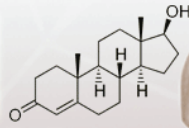


# AnaSCI Newsletter



# Anabolic Science

***anabolic steroid . nutrition . fitness discussion***



## INDEPENDENCE DAY ISSUE

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The AnaSCI Newsletter is dedicated to the "Guru" Dan Duchaine. It has been created in the image of his Dirty Dieting Newsletters. Without pioneers like Dan we would never had ventured as far as we have in the bodybuilding and anabolic science world. Respect and thanks must be given.





## chemical conversions

### TRENBOLONE ACETATE

**PLEASE NOTE:** Anasci.org, its staff, its members or its newsletter contributors do not condone the possession, use, manufacture or sale of any illegal substances. These articles and interviews are intended for entertainments and informational purposes only! Anasci.org holds no responsibility for how the reader chooses to use this information.

#### Items Needed For The Process

- ~5 grams trenbolone
- ~43.75 ml sesame oil
- ~benzyl alcohol 2.5 ml 5% BA
- ~syringes 3cc & 5/10cc
- ~18 or 20 gauge needles
- ~Vial
- ~Sterile Vial
- ~whatman sterile filter

In this issue of the AnaSCI Newsletter we will be focusing on injectable Trenbolone Acetate. This conversion will produce 50mL @ 100mg/mL of sterile injection solution.

- STEP #1) 1 measure 5 grams of powder
- STEP #2) place the powder in the vial
- STEP #3) add BA to the vial
- STEP #4) heat the oil in a suitable container in the oven to a minimum of 212 degrees F to sterilise it (it will likely be necessary to use slightly more oil than listed as you will not be able to utilise all of it)
- STEP #5) add the oil to the vial but save 2 ml of oil in the syringe for later
- STEP #6) gently shake the vial.
- STEP #7) reheat the mixture if necessary by placing the vial in a frying pan and place it on the eye of the stove
- STEP #8) place an 18 or 20 gauge needle in the sterile vial and attach the whatman sterile filter
- STEP #9) place another needle in the sterile vial to relieve the pressure.
- STEP #10) draw out the solution with a syringe and run it through the whatman filter
- STEP #11) take the other syringe with 2 ml of oil (saved previously) and run it through the whatman filter into the solution.



#### AnaSCI Motivation - How Great I Am



0:00 / 5:47

YouTube



Discuss **WorldIssues**  
Socio-Economic Religion and Political Uncensored Debate

Religion  
and the Media

U.S. DECLARES ST...  
the Battleship Lost, 150



# FEATURED HARDCORE GYM

## WALKER'S GYM - HOPEWELL, VA.

**W**alkers Gym located in Hopewell Va is definitely a dying breed among gyms today.

This giant 2 story open space gym has everything any weightlifter of any discipline could want. 10 or more benches, every hammerstrength machine available, Nautilus machines, several racks of dumbbells in excess of 100lbs, racks of 100lb plates, many deadlifting and squatting platforms, a separate room with machines only, and aerobics area for aerobics of course but also kettle bell classes and kickboxing classes as well, wrestling mats, 2 competition platforms and much, much more which upon ones initial inspection can seem a bit overwhelming.

Opened and operated since 1990 by Barry and Jannette Walker along with Barry's father Curtis Walker you will not find a more friendly or knowledgeable staff anywhere. This place is without a doubt a true "old school" gym with a true family atmosphere among all of the lifters and owners. Not only does this gym travel well to support its own, it also hosts several bench, deadlift, and push pull meets throughout the year not only giving our younger lifters valuable experience competing in a comfortable place but spreading the iron gospel and supporting all aspects of weight lifting that is so important to us all. Walkers is not just a powerlifting gym, here you can also bodybuild, work on your overall fitness, sharpen your strikes and kicks and even your grappling. overall in my lifting experience that has spanned a good part of the globe and over 25 years of active lifting I have seen few gyms if any that scream not only "perfect gym" but also "home".

If you are ever in the Richmond area and you have the desire to enjoy a real workout at a real no frills gym where you can lift and truly enjoy the history etched on the walls Walkers is the place for you. Located at 220 E Broadway Ave Hopewell Va 23860 and operating from 6:00AM to 9:00PM Monday thru Friday and 6:00AM to 12:00PM Saturday Walkers Gym will provide everything you need to get a great workout but make sure you give yourself some extra time to not only talk to the owners but to take a walk around and look at the walls that are truly the history of the gym and its pre-history as well, its well worth the extra time.





# TRAINING TIPS

AND TECHNIQUES

Hey there true believers. This month I want to take some time to talk about the "A" word... Adaptation. Adaptation is what drives our body to become bigger and stronger, both of which most of us as bodybuilders strive for. You provide your body a stimulus and as a reaction your body adapts to be able to handle the stimulus next time.

You bench press 225lbs for 6 reps and are dead, but you push through and nail it for a 7th rep. Your body feels like it almost died and goes "holy crap we can't let that happen again", and it gets stronger. One of the ways your body does this is by adding new muscle tissue for you to contract.

When we start out in bodybuilding our gains can be pretty linear. Our weight and reps fly up and up as our body adapts to the new stimuli. We are very happy with our results and feeling good and then BAM we hit a wall. It's happened to all of us at one point or another and most likely multiple times on multiple exercises/body parts.

