Complementary Memory Preservation

A Contribution To The

"Options for Safe, Secure and Legal Asset Preservation

for

Post-Resuscitation Access"

Conference

Presented May 14, 2011

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Contents:

Presentation Given at the May 14, 2011 Asset-Preservation Meeting

Thanks: I'd like to begin by thanking Cairn Idun once again for all the inspired effort she has put into creating and sustaining these marvelous Asset-Preservation get-togethers.

I'd also like to thank our hosts for this splendid event. Dan and Becky Witt should be recognized for all their effort devoted to making this gathering happen. As everybody knows who has done it, good hosting is surprisingly challenging!

Deserving of special thanks also is Bill Faloon who has continued the Asset-Preservation financial support after my initial funding.

Because of the special nature of this group where everybody contributes, I'd like to also thank all participants who continue to make these events a reality.

Statement of purpose: The goal of this presentation is first to discuss some aspects of individual memory preservation via a personal journal. More broadly I'd like to provide enough specific information here so that everybody can either get their own complementary memory project started or, if already begun, expand the scope of possibilities to help achieve personal goals. The intent of the memory project can be primarily to enhance / help direct your recovery from cryopreservation, but it may be more extensive. Here is not a cookbook approach; creating a personal journal presents several fundamental and challenging individual philosophical decisions.

Scope: As originally envisioned, I was planning on simply sharing my experience to-date on the development of my own family memories journal. But for general application, some broader perspective has been added on how others might approach their own effort, including some wonderful recent tools available through Terasem.

This dialog:
> A Personal Journal: My startup experience.
> Expansion: Possible enhancements / alternatives.
> Terasem: CyBeRev.Org

Survey of the Attendees: How many have already begun some form of personal memory project above and beyond your cryonics arrangements?

How many hands do we have out of how many present? **5 of 12.**

And of those who have started such a project, how many of you are entirely satisfied with your direction and progress to-date? **2 of 5.**

Already begun: It may be a bit of a surprise that you could actually already have a better start than you might have thought; why and how will be discussed below.

Reasons that a person might wish to expend effort beyond cryonics toward their memory preservation:

Some folk's succinct response might be: Because memory is our most important asset; without memory the rest doesn't matter.

One of the foremost reasons for expending effort beyond present cryopreservation techniques is the possibility that our current and foreseeable cryopreservation technology itself may not be capable of perfect memory fidelity. Reasons might include our inability to entirely appropriately prepare the patient in advance of long-term storage, including:

1) Trauma prior to pronouncement;

2) As many of you may have heard me on one of my on-going soap boxes, our level of expertise in field clinical capabilities and cryotransportation;

3) Our evolving lab and OR techniques;

4) Probably several other challenges that you yourself could identify;

5) And those troublesome unknown unknowns (the UNK UNKS) that we currently are not addressing because we are not yet aware of them.

 Another area of concern is unknowns associated with the long-term storage process itself; will the future reveal that our best current efforts are optimal?

And what of the future of revival? Surely there are an adequate number of unknowns there to give many people pause for thought.

Plus the above enumeration did not speak of many normal (such as aging) and exceptional (such as disease) circumstances which may befall an individual prior to cryopreservation, which may have significant detrimental impacts on the fidelity of memories.

A different perspective on why a cryonicist might wish to devote extra effort to complementary memory preservation can be to help guarantee that appropriate emphasis is placed on certain memories and perspectives that one has adopted regarding the world, which might otherwise not be given appropriate emphasis. This may be a rather philosophical point, and it may be argued that such an approach might be disruptive to an even balance in recreating a full complement of personal memories, but it also may be argued that one pursues education to achieve very similar goals, to better oneself. Where's the correct boundary between perfect fidelity and improvement, and to what extent is this a matter of your personal interest and choice?

Similarly, another benefit not to be forgotten is the opportunity to describe your own reality: What were the facts as you saw them on the U-2 Incident, the Viet Nam war, the Iraq invasion, and other more personal events?

