

Luke T. Delaney  
Energy in World Civilizations II  
Professor Mead

### **Information**

This phone interview took place on Sunday, May 12, 2024 from 5 pm - 7 pm CDT. Suzanne Angelus is Luke Delaney's paternal grandmother. She currently lives in Martinez, California.

### **Participants**

**SA** = Suzanne Angelus (interviewee)  
**LD** = Luke Delaney (interviewer)

### **Transcript**

**SA:** Now, I don't have the questions because I don't have my computer. Can you ask the questions? Is that cool?

**LD:** Yeah, yeah, of course. I have them all right here.

**SA:** Ok good.

**LD:** Yeah, so, before we get started, do you want to just introduce yourself really quickly for the record?

**SA:** Okay. My name is Suzann Angelus. I've also gone by the name of Delaney, my first marriage. I live right now in Martinez, California. 81 years old. Have a lot of memories of the past that you've re-kindled. [laughs] When you sent me these questions.

**LD:** Yeah, and I hope we're able to dig into all of them today. So, just diving right in... The main focus of this interview is energy—both how its produced and how its used—and how that

production and use has influenced your life. So before we go any further, I just wanted to ask what comes to mind for you when I say the word ‘energy.’

**SA:** Well, a couple of things. First, obvious energy like gasoline, electricity, solar, wind, things that continue to make our lives very comfortable today. But when you stop to think about it, just about everything is energy. Sound is energy, water is energy. Earthquakes release energy. Blink your eyes, it takes energy. So there’s obvious energy that most people are familiar with and there’s what I call ‘subtle energy’ that exists that most people aren’t aware of. For instance, if you have an acupuncture treatment, the energy that goes between the needles down to the meridians would be considered subtle energy. That make sense to you?

**LD:** Yes. I was wondering if you could speak a little bit more about energy in the human body, especially since you just brought up acupuncture.

**SA:** Well, I could speak a lot to it, I just don’t want to sidetrack you. But, it’s like, as human beings, we have energy bodies around us. We mostly exist in the third dimension. But most people aren’t aware that we have other—what I would call subtle—energy bodies that vibrate to higher frequencies that make up an envelope of who we are. For instance, you have a soul, and the soul attaches before the time of birth. It carries the memories of all your lifetimes, all your incarnations, all the things that you’ve accomplished and experiences that you’ve had. And that vibrates to certain frequencies, and that— When you die, all those memories of experiences you’ve had in this life get written and are vibrationally held in that soul, and then when you come back into another reincarnation, that soul will attach with those memories as well. Does that make sense?

**LD:** Yes, so you’d say that the soul is carrying subtle energy with you between lives?

**SA:** Oh yes, it records the memories. So, it’s like, if you die, your soul leaves. It will go to a place where it will stay until you reincarnate. And before you’re born, at some point it will reattach to your new being and bring with it all the memories. And all those memories are recorded. They’re recorded in your DNA, they’re recorded in the cells of your body, and it’s

possible through the subtle energy, like acupuncture— basically, what acupuncture does is release sickly emotional traumas that come up. It releases them through the grid systems in the body. But there are other ways to do it. In my case, when I first started using acupuncture, I realized I could see the energy as it was going through the body, and I could read it. Like, I could tune into, like, ‘Oh this is a trauma that I had in this lifetime.’ And I could see all the details, and I got fascinated by learning, understanding the details, and became certified in hypnosis. I realized through hypnosis, I could actually tune into the soul and see those experiences and release them that way rather than using acupuncture. It’s the very same energy, it’s just a different way of accessing it and reading it.

**LD:** That’s interesting. Could you tell me more about how you got involved in hypnosis and, I guess, the process of getting certified?

**SA:** Well, I was living in Maui at the time, like I said. First of all, I went to Maui because I was very sick, and we’ll get into that later. But I got involved in alternative medicine, and a group of people, particularly a professor named Dr. Irv Katz. He was a psychologist who taught hypnosis on Maui, and I took some of his classes. And even he at the time was pretty skeptical about regression. He had never really done any work in past life regression, but after working with me and several experiences that we had, he became a little more interested in it. And myself, I wasn’t interested in teaching you how not to smoke or anything else. I was interested in past life regression pretty much singularly and found, like I said, in many cases I could have certain symptoms show up in the body and then, like, regress into it. Okay, what’s the cause of the symptom? Take me into the lifetime where you had an experience that caused the symptom, the trauma would come up, the symptom would be released, and it would be gone. There’d be nothing left. I mean, it’d be just lifted, like, almost miraculously.