Our first and usually gut reaction is to do more. More exercises, more sets, more everything. If 5 sets of curls wasn't doing it then surely 8 will right? Or 12? We can do 4 sets of barbell curls and 4 sets of cable curls to really hit those deep fibers! Oh and concentration curls to bring out the peak! Yeah that will work!

I'm here to suggest something different. DO LESS. Why? Your body only has so much recuperative ability. If you stress it out too much, it can't adapt anymore because you are not giving it TIME to do it in. Mike Mentzer (RIP) compared it to digging a hole. If at first you dig a small hole, your body can fill it in quickly and then start building on top of it.

If you dig a huge massive well of a hole, your body needs that much extra time to fill it in before it can build on top of it. So instead of adding sets, take some away. Instead of training more frequently, train less. We are not getting bigger in the gym. I don't care how many BCAAs and carbs you slam, you are not growing while in the gym.

You grow when you get home and start eating and resting. That's not to say that peri-workout is no good, there is plenty of data to support that (which is a topic for another day by people much smarter than myself). So what you want to do is provide the stimulus and get out of dodge. Go home and do something productive. Play with your kids, take your girl out to a movie, read a book, increase your KDR on COD... Point is, if you've provided your body with a reason to get bigger, it will. You just need to get out of the way and provide the nutrition.

Now that we've talked about volume a little bit, what else is there that we can change to facilitate an adaptation?

Well the first one that we already touched on is weight. If you are increasing your poundage's on a regular basis you are forcing your body to adapt.

How about form? Can we alter our form to cause a better adaptation? I believe you can. For starters you want a nice and controlled, smooth cadence to your reps. Explosive but controlled on the positive, slow and controlled on the negative. You don't want to go so fast on the positive that you have momentum to help you complete the rep. You also don't have to do some super long negative, just control the weight on the way down maintain muscular tension. You should be able to stop and reverse direction if you wanted to. If you are just dropping the weight like I see many people do you are missing out on a third of your muscular recruitment. If you are going super slow counting one thousand Mississippi all the way to 6 Mississippi you are just wasting energy. Don't count, just go nice and controlled. Take a little bit longer on the negative than you did on the positive.

Another aspect of form is range of motion (ROM). There is nothing wrong with using a full ROM. However, there is also nothing wrong with an abbreviated ROM. I'm not sold on the little 1/8th rep stuff that has been going around, but a little bit of a change to your ROM can be helpful. I like to work with the middle 3/4 of most movements. This will keep constant tension on your muscles and prevent the load from ever being transferred to your bones and will have much less wear and tear on your joints in my experience. You don't have to do this for every exercise if you don't want, but it is especially helpful to break past plateaus. Most people can do a little more weight with a shorter ROM.

A term that Vince Gironda liked to use was training "density". You increase your density and thus your intensity by completing the same amount of work in less time. You should always be in the gym with a purpose. Only rest between sets long enough to get your wind back and then hit your next exercise/set. If you are not getting winded while training, train harder. An all out set of ANYTHING should leave you gasping for air.

Let's recap. To keep adaptation going and thus continue to grow we should: back down on training volume and frequency when required. Increase poundage and/or reps as you can. Try to alter your cadence and ROM on sets to increase your time under tension. Try to get thru your workouts quicker.

A lot of you reading this will disagree with me, and that's OK but hopefully I at least got your gears turning a little bit so you can think about and analyze your training.

Until next time...

## anasci recipe of the month

**M**ilburn Creek owner of the restaurant, The Ceilidh House, takes us into his kitchen. In this issue MC will be preparing:

### Island Fish Sauté - Cajun Spice recipe

*This is 'bulky' when being cooked, so you should use a very large wok with a domed cover, or, better yet, a stock pot. It is especially good for those who are not crazy about fish, but are looking for a delicious high-vitamin, low-fat meal. And as an extra tip, I include my personal Cajun Spice recipe below, because I won't use the commercially-prepared Salt/Sugar/MSG crap.*

#### Ingredients

3 T. Olive Oil  
10 crushed cloves fresh Garlic  
2 cups chopped fresh Scallions (bulbs and greens)  
1 1/2 lbs fresh Cod  
3 T. dried Cilantro  
1/2 head Large Cabbage, sliced into thin 'strips'  
1 pound finely chopped Carrots (food processor can be handy)

1 Cup Cajun Spice (NOTE: I do not use commercial cajun spices, which are largely salt, dextrose, sugar and MSG. See my home-made recipe below)

1 Cup White Wine (No Oaky Chardonnays)  
Juice from one fresh Lemon

#### Milburn's Cajun Spice Recipe

I make my own mix in large portions and store it in a tightly sealed jar for use on grilled poultry, fish, or as a rub for beef.

2 parts each of Paprika and Garlic Powder (not garlic salt!)  
1 part each black pepper, white pepper, cayenne, dried thyme, dried oregano, onion powder (not onion salt), and sea salt. Mix well and use on ... everything.

#### Instructions

- 1) Slice Cabbage, chop carrots, and mix together in a large bowl with 1 T. olive oil, wine, lemon juice, and Cajun spice mix. Mix thoroughly and set aside. (Go ahead, use your hands...)
- 2) Sauté garlic and scallions in 2T Olive Oil in Large Wok or pot over medium heat for 10 minutes. While this is cooking, cut codfish into one or two inch cubes.
- 3) Set fish in pot and mix with garlic/scallions. Add cilantro. Cover pot and cook 5 minutes over medium heat, stirring occasionally.
- 4) Add cabbage/carrot mix with all liquid into pot. Mix thoroughly, cover, and cook until cabbage begins to get slightly translucent, but is not yet limp (about 10-15 minutes)

Makes 4 servings. (although I can easily eat two servings in one sitting) Spoon one large serving spoon of pot juices over each serving.