Potential benefits beyond cryopreservation recovery include:

> Autobiography of interest to family members of multiple generations: People who could become involved in our near- and long-term cryonics success;

> Personal history of interest to historians: As we work to solve immediate problems of personal concern, it may be surprising to consider that we may be providing historians insight into the development of a major change both to the course of human civilization and to the progression of human development.

Additional credible reasons for potential benefits of individual memory and personality retention are offered by Terasem's CyBeRev, which we'll touch on here later.

Supplemental Materials: Did everybody get a copy of the hardcover book, Bob Greene's *To Our Children's Children*? I do not intend this to be a recommendation for _the_ definitive book, but rather as one clear potential starting point which indeed was quite helpful in my own case. I provided this hardcover book for all the on-site attendees here today, and will also provide this book to all teleconferencers who may decide by the end of this day that they wish to have that particular book, but you will see that there are a number of quite good, possibly better, alternatives. If you did not receive the book, please let me know later if you decide that you wish to have this particular book.

Hopefully you all received my "heads-up" email on this subject, which included a brief outline of this talk, and three attachments:

> A few representative information sources (Appendix I);

> An actual brief sample of one approach that I have used in my own Family Journal employing a story-telling format to hopefully combine interest with fact (Appendix II);

> A documentation resource person (Appendix IV).

I am also sure that Cairn will motivate me to provide a more comprehensive paper for our proceedings, which I will be happy to do, thank you Cairn!

WWW.CyBeRev.Org has MUCH information, which I strongly recommend you take a look at if you have not already done so. Lori was kind enough to apprise me that the Terasem website is actually WWW.TerasemCentral.Org (remember the "Central"); weirdly enough, the internet seems to find the correct website regardless – is that AI in action, or what?

One possible approach– my experience:

After completing my legal and financial arrangements for cryonics in 1990, for many years thereafter I had thought that it would be a good idea if I were able to supplement my cryonics arrangements with my own personal memories. But the task seemed overwhelming; where does one even begin?

Then for Christmas 2009 my daughter Chrissy gave me Greene's book with a note that she would like me to answer the book's questions and that she and my grandchildren would be interested in reading the result. That was the catalyst for me to get started.

There were a number of advantages to starting in this fashion. In thumbing through the book the format and questions seemed clear, interesting, and distinct. There were just one or a few questions per page, the majority of the 239 pages below the questions being blank, providing space for a written answer. I could pick up a pen or pencil and begin immediately addressing these memory subjects of interest to me, my daughter and grandchildren. I didn't have to choose which subjects to write about, and I didn't have to be embarrassed about the choice of subjects; I could simply write about my memories. The result would be in one nice neat package. Presumably the book's authors would have devoted some thought and time to a rational set of questions to comprehensively encompass one's life experiences. I was enthusiastic about a clear starting point for an important project.

There were also some disadvantages to starting with the Greene book. For one, I have a significant writer's tremor" (a so-called "benign" involuntary movement of the head and hands the intensity of which varies with stress and other factors, but which, unlike some other tremors such as Parkinson's Disease, is not fatal nor particularly inconveniencing except with apologize to Anthony Euwer "My tremor I don't mind it, Because I'm behind it; 'Tis the folks out front that I jar."). Which all means that my handwriting is slow and often undecipherable. Also, answering many of the questions thoroughly in one limiting page was not going to be feasible. And my spelling being atrocious I would have to laboriously continually look up spelling in a dictionary or use alternative words that often might not have quite the same nuance of meaning. Communicating copies of the document would be laborious, which indeed was to become a much larger issue as the scope of the project expanded.

As I got further into the project other issues began to immerge. It turned out that there was no discernable organization to the Greene book. There was no overall organization of subjects, no visible hierarchy or clear pattern of discrete subjects, just a jumble of questions in no apparent order. Even on

a single page there were many examples of multiple questions on unrelated subjects, many of which duplicated or partially overlapped questions from other pages. There was no intrinsic capability for indexing, cross-referencing, or searching by subject.   There appeared to be no way to measure or judge progress. Were all subjects fully addressed in the book? No way to easily tell.