**LD:** That’s interesting. If you feel comfortable, would you want to speak at all about your experience of past lives and how you processed those memories that carried over?

**SA:** Well, like I say, for a while I had— I worked with other people basically and I had hypnotized people with a song, but take them into a hypnotic state and you find out that you talk

before you go in and find out what are we focusing on, is there a symptom in your body, are you having trouble with a relationship with a person? What exactly is the problem that you want to address? And then I'll give the suggestion that we go into that memory, go into that experience, find out where it's coming from. Maybe you have a problem with someone in your life that you killed in another lifetime. You were a warrior and you shot him with a bow and arrow and he died and he's been trying to get even with you, lifetime after lifetime. We go in and clear that trauma, cut the cords. There's certain techniques that you do to release the energy, and the relationship can clear up. And certain patterns that were developed with that person will disappear.

**LD:** That's really interesting to hear you talk about patterns because, I mean, it sounds like, if I'm understanding right, so these relationships from past lives, unless you're addressing them, they're always recreating themselves?

**SA:** Exactly.

**LD:** Okay.

**SA:** And what holds them in place is emotional trauma. So if you have an experience that caused you tremendous emotional trauma, whether it be grief or fear, anxiety, that energy will hold. Again, we talked about the soul, it holds records in the soul. And you keep repeating the trauma over and over again. Usually, many times the original person, but once it repeats, there might be, you might have seven or eight people you've had the experience with over different lifetimes in different incarnations. But once the trauma is released then that energy clears up and the pattern clears up.

**LD:** I guess one thing I'm interested in is— because one thing that came up in this class is how people came to understand all forms of energy as thermodynamic and there was always, like, this kind of understanding of that as it applied to electricity, but gradually people came to realize, scientists came to realize that that applied to the human body too in terms of calories and there was this interchangeability between all these different forms of, I guess, regular energy in the

physical world. I was wondering if some of these same principles maybe apply to subtle energy as well or if it's completely different. For example, the principle of energy not being created or destroyed but simply transitioned into other forms: do you find that that applies or is it a different ballpark?

**SA:** Yes, I've never really, you know, focused on that. It hasn't been something on my mind, but I will say this. Energy is, through hypnosis, is transformed. So the motion gets released, that negative energy that's being out gets released, and it can, like, you think of it as a weight. It's holding you down vibrationally and once that emotion is released then the vibrational frequency will raise. Does that answer your question or no?

**LD:** I think that's helpful. But I suppose my question is also like when you say 'released' is there some sort of conception of where it's going or is that kind of unimportant to your work?

**SA:** It's really unimportant and what I generally will do is, we go into the trauma, we bring all the people that were involved, we do a forgiveness, where you forgive them, you ask forgiveness, you cut the cord, what's called the cords that are holding you together, and I like to say that energy basically then is transmuted. Think of a negative energy that is transmuted, suddenly the light can come into that space where it was so dark you couldn't get in there before. So that energy gets released, like a negative emotion, hatred, anxiety, fear. It dissipates and then there's a calming or peacefulness. And then you reprogram it. Okay, now you've seen the experience. If you could recreate the situation, how would you recreate it? What would that look like to you? You create an alternative experience and then we go into recreating it in your mind, how it would look like if you would ideally have control over the situation. In other words, well, maybe I would decide I didn't want to be a soldier and I didn't want to go off to war and kill people, so I'm going to create it that I made other choices, so I didn't create that incident. Does that make sense?

**LD:** Yes, then I suppose a question of mine would be, so... I guess what was stopping people from recreating their life situation in a better way before they were able to identify these origins, in your opinion?

**SA:** Well, it's like we go through life, we don't always make conscious decisions, you know? We make decisions or our life happens and we find ourselves, well, for instance, you might have an automobile accident. You're driving along one day, somebody hits you. Well, you didn't really cause it, but you were there in that place and time. Somebody did it, it created a huge emotional trauma, karma between you and that person. If you had an other choice, if you're living a conscious life and you could see what was going to happen, would you choose it differently? Would you not have an experience? What did you learn from the experience? Why did you have it? What did you learn from it? Did you create it so you could learn something? Did it happen out of? Out of nowhere, you know, you had no conscious awareness of it. You understand that?

**LD:** Yes, I was hoping in terms of helping rebuild relationships between people and helping release the trauma from those relationships and reconstruct them in a better way— I was wondering if you'd feel comfortable giving a specific example of when you did that.