NO PRESCRIPTION NEEDED  
**Sterile Syringes**.com





FEATURE BEGINS PAGE 6

[HowToDoInjections.com](http://HowToDoInjections.com)



# BLINDSIDED

EBONI WILSON

***This month we interview bodybuilder Eboni Wilson in preparation for the 2013 IfBB North American championships Aug 30-31 in Pittsburg , PA.***

***The Title of this interview was chosen due to the similarity of Eboni's Story and the hit movie The blind side starring Sandra Bullock.***

Let's begin this Anasci exclusive with Wilson's situation and how he turned adversity and the confusion/difficulties of youth into an inspirational story that we in the bodybuilding/ironsports community makes us proud to call Eboni one of our own.

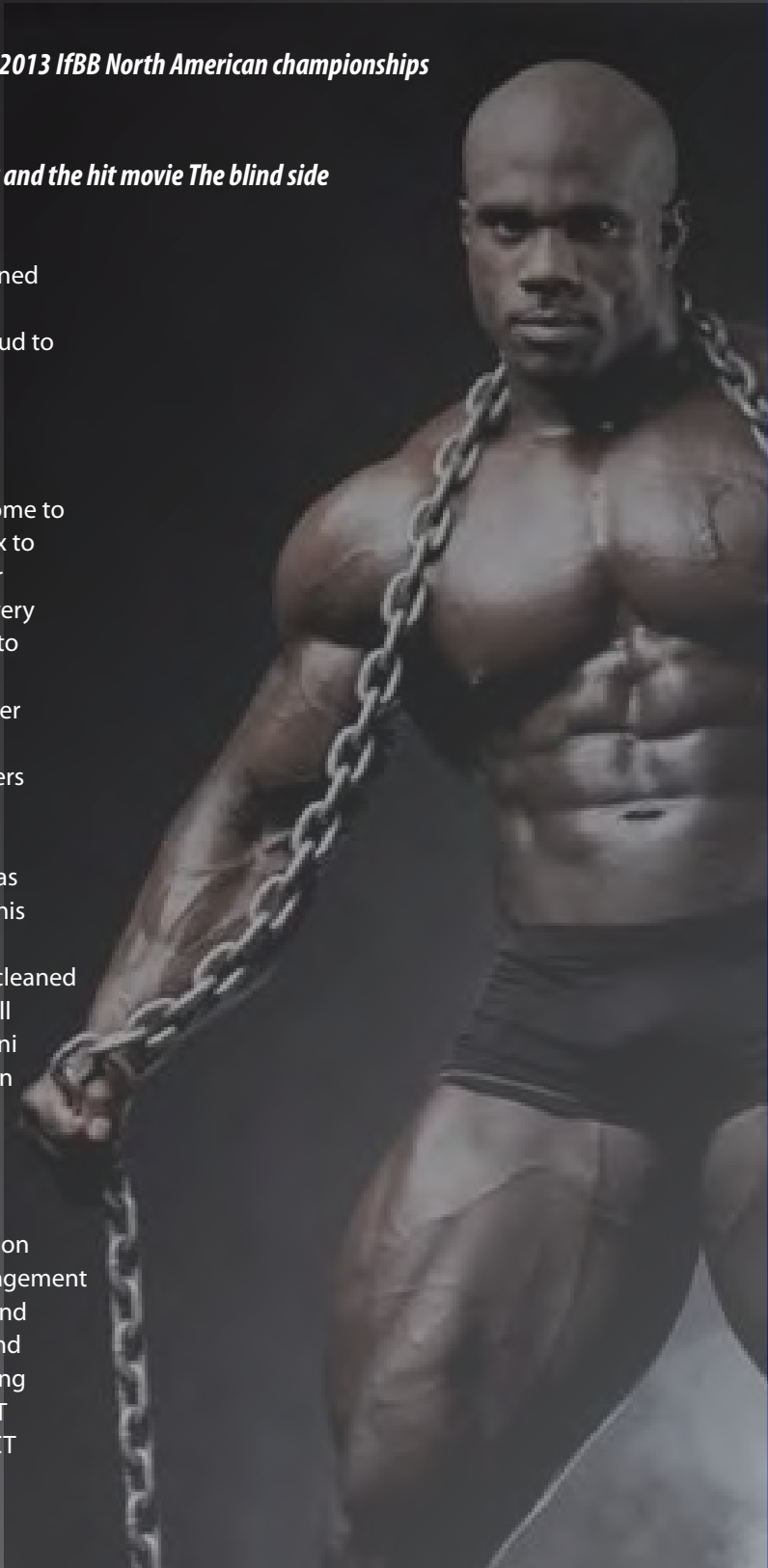
## More About Eboni:

Dr. Eboni Wilson grew up in South Central Los Angeles moving from home to home, care-giver to care-giver. He worked to pump gas at the age of six to earn enough money to feed himself. Because there was no guidance or support from his parents and family, Eboni acted out in school from a very early age. He would scratch his face up to punish his mother for trying to discipline him, fight random people on the streets, brought a gun to school and even got kicked out of two high schools during first semester of his 9th grade year. These deviant behaviors led to multiple suspensions, special education, virtually no contact with family members and some interactions with law enforcement.