I certainly am not suggesting that I would be capable of creating a book with a framework addressing all the above issues, in fact I wonder if it is actually possible to structure a person's life and memories in such an organized fashion, but I can definitely state that Greene does not, and appears to offer no assistance in that direction.

Soon after seriously beginning this project, I was to discover that my brother had received a similar book from his oldest daughter, also for 2009 Christmas (*The Grandparent Book* by Amy Brouse Rosenthal, publisher Potter Style, ISBN 978-0-307-45310-5). What a coincidence. He and I soon agreed that we would work together; even though many of our memories are not identical, we grew up together and were close, so our joint venture has been extraordinarily productive to date. But once again this cooperation challenged many of the limitations of the Greene book, such as communicating text and incorporating images. My brother has been able to retrieve a number of excellent historical family photos which are of great value in recalling memories.

I decided to start writing using WORD, incorporating discrete segments of related memories into "chapters". The chapters began as specific page numbers from Greene, but have expanded outside the scope of Greene. The page numbers would be relevant only to the limited extent that the reader had a copy of Greene themselves, and since there was no structure to Greene, that appears of a quite limited utility. Using WORD I could actually write much faster, spell check, move text around within the document, perform searches, email chapters-in-progress to my brother, and completed chapters to many of our relatives and family, incorporate images, and all the other advantages of word processing . We decided early on to incorporate a "wiki" policy of soliciting updates and corrections from our readers, which has allowed us to strengthen the accuracy and extent of the documents while hopefully simultaneously adding another level of interest for our family members.   In that sense, our Family Journal is a living document, no part of which is forever set in concrete.

We are currently working on some wiki administrative issues:

1) What form should the chapters take? (Currently they are WORD documents attached to emails).

2) Who monitors proposed updates and changes? (So far I have edited suggestions, as so far I have personally written virtually all of the new text.)

3) What are the best storage media? (So far completed chapters are on our own PCs in WORD, and on system storage associated with email. Should storage be on all available media as backup – paper, burned CDs, flash drive, video, etc.? My brother observes that historically the longest-enduring communication medium has been stone.   Should storage

be on specific media most amenable to the future recovery team, and how does one determine what those might be?)

4) How are my memories proposed to be associated with myself at reanimation? Diane Cremeens emailed me that my copies could be saved both in my file at Alcor and in my salt-mine capsule at cryopreservation; additionally I am hoping to keep her supplied with updated files as the project progresses. A couple of my relatives on the Family Journal emailing list have promised to send Alcor the latest updates upon my cryopreservation. CyBeRev also offers strong expanded backup possibilities.

More questions:

Inclusion criteria: Should the journal include primarily only information not available via other sources? Therefore exclude most all material available via Google, the internet, AI, published documentation, historical sources except insofar as clarifying the relationship to one's self? For example, if one's activities helped lead to the A-bomb attack on Nagasaki one might consider tying the consequences of the aftermath to one's personal memories. What if one's personal experience differs from a popular conception of events? Would you wish a consideration of both (all) sides of an issue?

Personal memories: What are considered personal memories? Initially this appeared to be a question with a truly simple answer: just anything we remembered, right? But my brother and I have spent some time considering context. For example, I spent my first six years of life in Trona, CA, a small isolated mining town near Death Valley. Would it be most appropriate for me to record only those early childhood memories that might occur to me? But how about the context of those memories? Almost nobody today, surely much less in the future, will be able to understand a priori what the world of Trona was like in the 1940s. I grew up there and was just concerned with childhood events, not the population of the town, the origins of the mining, the history of the Searles Lake Mining Company, the 1940s ecology of the surrounding Mojave Desert plants and animals (I captured myself and made a pet of a Mojave Desert Tortoise (*Gopherus agassizii*), the events of WW II affecting Trona, the structure of the Greater Trona School District over which my father was superintendent, the unbearable weather conditions, the amazing local housing which today would be considered despicable, and so on, all of which might be considered vitally important to the understanding of my personal memories.