**SA:** My personal example?

**LD:** Certainly, or when you were a hypnotist if you ever helped anybody else...

**SA:** Oh yeah, I've had a lot of clients. We've worked with all kinds of situations, all kinds of, um, trying to think what sometimes there's physical, like they have physical problems going on. Oh, I can tell you a big one for me. The first time I realized, you know, that this technique worked and was— I had a girlfriend when I was younger who skied in Alaska, and she fell and had a compound fracture of her leg. And six months later, guess what? It hadn't healed and she was still— they were gonna have to do surgery on it, right? And I just kind of off the cuff one day— I said, you know, did you ever suspect that maybe in another lifetime, you had the same thing happen in the very same spot, compound fracture of your leg in that place? She said, no, I never looked at that possibility. But I said, well, let's take you back, hypnotize you, take you back to your records and see if you can find a lifetime where that might've happened. Sure enough, she was in a volcanic eruption. Pompeii, I think. And before she died, she experienced a compound fracture in that same way, in the very same spot. So we healed it, we went through the process,

going through the trauma, releasing the fear, the energy, recreating a situation where she wasn't there in that spot when the volcano went off. She had gone somewhere else and she did not experience that break in her leg. And guess what? Leg healed. She did not have to ever have surgery on it.

**LD:** Wow. Huh, that's interesting. How did she feel about the process? Do you think you had to sort of convince her to go through this process? Because it isn't the way people typically think about injuries.

**SA:** I know that, but she didn't want to have to have another surgery. So she said, 'Hey, go for it. I'm going to do anything because I don't want to have surgery on my leg.' So no, it didn't take much convincing at all. And I explained to her, 'Hey, I'm new at this, but it just might work.' And that was my first big like, oh, aha, there's something going on here that really worked.

**LD:** I see. Thank you, I really appreciate you sharing that specific example. I think now what we might do is just sort of go kind of deeper into—we've talked a little bit about Maui already—but a little bit deeper into all the places that you've lived over the course of your life. So, I guess the big ones that I'm aware of are Louisville, Anchorage, Maui, and Martinez, and I was wondering if you could just speak briefly about those places and then also about moving between them—the transitions moving from one to the other.

**SA:** Okay, well, First I was born in Louisville, Kentucky and both my parents had five brothers and sisters, so I had really big families and lots of cousins and lots of family get-togethers. And I went to a private Catholic grade school and won a scholarship, a four-year scholarship to Catholic Girl School, when we moved to Lascaux. I was like 13. My dad was an aircraft mechanic, and he worked not at the big international airport, but a smaller field called Bowman Field, and he had taught aircraft mechanics when he was in the Navy during the war, and had been trying to get on with the FAA since then. And suddenly, all of a sudden, out of the blue one day, the FAA said, 'well, we have one, but you have to go to Anchorage, Alaska.' And it was like, we didn't have internet. We couldn't do research, you know? Everybody, including my friends, thought I was going to the ends of the earth. All we could find out about Alaska was lots

of bars, churches, and igloos. So it was thrilling and scary at the same time, right? I had my first plane trip going from Louisville to Chicago, to Seattle, and then Anchorage. And those days it took six hours to go from Seattle to Anchorage.

**LD:** Do you remember what that was like being on an airplane for the first time?

**SA:** It was scary because we were in a windstorm. You know, a storm and the wind blew and the plane got tossed around. It was pretty scary. But we made it. We landed safely and had a layover and got on another plane and kept going. But I do remember flying to Anchorage, from Seattle to Anchorage in what they call the Constellation, the Connie. It was, I think, a prop jet. It took six hours in those days, and it was a first, you know, admiring stewardesses, you know, they were so glamorous in those days. The whole thing, you know, you're 13 years old, taking it all in. It was exciting and scary at the same time. I had, of course, I had three sisters and a brother and both my parents, and we shipped all of our belongings.

Now, in those days, you had only two ways to get to Anchorage, really, were flying or by boat. So all the possessions went by boat. Although the ALCAN Highway [Alaska-Canadian Highway] existed—it was built, I think, during the war—it wasn't paved. There were many months of the year you couldn't travel it, and then in the summer when it was passable, because it had big rocks and boulders, most people were warned, you know, if they were going to take on something like that, they needed extra shocks, they needed maybe an extra gas tank, lots of things, and then it was a long way between gas stations. So it was quite an endeavor, and all the years and the times I went back and forth between Anchorage and Seattle, I never once drove the ALCAN, so I understand it's paved now. It's supposed to be pretty good traveling, but I've never had that experience.

What else would you want to know? It was a, you know, a really very emotional experience moving.