This negative attention got Eboni noticed and because of his size he was encouraged to play football in order to redirect his anger and channel his athletic ability. With football as a tool to help him, and three mentors to guide him, Eboni soon made a change. He concentrated on school, cleaned up his academic and behavioral record, ultimately earning a full football scholarship to Washington State University. Six and half years later Eboni earned his doctorate in Education, writing his ethnographic dissertation on black males visions of their futures, a subject which was dear to his heart.

Since earning his PhD, Dr. Wilson has focused his passion in two areas: education and developing urban student's self image. His first passion allowed him to move from classroom teacher to mid-level school management to Principal. Dr. Wilson has worked in various schools in the Mid-West and East coast and has proven that he can improve student performance and close the achievement gap. In just two and half years time, while working as a Principal in urban Chicago, Dr. Wilson improved the composite ACT score of 125 students over six points, as they surpassed the national ACT average for African Americans by more than two points.

*Continued on page 7*



CHEMICAL CONVERSIONS  
POWDERS101

FEATURED HARDCORE GYM  
VPIEDU

TRAINING TECHNIQUES  
TRI-TERROR

ANASCI RECIPES  
MILBURNCREEK

BLINDSIDED:EBONI WILSON  
SCAMMER RECOGNITION  
ANASCI STAFF  
SUPPLIERS CORNER  
RENEGADE

# BLINDSIDED

## EBONI WILSON

Continued from Page 6

His second passion has permitted Dr. Wilson the chance to travel the country and speak with youth in detention centers, schools and community centers, using his story as inspiration and motivation. Dr. Wilson has worked with all ages and believes to have touched the lives of thousands of youth. He has also been fortunate enough to work with educators on improving quality instruction in order to advance the academic skills of urban youth. Dr. Wilson lives in the Chicagoland area.

The second part of Wilsons inspirational story is as follows:

"I was falsely accused of having consensual sex with a 16 year-old female student," says Dr. Eboni Wilson.

He recounts his ordeal. "Two-and-a-half years after getting my Ph.D., I earned the opportunity to become principal at Chester High School," he says. "During my four months at Chester, I felt like everything was perfect. In a matter of hours, everything I worked years for was wiped out over a lie."

Dr. Wilson was suspended and hasn't returned to Chester. Eboni Wilson. Author , Educator. Is one of us!

The repercussions of his dismissal are still being felt. "It was the worst day of our lives," says his wife, Eva. "His reputation has been broken. We're unemployed because of this lie."

They had to sell Eva's car and considered selling their house to make ends meet. But the real heartache came from being disowned by people they trusted. "People who I thought were my friends stopped calling. This broke my heart. My career was over," Dr. Wilson laments.

Eventually, the 16-year-old student who accused Dr. Wilson recanted. "A local reporter got the accuser to admit on camera that my husband did not have sex with her. After all that we've lost, I can't believe she changed her story," Eva says angrily.

Although Dr. Wilson has been exonerated, he and Eva still struggle to pick up the pieces of their shattered lives. "It's very scary to know that our lives are at the stake of this 6-year-old person. It's devastating. You just kill souls when you lie this way," she says.

The above from the Dr.Phil show on false accusations and the damages they cause.

Here is one of many articles written On Eboni as he turned his life around Eboni's life;

### FEATURED ARTICLES NEWS

Meet Mr. Hyde : The Goal at Jefferson Was to Turn Nice Guy Eboni Wilson Into a Demon on the Field  
October 9, 1994 | CHARLES SMITH

No more Mr. Nice Guy. That is the attitude that Jefferson High football coaches have instilled in standout defensive tackle Eboni Wilson. Though Wilson, at 6-2, 240 pounds, is built like a grizzly bear, his friendly demeanor can be likened more to that of bear of the teddy variety. This doesn't seem an appropriate mind-set for a player whose assignment is to destroy whatever gets in his way. "He's a very nice, well-mannered young man," former assistant coach Rodney Webber said.

### ARTICLES BY DATE NATIONAL

A Good Name Vanishes

June 28, 2005 | David Zucchino, Times Staff Writer

It took a lifetime for Eboni Wilson to build a reputation, and just a few hours to lose it. The son of drug addicts, Wilson grew up poor and rootless in South Los Angeles. He lived in a garage, stole food and a car, and witnessed killings and robberies. Wilson, now 28, turned his life around after winning a football scholarship to Washington State University. He played in the Rose Bowl, and earned bachelor's and master's degrees and a doctorate in education

The article above is one of many written during a very difficult time In doc Wilson's life.

Ok now on to the interview:

Continued on page 8





# BLINDSIDED

EBONI WILSON

Continued from Page 7

Anasci: Hey how are you doing today?

EW: Great ! Thank you!

Anasci: What a story: Both interesting and very inspiring.

EW: Thanks. Yes it's been an interesting journey.

Anasci: Does your physique help with your educational and mentoring Of the youth you work with?

EW: Absolutely! Young people really take notice with athletes and people that are outside the norm (laughing). I do feel bodybuilders and iron athletes are just that athletes so the kids really respond well. This is where bodybuilding is a double blessing for me. It is very enjoyable and it really is useful as a tool to reach those kids that need it most.

Anasci: How do you remain so laid back and friendly after some really trying times that could turn so many bitter and angry?

EW: What purpose would that serve? How would being an angry victim further my purpose of helping reach and assist at risk youngsters in getting life on track? It would help nothing or anyone. Take the experience and use it to help others. I try to leave the bad parts back in the past where they are.