Jack Nelson has suggested that many believe that memories are more than just a collection of facts, that memories are actually an integrated matrix of facts linked through context, implying that context may be at least as important as individual facts.

Another example of the question of personal memories might relate to external material/resources. My father's parents prepared an extensive document on their memories and families. As I grew up, we visited their ranch many times. They were pioneers who help settle Antelope Valley north of Los Angeles in the early 1900s. But to what extent is their history "mine"? Should some of their materiel be used in my journal, but not others? What criteria would be most appropriate to decide?

Priorities: Which memories are the most important and should be addressed first to avoid their loss? How does one best determine? Should it be those memories that are foremost in our mind today, on the premise that those memories are the most important because they now have our fullest attention? Or perhaps the most important are those memories most likely to fade, the memories from our earliest years, our formative years? Or perhaps our most undisclosed memories, those we have never shared with another and nobody else knows about them, but that nevertheless haunt us at night, of past events that we wish we could change or we ponder why the relevant events occurred and transpired as they did? Perhaps of friends, girlfriends/boyfriends? Terrible accidents that you feel you should have intervened in? Or perhaps memories that, upon reflection, seemed to be the most pivotal, seemed to have the greatest bearing on the course of your life, and the related actions which led up to the pivotal events?   Or maybe recording should be done in simple chronological sequence to keep everything in order? How can one best judge which memories should have the highest priority?

Perhaps some events might be better forgotten? Painful memories?   Would such deletions change your personality? For the better?   How can you judge? Did some of your worst experiences become an important part of the better person that you are today?

A related issue is to what extent one would expect to be able to include all memories. Realistically one might hope to include only a critical small fraction of all memories. How can one become comfortable that a given number of memories is adequate? Memories that shape our personalities are being created in an on-going basis, so even if one were able to record these personal memories full-time, one could never hope to fully record <u>all</u> of the past, present and future. Would it be helpful to use audio-visual systems that automatically record on-going events around you? To what extent is the internalizing mechanisms of our mind important for understanding how some of these object events affected us?

<u>Head start:</u> Here's where you already have a head start: Considering sources for a personal-memory journal beyond purpose-prepared items, one might wish to consider the prospects offered by the use, or slightly-modified use, of existing documents, emails, videos, letters, correspondence, and the like. For instance, you may have many dozens or hundreds of emails that describe events that have affected you that certainly might be considered related to memories, as for example when writing notes to friends, family and acquaintances. Although you might have considered these unremarkable at the time of their creation, yet many might very well contribute to a perspective of your personality. And many more might be made to do so with minor alterations to the content. I believe that a number of you have given recorded presentations and interviews, at conferences and TV / radio; such recordings would surely be of special value because of their ability to document both the message <u>and</u> the manner in which that message was presented.

<u>Additional resources:</u> In addition to CyBeRev which is available to everyone, to what extent might others be able to help with your efforts? This may seem like an impossible mission: how can anybody else help you with your very own personal memories?   But a number of cryonicists are in the position where they are extremely busy with responsibilities and activities in their current lives, leaving only very limited time to devote to additional memory retention tasks. Other folks may be able to assist these persons

not only with obtaining copies of the conference, TV and radio presentations and interviews, but also with research relating to historical facts, family history, specific event data, setting up an environment suitably conducive to remembering and recording memories, videography, audio recordings, transcriptions from interviews and verbal notes, and material / text editing. In short, others may help with any task which is not specifically recalling personal memories.

Also, interactive assistance may be provided by verbally walking through certain experienced events where a discussion can help to sharpen one's recall of these events. Family members, friends, and coworkers may be able to assist this memory-recall process. There may be a number of professionals who can also help, such as stenographers, videographers, historians. If you believe that family trees may be important, of world renown is the LDS data base, which may also lead to experts in that field.

As mentioned in the "heads-up" email, one interesting possibility is the contact I made through the internet with a Google search, of Jack Nelson, PhD (jjnelsons [at] gmail.com). Since I have not worked with this individual I cannot personally recommend him, but I certainly can recommend vetting him yourself if the assistance might be helpful. If you do contact him, please do let me know how it works out and please share your experience.

