in the creative industry. I know people who write, sing funny songs, and run websites that they live off of. Meanwhile i have never made a dime off anything i have done and am pretty much broke all the time.

So with all this i contemplated just giving up and telling these people who seemed to just ignore everything i did to fuck off. Then i

finally asked myself why do i do what i do? The answer was pretty simple because i want to. It was at that exact moment when i stopped caring if anyone reads what i write or hears what i say. I stopped doing things for others and started doing them for myself.

I now know that my kind of creativity takes a certain amount of selfishness. I do things some other people won't do because i don't care what others think. I am not scared to make a fool out of myself for my art. I will sing a love song like an elf, i will write openly about my life, i will wear my emotions on my sleeve in a passionate rant. I don't care anymore. I have become free and i am never going back.

Will i someday find an audience, gain popularity, and be called a sell out by a bunch of indie obsessed nut jobs? Dunno and honestly i don't care anymore. I'm too busy doing things i like doing.

BTW to the few crazy folks who do read what i write and listen to what i say i only have this to say to you. Thank you for being smarter, more sexy, and just plainly more awesometastic than all the idiots that don't check out my stuff. Your better than those people. At least to me. :)

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Contact Information

-

Twitter @Shinmaryuu
UndergroundInformation@Gmail.com
www.sxe13.com