Anasci: You are a very unique and focused man. Let's change gears here and look at your bodybuilding aspirations..

EW: Cool fire away:

Anasci: How long have you been training for bodybuilding competitions?

EW: Roughly 10-12 years. Though I had a good base to start with from my years in high school and college athletics.

Anasci that is a major understatement! You played in the 240-250 range in highschool and in the 270's in college correct?

EW: Yes that is about right. I was a muscular 200lbs at age 12.

Anasci: Ok so no feelings of guilt from hogging all the good genetics?

EW: (laughing hard) Well no because it has been a blessing in helping those kid's that have similar circumstances to those I had in my youth. Hey, and what bodybuilders do you know that would like to have less genetic blessings?

Anasci: Point taken. Can you give us a brief overview of the shows you have competed in?

EW: Well I have placed as high as 6th at nationals as a show.

Anasci: So what is in the future for your competitive career?

EW: Well I'm prepping for the North Americans in late August with the goal the same as many national level guys, a procard.

Anasci: I know you will do well and you will be a real threat . You have great pro-potential.

EW: Smiling. Man that really sounds nice. I will do my utmost to turn the compliment to reality!

Anasci We have a some guys/girls on the board that will be competing.

EW: Awesome! I figured that. I really like the anasci board I must I'm a member.

Anasci: Thanks! Yes we have a many seasoned knowledgeable members on the board. Anyone you'd like to acknowledge?

EW: Oh sure. Finaflex, P28. The kid's and you guys for taking time with me.

Anasci: Thanks for a great story and allowing our readers a look into your life!

EW: No problem I hang around the Anasci board when time permits .

Dr Eboni Wilson can be reached at [ebonikwilson@hotmail.com](mailto:ebonikwilson@hotmail.com). Look for links for more Doc Wilson at Flex online, MD and others.

Thanks for reading from the staff of AnaSCI!





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# SCAMMER RECOGNITION



AnaSCI would like to take this time to recognize some of the scammers/rats of the industry. For a complete list of the various scammers/rats of the bodybuilding world check out [www.ANASCI.org](http://www.ANASCI.org).

PLEASE NOTE: Sponsors are always offering SUBSTANTIAL rewards for more information on the person(s) residing at these addresses. If you have any info pertaining to any of the scammers/rats listed please contact us and we will place you in contact with the appropriate individual(s).

Chris Delsignore  
202 Fairfax Avenue  
Schenectady NY 12304  
DEA CONTROLLED INFORMANT

Clinton Edwards  
124 Apache Plume St.  
Brighton, CO 80601

Jimmy Marrow Jr.  
52 bradley street  
Lugoff, S.C. 29078

Mike Hogan  
1206 Crestmont dr.  
Mantua, NJ. 08051

Brandon Picou  
1022 Kent Hill  
Lake Charles, La. 70605

PLEASE NOTED SPONSORS IF YOU HAVE ANY SCAMMERS/RATS YOU WOULD LIKE TO HAVE ADDED TO OUR RECOGNITION LIST PLEASE CONTACT US AT [ANASCI\\_SECURE@YAH.NET](mailto:ANASCI_SECURE@YAH.NET) AND WE WILL BE SURE TO GIVE THEM THE CREDIT THEY DESERVE!

## CONSPIRACIES with Lex

[[Health Care Conspiracy? You decide.]]

So just now, JUST NOW hospital employees are prohibited to use tobacco products. Why now? Oh because they realize the hospital itself will be paying for the added health care costs associated with that person. I am all for it but why just now? Well because health care is costing more and more and will continue to be less profitable, the free money days are over. That makes me wonder why my tax dollars are going to be wasted on these fat fucking slobs that don't give a shit about their health. State and county governments are going broke; I know a significant part of that is the ongoing healthcare and the cost of that health care for retirees. I am all for them providing that to employees HOWEVER, with some exceptions. If you use any type of tobacco products you and an employee must pay into your plan above and beyond someone who doesn't. If your body fat is over a certain percentage let's say 20% you have to pay more. If you work out and considered healthy you get money back as a reward to costing less to the company and or tax payer for your health care. As we the sheeple move into a socialized state of health care where big daddy must take care of us like the media and processed food zombies that we are, move toward the coming apocalypse of personal freedom-why do I have to foot the bill for these people? OH yea because I actually have a job unlike 90% of the people who need government mandated health care. Everyone bitches about health care costs...I do too, but instead of looking at my doctor or nurse with hatred I look at the fat ass in the waiting room who never had been on a treadmill.



Join our Community  
[www.AnaSCI.org](http://www.AnaSCI.org)

# SUPPLIERS CORNER Q&A

## WITH THE RENEGADE



## AN INTERVIEW WITH I-V GEAR PART 2

Well its that time again fellas. We are back with part 2 of the interview with Iso-Vet. We had a pretty good response to last months article so I have no doubt that part 2 will be just as killer. Lets not waste time here with me yapping about silly bullshit. I know you guys want to hear what else IV has to say about life, lifting, and all things gear so without wasting anymore time lets get right to the good stuff. I present to you Part 2 of the Renegade's interview with Iso-Vet!

Renegade: So last time we ended with you talking a little bit about the different ways you can stay safe. But really isn't it true that if it's not "if" you get busted but more like "when"?

IV: Thats the honest to god truth. Every source has a shelf life and eventually something will happen and the chain of events will be set in motion and you'll end up in handcuffs in a 8x10. No matter how safe you are, in the end if you are on LE's radar and they want you bad enough, they will find a way to bust you. Even if they have to make up shit to do it. They will do it.