CyBeRev:

A few months after I seriously started my personal memory project, December 2009, Terasem completed beta testing and put CyBeRev.Org on-line to the world, May 2010. So this month is its one-year birthday. This capability is available to all of you, on line.

Cairn would you be kind enough again to give us a count of hands on the following question: as of now, how many of you have actually begun using CyBeRev? **4 / 15.**

CyBeRev means <u>cybernetic beingness revival</u>. The purpose of the CyBeRev project is to prevent death by preserving sufficient digital information about a person so that recovery remains possible by foreseeable technology.

Note here that CyBeRev goes well beyond merely recording specific memories; the objective includes as complete a picture of the individual as currently possible today.

CyBeRev.Org is actually an <u>assembly</u> of capabilities, with the primary objective being the retention and ultimate recreation of your memories <u>and your whole being</u>.

Quoting directly from CyBeRev.Org:

The **Terasem Movement** believes that future technology will be able to recover full functionality for CyBeRev people as follows:

1. Before legal death is declared, a CyBeRev person stores digital bemes of their mannerisms, personality, recollections, feelings, beliefs, attitudes and values with as great fidelity as is possible;

2. Future developments in software technology (such as mindware and thoughtware) will enable the stored CyBeRev information to be organized into a coherent consciousness and sense of self indistinguishable from the original CyBeRev person;

3. Future developments in virtual reality technology will enable the recovered conscious CyBeRev person to enjoy a robust life within cyberspace;

4. Future developments in mind-uploading technology will enable the recovered conscious CyBeRev person to transfer their mind into a synthetic body (including brain), such as one made out of nanotechnological materials, providing mobility and sensation that will continually improve until it is equivalent to, and eventually superior to, human mobility and sensation;

5. Future developments in regenerative medicine will enable the recovered cyberconscious CyBeRev person to mind transfer into a flesh body (including brain) grown from totipotent stem cells (which may, but need not be, based upon their original DNA) in which genetic engineering techniques have suppressed the development of a separate mind.

 I have been told that there exists, as yet, no complete user's manual for CyBeRev (there <u>is</u> a modest glossary of terminology; see Appendix III), so discovering what is actually currently available, and how to use it, is somewhat like a personal voyage of discovery.

One section of CyBeRev has names and images of participants (which can be pseudonyms / pseudo-images to help preserve confidentiality, at the option of the user). A couple of folks from our group here have taken an active part. Our friend Rudi had this to say:

Yes, I am about half way thru, I think, uploading preferences which may or may not define personality. Each question defines a response in two dimensions, providing a 1-9 quantification of response in each of two directions. A great concept and execution, IMO. This could turn out to be an early iteration of uploading.

Thank you Rudi! Rudi is refereeing here to CyBeRev's Bainbridge modules.

Quoting directly from CyBeRev: There are 11 Bainbridge personality modules, all of which are now available as interactive, web-based tools with instant access to data analysis:

The Self II Bainbridge module lets you evaluate the qualities that may define your character.

The Year 2100 module helps you develop your own personal picture of how the world might be almost a century from now. In so doing, it measures and records your values, beliefs, hopes, and goals.

The Emotions module allows for private exploration of your own emotional responses, thus is a guide for living.

Bainbridge modules allow you to record responses via PC / smart phone, and to view the location of people who most closely match your personality.

I myself have started with the Self II Bainbridge module. I have found the structure comforting, but my responses not necessarily always easy because of the fact that I may feel like a different person depending on the environment and circumstances. To what extent would my Bainbridge responses be repeatable?

Another, anonymous, participant shares the following:

I've used CyBeRev to store some personal records. Their service is free and a large amount of material can be stored. Moreover, it can be "my eyes only" meaning others can't access. I will probably expand usage in the future. Some material will be for public viewing, some private. I wish there were a feature to allow all files to become public after a certain date or condition obtains, or should it obtain, maybe something that can be specified by the user.