**LD:** Could you maybe speak a little bit about the FAA job that your dad got in Alaska?



**SA:** Yeah. My dad got on with what was called the Federal Aviation Agency in those days. Now I think it's part of the MTSB, I'm not totally sure about that, but he started out issuing student pilot's licenses and checking on certifications through places where you're having your airplane, like mechanics, we didn't call them gas stations. I don't know if I have the word for it, but people who serviced and fixed airplanes had to be certified, and he would issue those certifications. That was in the beginning. And after that, as time went on, he would be the person that would try to find the— We had a lot of airplanes in Alaska and a lot of crashes. Sometimes they'd be buried by snow and he didn't find them for years. Sometimes he could find them. But he would be part of the team and go in to try to find a crashed airplane, bring out the bodies and try to determine the cause of the accident. So he did that for many years, and then finally, before he retired, he was up on the DEW Line [Distant Early Warning Line]. When they put the DEW Line in, across the state, there was supposedly a lot of crashes. And he was up there working for the government on some secret mission, which he never could talk about to my mom or to any of us so we never quite knew what he was doing up there and what he was investigating, but some kind of crashes up there.

**LD:** Interesting and, sorry, the *what* line?

**SA:** DEW. It was a radar installation across northern Alaska. [...] There was speculation and it's only... you know... I've heard things, I've read, but... And it's kind of far out, a lot of people think it's far out, that so-called extraterrestrial visitors, ETs or spaceships, were taken out by the radar in these DEW Lines, and they crashed. And that's what he was up there doing. I don't know if that's a fact. I always thought that was very interesting.

**LD:** So you've never personally bought into that?

**SA:** Not in that aspect of his work. I've had personal experiences of my own with spaceships, particularly on Maui, but we can get into that later if you want to, or not get into it at all.

**LD:** Yeah, we can put a pin in that and kind of progress in a chronological order maybe. I guess since we're talking a bit about Anchorage, maybe for you personally, how did living in Anchorage differ from the places that you lived in later on?

**SA:** Well, the first thing you had to do was get used to the darkness, you know, if it was winter. It was dark all winter, and the sun shone most of the summer. The other big thing you had to get used to was cold and ice, you know, icy, real ice everywhere, cold. And I remember the first year we were there, the first Easter, we had this snowstorm and it blew so much snow. We couldn't get out, we couldn't open our door to get out. Neighbors had to come in and get us out. They had to dig us out, tunneled out through the snow. Because of all the snow. And of course, that was quite an experience because we never dealt with snow like that up until then. The other thing was [...] The doors on the car, the locks would freeze. We had to actually tie, rope— tie the door shut so you drive in the winter and the doors wouldn't fly open when you're on the road and so that was interesting. It was just a lot of new things you had to get used to. We lived in a house that had a garage converted into a bedroom for, there were like four girls and a boy so the four of us shared this converted garage. But it hadn't really been done properly, and ice would build up on the inside of the walls and whatnot, and we'd have to melt it off, and things that you never realized you might experience.

**LD:** How did you melt it off?

**SA:** Steam. Like, getting water on a stove and boiling it and bringing it in and just, you know, letting it warm the wall up and then eventually would melt off. And over time what happened was my father would pull the walls off the sheetrock and re-insulate it and solve that problem.

**LD:** Regarding the snow piling up on the roads, was there sort of— what was the situation like in terms of centralized snow plowing for the city?

**SA:** Oh, there was always, well Anchorage you have to understand was a pretty big city. It was, I think by the time I left it was about 250,000, but it was probably 170,000 when I first moved there. We had all the amenities of a big city, including, we didn't have a lot of roads, but the roads we had were snow plowed. We had, eventually had, what they call stud tires to keep your

car from sliding all over the road when you were driving. What else? Just, you learned to drive on ice. That was part of, you know, how you, if you're going to drive, you had to learn to drive on ice, how to deal with what happens if you get into a skid, which way to turn your wheels, how to get out of it, that kind of thing. But they were like, you took it in. The other thing we did is you didn't ever go anywhere in your car without survival gear. So you always had really warm boots, extra really warm coats. If, you know, the car broke down and you might be stranded overnight, it was 20 below, you had to stay alive. You always had some kind of food in the car, you know, like candy bars or something to keep you alive. but we would often take trips towards Fairbanks and you definitely make sure you had all this extra stuff in the car, sleeping bags in case the car broke down. That was another way you learned to live.