Renegade: Make up shit...c'mon they can't do that. First, it is against the law and second any good lawyer worth a shit could get anything they make up tossed out.

IV: You think so.....

Renegade: I mean how could they not.

IV: if its just you in your house when they come knocking down the door and they don't find a thing, but they want you what is to stop them from throwing a vial on your bed and saying they found it in between the mattress and box srpings. What proof do you have that it wasn't there. 10 cops in your house versus just you. Who do you think the judge or jury will believe?

Renegade: That sounds like made for Tv shit.

IV: No this isnt an episode of law and order, this is real life and the cops are as crooked as they are in the movies they just are not as obvious about it. Let me put it this way. Lets say you are out driving. And you get pulled over for speeding. Supposedly you have your 4th amendment right against illegal search and siezure but really thats bullshit. So the cop pulls you over and in their usual dickhead fashion tells you to whip out your license and registration. Knowing the cop he wants to search your car but you "knowing" you rights tell him no. Well we all know telling a cop "no" is the same thing as pulling off a glove and slapping him in the face with it. You might as well call him a pig to his face and spit at him. "No" pisses them off. All they have to do is sniff the air and say " whats that smell?" Even if thier isnt one they can say they thought they smelled something and that gives them probable cause to search your car. Thier goes your 4th amendment right. Even if they dont find jack shit all they have to tell the judge is they smelled something and the jude sides with it. Same thing when it comes to your home. Judges will sign off on anything for a warrant search. All they have to do is say they recieved an anonymous tip from the hotline and the judge will sign off on it. It might by slightly harder in more urban cities but in rural areas...shit. forget it. Judges will sign off and the next thing you know your door is getting kicked down. Don't have anything in your home?...Good for you right? Wrong. 10 cops versus 1 perp. You're in shit deep before you start.

Renegade; Well shit if thats the case why isnt every known drug dealer in jail with made up charges?

IV: Just because they can doesn't mean they will. There is a difference.

Renegade: Sounds like you have had experience in this department?

IV: I've either been through it or seen it. Nothing surprises me anymore. But if you really look at what got guys busted its was just thier stupid carelessness. For example... this happened to me about a year ago. A known rat that had busted a few guys on some known boards was trying to buy from me under a new name. I did the whole name check and background chck and everything seemed legit. Then one day I got payment info from him and he used a familair name that I had seen before on the forums of a guy who had turned informant. I guess he figured that it had been so long nobody would remember but I remember everything. When I saw this name pop up I about flipped. Sneaky guy....as most scumbag snitches are but they are usually dumbasses and thier idiocy is what got them busted and the dumb ones never changes. They get busted, snitch, lay low for a bit and then come back. Well i dont forget but I dont want to bring heat to myself either..

Renegade; Wait...I dont mean to cut you off, but you're telling me that a you were dealing with a known snitch...but didn't know it until he fucked up and used his real name?

IV: Yeah was pretty unsettling to me when I found out

Renegade: Scumbags. Known a shithead like him , if he got in trouble he would probably try to take you down like he did the guys he worked with years ago.

IV: He would do it in a second. He has already proven that.

Renegade: Please tell me you filled his order with bunk shit to get back at him for snitching or took his monye and told him to fuck off and karma is a motherfucker.

Continued on page 11



# SUPPLIERS CORNER Q&A

## WITH THE RENEGADE



### AN INTERVIEW WITH I-V GEAR PART 2

IV: No no...I dont want anything coming back on me like that. I filled his order and that was that. I didnt even give him any explanation on why I stopped communication. I just never spoke to him again. he was buying pretty big amounts too but I dont give a shit. It could be a cool million and I would dump him in a second. I dont need those type of people and thier stupidity around me. Im not going down for thier idiocy.

Renegade: Which is why you're as good as you are. Most put greed before common sense. Known me I would have told him to fuck off but you're smart for keeping your cool. You never know what scumbad snithces will do. And you have that anonymous payment info so he never really got your real info.

IV: Correct. But still...its unsettling to know that snothces are still out there pull jobs, trying to make money after doing what they did. Thats why security is so important because no matter what your doing, you never really know who you are dealing with. Thats why as I said last time I just shake my head when I hear sources using cash in the mail or hell even credit card processing. You might as well go get a big flashing neon sign that says " Buy deca here!" and walk around with that because you are basically doing the same thing. When you finally give info that is connected to you in some way you are asking for trouble. No there is no fool proof way to totally stay safe, because he live in a world where its becoming increasingly more difficult to stay anonymous but while we still have some ways to do so people still choose the easier method because its less of a hassle. They'll be kicking themselves in thier jail cell about that little " extra" hassle when its all said and done.

Renegade: Same thing with emails. Back in the day it used to be sources wouldn't even accept emails from general providers like aol, yahoo, etc. Now I read that people justify using it because there are so many of these accounts its hard to keep track of them. I find that to be a bunch of bullshit.

IV: It is. Do you think the way google monitors everything that if you were busted and LE wanted your google email it would be hard for them to get it? Please. Google could hand over your messages to them in 5 minutes.

Renegade: I remember the big thing a year or so ago was cyber-rights was shutting down emails for no reason and people were saying it was because of all the illegal activity being used by cyber-rights that thy installed software to detect in the headers and titles for emails , certain words that are known to be used with illgeal activity and if your email get tripped then it gets deleted.