Again from the website:

Participants can store digital reflections in a variety of formats, including:

- Photos
- Videos
- Text documents
- Audio recordings
- Favorites
- Personality tests

Participants can then choose to share some or all of their information with others through the Visit Reflections feature of the project.

Speaking for myself again: So any memory documents that were created on WORD or email can be copied to CyBeRev. The current and anticipated storage aspects of CyBeRev are nothing short of phenomenal, including it is said the prospect of surviving a cataclysmic meteorite collision with Earth, through the use of Earth-orbit storage capabilities.

APPENDIX I

A Sampling

Information Sources of Possible Assistance to Preserving Memory

Distributed at Asset-Preservation meeting 5/2011:

To Our Children's Children: Journal of Family Memories by Bob Greene (Hardcover - Oct 20, 1998)

From AMAZON.COM:

The Grandparent Book by Amy Brouse Rosenthal, publisher Potter Style, ISBN 978-0-307-45310-5 (Ken)

To Our Children's Children: Preserving Family Histories for Generations to Come by Bob Greene and D. G. Fulford (Hardcover - Feb 1, 1993)

Memories for My Grandchild by Annie Decker and Nicole Stephenson (Hardcover-spiral - Aug 19, 2004) $13.57

A Grandparents' Memory Book: Did You Really Walk Five Miles to School by Teri Harrison (Hardcover - Sep 1997) $10.17

The Grandparent's Book of Shared Memories: Keepsake Album & Genealogy Instruction Book by Fred DuBose (Hardcover - Nov 13, 2008) - $13.66

Memories for My Grandchildren: A keepsake journal by Robert J. Pemberton (Paperback - Feb 2, 2011) $7.99

Memories for My Grandchild: A Keepsake to Remember (Grandparent's Memory Book) by Suzanne Zenkel and Margaret Rubiano (Spiral-bound - Mar 15, 20) $12.21

Grandparents & Grandchildren: Shared Memories by Carol Abrams and Ferne Margulies (Hardcover - Apr 1998) $3.95

For My Grandchild: A Grandmother's Gift of Memory (AARP) by Paige Gilchrist (Hardcover - Nov 1, 2005) $9.95

GrandLoving: Making Memories with Your Grandchildren by Sue Johnson, Julie Carlson and Elizabeth Bower (Paperback - Apr 1, 2010) $12.89

For My Grandchild: An Album of Memories from Grandparent to Grandchild by Karen Maloof (Hardcover - May 1992) $7.00

A Grandparent's Book by Milton Kamen (Hardcover - Jul 1, 1987) $12.89

From Your Grandfather: A Gift of Memory for My Grandchild (AARP) by Paige Gilchrist (Hardcover - May 1, 2007) $9.95

Grandfather's Memories To His Grandchild by Candy Paull (Hardcover - Apr 13, 1999) $12.46

Reflections: A Jewish Grandparents' Gift of Memories by Ron Isaacs and Leora Isaacs (Hardcover - Sep 1987) $17.99

GOOGLE "Preserving Memories":

Preserving Memories Preserving Memories is a professional writing service helping people write their memoirs, company histories, biographies, and family history books.
www.preservememories.net/ - Cached - Similar
►

10 Great Apps to **Preserve Memories** | PCMag.com
Nov 12, 2007 **...** Keeping your most treasured **memories** alive is as easy as uploading photos and creating digital photo albums, scrapbooks, posters, and more. Includes an app to help establish and maintain a family website.
www.pcmag.com/article2/0,2817,2214763,00.asp - Cached - Similar

Preserving Memories: Creating a Family Time Capsule - Family **...**
How to assemble and **preserve** materials for a family time capsule. This website contains cross-references to specialized long-term storage information.
www.loc.gov › Preservation › Family Treasures - Cached

APPENDIX II

Sample Journal Chapter

To Our Children's Children

Journal of Family Memories

"Traffic Light"

Updated 5/11/2011

From our home in Eagle Rock (2547 Hill Drive, which as of this writing no longer exists because the ramp going from north on the Glendale Freeway, California Highway 2, to east on the Ventura Freeway, California Highway 134, required the elimination of our home) to Eagle Rock Junior and Senior High School (1750 Yosemite Drive) was 1.4 miles.

You could take the bus, which I did sometimes, but I usually preferred the bike or walking, maybe because of the extra flexibility – you didn't have to adhere to a rigid bus schedule.

From our beautiful home, I usually rode my single-speed bike east along serpentine Hill Drive, with many dozen tall palm trees lining the parkway, winding through a nice neighborhood with homes and yards that were typically kept up to a high standard and which made for a pleasant, relatively traffic-free ride for the first seven blocks, about a sixth of a mile.

My normal route then took me right, south straight down Maywood Avenue, a fairly steep two-block descent, about 400 yards, directly crossing busy six-lane Colorado Blvd. From there Maywood continued a flat four blocks through a more middle-class neighborhood, then a left, east, on Yosemite Blvd. for five blocks to the Los Angeles School District combined Eagle Rock Junior and Senior High Schools, looking more like a sedate college campus with their majestic conifers and spacious lawns.

It was at the bottom of the Maywood descent that, in what had been otherwise a normal day, my life changed forever.

Probably because of the fact that Colorado was so busy, and that Maywood was rather a throughway for the neighborhood, a traffic signal had been placed at that intersection. When I walked that route, the traffic light really made no difference to me; I would simply wait if it was red.

However, on a bike, it became apparent that on the occasions when I would hit the green light, it was quite convenient because all the momentum from the 400-yard descent could be used to propel the

bike at top speed for some considerable distance further without any effort on my part (except to lean far forward to reduce air resistance and maximize speed).

I found it progressively more vexing to miss the green light at that intersection, which I came to realize was usually the case since the light was green for a longer period for the Colorado traffic since Colorado was comparatively much busier than little Maywood.

One day I had what I thought was a true epiphany: what would happen if I waited at the <u>top</u> of Maywood (from where the traffic light on Colorado could be seen), and timed my departure so as to coincide with the periodic changing of the traffic light to green?? The wait time at the top should be no more than the wait time at the bottom would be when missing the signal, but the advantage would be the speed and momentum of the bike when passing across Colorado, right?

Of course, at first, I had no idea at what point in the signal's cycle to leave the top of Maywood. However, the cycle was consistent; the traffic light did not change when it detected cross-traffic waiting, but rather simply changed on a regular timed sequence. That was important because otherwise its change would not be so easily predictable.

So I started experimenting, and at first my timing was pretty far off, but within a couple of weeks I found the point in the cycle (by counting) when to start down Maywood, and found about what speed to ride the bike down the hill so that by the time I reached Colorado I did not have to slow down at all, and had a green light that I could go through at maximum speed. I gained confidence, and the idea was working great!

Until one day something happened. To this day I do not know exactly what went wrong: maybe I started down the descent just a little early; or maybe I was so full of energy that morning that I initially peddled faster than usual; or maybe the signal's cycle had changed just slightly.

But in any case, as I approached Colorado, it became apparent that the signal was not changing to green at the usual expected time. But I knew there was always some variance, and I did not slow down; I was flat out (both in terms of leaning over the handlebars and having peddled as fast as I could on the single-speed bike).

Then just after I entered the crosswalk, but fractionally before entering the intersection, the signal changed to green. YES!! PERFECT!!

The next thing that occurred was so unbelievably fast that I did not know what happened. BAMM!! WHISH!!

After I had gone only a few yards into the intersection it seemed like simultaneously a car went directly in front of me and a blast of air hit me so hard I was knocked sideways. So far as I could tell the car had not swerved nor braked; there was no warning horn. It must have entered the intersection just about the time the light was changing from yellow to red for the car's driver.

I was so astonished I stopped peddling, and the bike wobbled and just coasted across the remainder of Colorado and ahead on Maywood. I was at first really dumbfounded; then I became scared, then almost sick from fright. If I had been two feet ahead of myself in the intersection, or the car had been one second later, I would have been a goner for sure.