IV: Yes. That is basically the truth. Cyber-rights and hushmail are one in the same. And we all know hushmail will give anything and everything to LE. They have already proven that. But by doing so it takes thier privacy claim and throws it out the window and gives them bad press in the mean time which nobody wants if you are trying to run a business. So you are correct that cyber-rights did install software that will detect certain " key" words and if your account uses these words they will suspend your account and kick you off. So because of that people think that by using gmail or yahoo they are some how safer because there are 50 million gmail accounts and it would be impossible for gmail to do the same thing. Thats such dumb ass thinking. People who think like that will be the next ones I read about getting in trouble.

Renegade: Man...so tell me what are our best options for secure emails. If google and yahoo are shit and cyber-rights closed accounts and LE can get anything they want wha do we do. Seems from your perspective we are all goldfish in a glass.

IV: Theoretically speaking we are. There is no 100% way to stay safe. but you can slow them down and make it harder for them to get you and its all common sense stuff. Dont sell locally if you sell online and vice versa. That will always kill you. Don't talk on a cell phone. Dont accept cash in the mail. Never give out info to a customer that can come back to you. Your asking for trouble. Never keep things around you. Change computer frequently. Mask your IP address. I know this isnt earth shattering news but its common sense and maky guys dont do this.

Renegade: I'll tell you what. If I was your customer I'd sleep better at nighn knowing you were taking all these precautions to stay safe.

IV: Fuck that. I worry my customers are not taking some of these measures. People are inherently lazy. Thier laziness is thier undoing. We live in an age where everytime we go online we leave a digital foot print per say, the best you can do is try to cover that up ever so slightly.

Renegade: Speaking of your competition, tell me what you think of them?

IV: Why? What point does that serve?

Renegade: Well none really but I always like to know what sources think about other sources.

IV: Im a nice guy for the most part and this is going to sound cold but I could give 2 shits about the other sources. And here is why. I dont know them. Never met them in my life. Here is a story for you. And this proves my point exactly. first off let me preface that by sayin that there are some very good sources out there and some very bad ones too. The majority fall in the middle someplace. But there was an old source of the foomrs year ago named Gymvet. This guy ended up getting busted like 2 or 3 times. had several alias user names like hardcore pharms, ghost something..I cant recall. Just a bunch of names. He used to threaten people and talk loud and boisterous all the time. When he got busted and they finally showed his mug shot he looked like a child molestor. He was like 40 something , bald, just a wierd looking face and didnt look like he lifted a day in his life yet he would talk all kinds of bullshit on the forums. Same with another source named satchboogie. I remember back in 2004 - 2005 all you heard was satchboogie this and satchboogie hat. He was golden and " the man" until he up and left one day and that was that.

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# SUPPLIERS CORNER Q&A

## WITH THE RENEGADE



## AN INTERVIEW WITH I-V GEAR PART 2

IV: My point is the reason I dont care to talk about ophther sources is becuase I cant control what they do. And I sure dont want communication with them because I have no idea how they run thier operation and I dont want them and mine to mix and then they screw up but somehow I get caught up in it. I nevr want to take that chance so I just never take the time to involve myself with them. I will say this..there are some very god sources out there...even those right in the open and sll the major source forums. Hell...Im on a major fourm but as asource we can only control so much, and who you associate with can sometimes come back to bite you in the ass so i make it a priority to not know or get involved with out sources because it may become a liability sometime in the future. IP has been around for almost 15 years. He has had to dodge LE countless times. Flee to other countries for god sakes. And yet he is still around because he is smart. He doesnt let the little things or the same details get away from him and trip him up. He's a very smart guy. He seems to be ones source who doesnt seem to have a shelf life, he just keeps on going. He has had his ups and downs like every source but he is still here plugging away because he does the little things to stay safe and he keeps to his plan an doesnt stray.

Renegade: Greed does always seem to be the underlying tone whenever you read about somebody getting it.

IV: Greed is a motherfucker. It will get you caught up quicker than anything becuase it makes you become careless.

Renegade: Ego too.

IV: very much so, I thin by the way some of these sources act they watch to many movies and think they should be the next Tony Montana with a face full of dbol powder. Shit like that is just that. A movie. Entertainment. But alot of guys get that shot caller mentality and it ends up getting them in trouble. Me...? I have no such mentality. I have no desire to be a shot caller. I dont need to rid around in a lambo or have an 800,000 house. Id rather have my money stashed in a can under the ground waiting for me so when I decide to hang it up and I will eventually , I can sit back and smile and think back that I made it through.

Renegade: Thats the thing too, A lot of guys can't get out. They have no plan it seems.

IV: If you are a source , the money if your a big source can become intoxicating. If yo are raking in 50K a month and there are some who do that, the money can become overwhelming. They dont want to stop because again..greed...will not let them. They get addicted to make money like a crackhead. the idea of that money train pulling into the station and stopping scares them because they have no plan. In any game...you have to have a plan and you have to stick to it or your asking for trouble.

Renegade: So you are not intoxicated by the amount you make?

IV: No. Im not. If it all stopped tomorrow I would take what I have and be thankful and move on. Easy come easy go. Isnt that the slogan? But for me I want to put the money I make to good use. To allow me to do other things. I dont want to do this forever. Believe it or not this shit is stressful. Always living in fear...always having to be so careful about twhat you do and who you talk to. The paranoia alone probably is taking 10 years off my life. The rewards justify that but still...its not all fun and games. Im paranoid 24/7. But my paranoia keeps me safe I guess. I would compare the stress being a source to something like a solder on a battlefield. No shit.