I felt so stupid – I had never looked at the cross traffic at all! It had never occurred to me! I had just assumed that when the light was green, it was OK for me to go. I think that it's even conceivable (you need to figure this out) that if a car enters an intersection at the last of the yellow, and the cross-traffic starts quickly, that there could be a collision. In other words, there could be a crash even though nobody had run a red light!

I thought long and hard about my "wonderful" energy-saving / time-saving epiphany. I felt truly humbled by the experience. I finally decided that the fundamental idea was OK, but I needed to change two aspects of its implementation:

1) I needed to time my crossing so that it was later in my green cycle; this worked fine, since the light stayed green for a reasonable period of time.

2) I needed to visually check the cross traffic in both directions regardless of where I was in the green cycle; I had to be responsible for my own safety. Riding a bike I recognized that I would always come out second best in a collision with a car.

So you might ask, "How did my epiphany work out over the years? Was I ever killed by cross traffic??"

The answer is that I never have been struck by cross traffic, on a bike, as a pedestrian, nor while driving.

Have I ever again seen a car going through a red light?

Probably a couple of dozen times in my life.

Several times I have directly seen collisions caused by cars running red lights. In one case my testimony was used to help resolve such a case, a hit-and-run situation.

Miraculously, although I have seen people injured, I have not seen anybody killed yet. But my friend John Graybill's boss was struck by a drunk teen running a light in Los Angeles and he did not survive. My brother Ken lost a car in such a circumstance in Los Angeles (Hollywood), but thank goodness he suffered no serious injuries himself.

APPENDIX III

CyBeRev Glossary of Terms

Add Bemes Use this selection of beme tools to increase the amount of data in your mindfile. Add favorites, take personality tests, add Journal entries and many other fun, easy to master ways to digitize your bemes.

Attitudes Attitudes are more or less positive or negative orientations toward aspects of life.

Bemes Units of personal information, such as a cultural practice or idea, that is transmitted verbally or by repeated action from one mind to another or by uploading to the CyBeRev database.

Bainbridge Personality Tests These are psychological exams that provide immediate analysis of your dual inputs for each statement presented. The participants select a value from 1 to 8 on a vertical and horizontal scale for up to 100 questions. At the end of the test the data analysis is presented and the particpant is given a score.

Beliefs Beliefs are what we think is accurate or inaccurate about life, reality and ourselves.

Dimensions Dimensions are aspects of bemes that we store here at CyBeRev. The 7 dimensions currently available to associate with each digitized beme you create are: Attitudes, Feelings, Beliefs, Values, Mannerisms, Recollections, and Personality. The following chart will help to clarify Beliefs, Attitudes and Values.

	Truth	Goodness	Importance
Beliefs	X		
Attitudes		X	
Values			X

Feelings Feelings are our emotional responses to life. They include love, hate, sympathy, tenderness, fear, courage and all other sensations of a gestall, not readily analyyabe nature. Feelings seem to come from our care or gut or heart or soul.

Mannerisms Mannerisms are the characteristic external manifestations of a person. Each person has unique mannerisms which, when observed, recall that person in part.

Recollections Recollections are our memories that are immediately available to our consciousness. Recollections are thus a subset of all memories. It is not necessary to have all your memories captured in order to be cyber-consciously revived as yourself. Indeed we all forget most of our memories and are still happy ourselves.

Values Values are the worth, importance or usefulness of behaviors. What we value tells us how important something is.

Personality Personality is our distinctive pattern of thinking, expressing ourselves and interacting with others.

Visit Bemes Internet users may Visit Bemes and view information designated as viewable by everyone when the information is uploaded to the CyBeRev database. Anyone may chat with the chatbots in this section of the website as well as select any participant's public information to view.

APPENDIX IV

Resource Person

As mentioned in the "heads-up" email, one interesting possibility is the contact I made through the internet with a Google search, of Jack Nelson, PhD (jjnelsons [at] gmail.com). Since I have not worked with this individual I cannot personally recommend him, but I certainly can recommend vetting him yourself if the assistance might be helpful. If you do contact him, please do let me know how it works out and please share your experience.