Renegade: Damn..that would suck to live like that. You seem to handle it well. You dont sound too paranoid.

IV: I adapt well to every situation I guess. Speaking of money... you know what else gets guys busted fast..putting your drug money in the bank. Oh my god. You have no idea how many guys I have read do this. You're giving them a virtual papertrail. I shake my head at that too. Guys tha go out an buy all these extravagant things and then when they get busted I read all the things the feds take away.

Renegade.: They think nothing will ever happen to them.

IV: If the cops dont get them the IRS will. Nothing says come get me like 100k in your bank when you have no real job and dont pay taxes on it.

Renegade: Could you imagine doing that and then getting audited by the IRS. You couldn't even begin to explain that.

IV: Nope. Never put money in the bank. Yet guys do it all the time.

Renegade: Well how exactly do you spend the money you make then. Whats the point of taking all the risk if you can't enjoy any of the money you make?

IV: Kinda like the garden of eden right. All this money and you cant spend it. its best to save it anyway, alt least in my opinion. Save it and then when you finish and never source again then slowly begining to use it. Nothing says drug dealer more than a new ferrari with no way to prove the income.

Renegade: Well if you have all this money...it must mean thst you have alot of orders. I read all the time sources say they are shipping 100+ orders a day and shit. Is that true. Iso Vet is pretty big. What are you guys doing in terms of volume?

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# SUPPLIERS CORNER Q&A

## WITH THE RENEGADE



### AN INTERVIEW WITH I-V GEAR PART 2

IV: Well 100 a day is a little much. I would call bullshit on that. That would mean at a minimum of 5 days a week he is doing 500 orders. Bullshit. Yes there is a big enough piece of the pie for the majority of sources but no source is doing 100 orders to day. Now 100 orders per week could be a real possibility for high end volume movers but not 100 a day. You could pack that many up and still have enough time to get them all out even if you started at 7am and your post office closed at 5pm. There is just no way. even if you packed them the night before I doubt it. So I call bullshit on these sources that say they have 100 orders per day or even 50. I would say the average guy has between 5-15 per day and 5 is one of the bigger guys. I mean I could be wrong but I just don't see it unless they have people working for them and then as I told you before there goes some of your security because now you are involving other people. When it comes to my I do a good load and I'm not going to say exactly how much but I do enough to keep me busy that's for sure.

Renegade: It must get hard to juggle that with a life and work and all that shit.

IV: It is. It's a struggle sometimes. But I guess that's the price you pay for having a good product right?

Renegade: how do you keep it all straight then?

IV: I have my system in place and I treat this like a real business which means we have our whole process from orders, to payments, to payment picks up, to order shipment. You have to juggle that with keeping up inventory and emails all which going to you 9-5 job. Some sources have a family so for those guys they have to juggle family time as well. I know for me I wish I could push a button on certain days to just stop time or at the very minimum make one day 48 hours not 24. I feel bad for some of my customers actually.

Renegade: How so?

IV: Well when you are a smaller operation things can go a lot smoother but when you finally blow up having to juggle it all can get overwhelming. Having to get the payments especially when there are so many of them, and they just keep coming it can feel like that scene where you open a closet and everything comes tumbling out. That is what we feel like on a daily basis;

Renegade: Seems like a good problem to have. Means business is booming right?

IV: Again I will not complain because I am blessed to have my customers and I do my best to make sure they are always taken care of. Even when I don't have the time I still do my best to make time but when you are the only person doing everything it can be tough. Or even if you have one helper things can get rough. It seems lately for me I have been doing my fair share of apologizing to my customers because we are becoming overloaded with orders and since it is only me and one other guy working for me we do make mistakes and sometimes, I spend a good amount of my time trying to email my customers to let them know.

Renegade: Well that's a good thing though right. One of the worst are sources with no communication. Generally.. well at least for me I'm pretty easy going and if shit happens as long as there is communication I'm cool with it.

IV: And that's exactly what I do for the most part. I always do my best to be upfront with my clients and let them know what's up. In my experiences if you let people know what is going on 9 times out of 10 if you are behind they don't really care too much. I have always found that honesty and straightforwardness is usually the best resolution to most problems. When people send their money they want to be made sure that they get the best communication possible. And that's where I think a lot of my fellow sources get complacent or mess up. They don't keep up that communication. If you run out of something and you let your customers know it will be a few days generally you won't have too many issues but when you don't even bother to drop them a message well this is where a lot of sources get into issues. With me I will always let my guys know what is going on. If I make a mistake I will fix it to the best of my ability because at the end of the day I want my customers happy and I want their repeat business. When I was younger and things would happen that were out of my control I would freak out but now I have learned that freaking out doesn't make anything go any faster. All it does is make you more nervous and more mistake prone.

Renegade: So with your business booming the way it is, you say you have made some mistakes, generally what are those mistakes?

IV: My mistakes usually come from me anticipating when my stock orders come in.

Renegade.. Listen I don't mean to cut you off but this interview is getting long. I'd like to conclude this up next month for a part 3 if you don't mind. Just a few more questions.

IV: Sure no problem. Same time same place next month

Well guys we could keep going but the newsletter would turn into a novel and we want you guys to keep coming back for more. In our last part of the interview we wrap things up the IV. Thanks again for tuning in this month and look out for next month when we deviate from the source interviews for the month and focus on the buyer not the seller.

See you guys next month.