The other thing that happened, we would wear boots all the time. You go out in the winter, you wear boots, you carry your shoes. Your shoes never really got— they stayed brand new looking for a long time. You never wore them out in the snow, you carried them with you, took your boots off when you got where you were going, put your shoes on. When I lived in Malibu it was the other way around. You wore flip-flops everywhere, took your shoes off.

**LD:** You spoke really briefly that when you moved there Anchorage already had all the amenities of a major city, but in the time that you were in Alaska the scale of oil drilling really took off and I was wondering if that changed the accessibility of certain amenities in Anchorage.

**SA:** Well, what happened with the Prudhoe Bay find— they had like billions of gallons of crude oil that they found and which started the pipeline being built, started people moving in, oil executives, workers, expansion, expansion, expansion everywhere. So there was a lot more highways built, construction, demand for state services like DMV and everything. Over time, once the pipeline started, everything just started. The demands just started growing. The state became very wealthy. I don't know, just again, Alaska had a very small population base when I moved there. It was under a half a million people in the whole state, most of them located in Anchorage. And so it was very poor, there wasn't a lot of money, there wasn't a lot of tax base.

So all of a sudden they have this wealth, projected wealth, with— the state got a percentage of oil, every gallon of oil that was sold. So it's tremendous wealth coming in. Changed everything.

**LD:** Maybe now too, since we're kind of on the topic of economics, could you describe the jobs that you had while you were living in Anchorage?

**SA:** Well, I was in Anchorage. I started out, I was 13 when I moved there, went through high school. By the way, the schools there were very good. I got a very good education. Went on to Gonzaga University for a year. But I had met my husband, your grandfather, between my junior and senior year in high school, and after spending a year in Spokane, he decided, asked me to marry him. So rather than going back to school, I got married. Had three sons, your father, and then Dan and Tim. And once they got— I was very busy by the way. We led a very glamorous life, I could call it. Uh, we're very busy and politics are very busy and entertaining. When we were married, there were like 84 lawyers in the whole state. We knew them all. 83 of them were invited to our wedding. So we're just a small, very small group of people. Everybody knew everybody. I was very, very happy gourmet cooking, entertaining, raising babies, and then all of a sudden they were all in school.

So at that point, I decided I needed a career and decided to go into real estate, got my real estate license, eventually became a broker, owned my own company, had a partner. We did some subdivision work. I owned— we owned a warehouse and some apartments and things by the time I left Anchorage. But life was busy. You know, once you got used to the darkness, ice and the snow, life just went on like everything else. Because the state was so small and the population base was so small, I always said, it's the best thing that ever happened to us because anything you wanted, you could have. I mean, there was a need for everything. You made up your mind, you were going to real estate, well, plenty of room. It's not like California, the market is so full of realtors, you know? It would be very difficult to start a career that way. It was fun, it was exciting, it was a great life.

**LD:** Do you think that the oil industry in Alaska affected your work as a realtor at all?

**SA:** Well, it did in the sense that the bull market, all the people moving in with the pipeline— we had CEO executives and their families moving in from the different oil companies. We had workers moving in from Texas and all these traditional, more traditional oil-producing states. So there was tremendous demand for housing, tremendous demand for office space. Everything was in demand. Highways, anything you could think of. It was just boom, boom, boom, boom, boom. Tremendous boom. And then once the pipeline was built, there was this tremendous bust because everything just stopped. People left. Houses, you know, one day were worth \$150,000. A year later, you couldn't sell them for \$50[,000]. You know, people went bankrupt right and left. When I went through a divorce, I took all real estate, and I lost— I took, I had an apartment building with nine units and I lost that because people bought it, went bankrupt. Again, I had a warehouse, I lost that. People who bought it went bankrupt. So it's like everybody, and it took years and years and years for the state to recuperate from that kind of a bust. It was devastating financially, but it was fun while it lasted. Everybody made good money and made lots of money.

**LD:** What caused the bust?

**SA:** Well, basically once the pipeline was built, all these workers moved out. The people who came up there to build the pipeline left. And with that all, you know, demand for housing and all that stuff, it was a huge surplus of housing and everything you could think of, office space, that kind of thing.

**LD:** So once it was built, it actually required very little labor to maintain?

**SA:** Required what?

**LD:** Oh, much less labor to maintain?

**SA:** Yeah. Yeah, you had very few people that actually worked the site as opposed to— well you have to forget that Prudhoe Bay was tremendously long, they had to go from Prudhoe Bay on the North Slope all the way down to Seward, and that's the length of the pipeline. And so you had workers all along the way, and plus they were dealing with really challenging conditions,

building in the tundra. Sometimes it would be frozen, sometimes it would be melted and muddied, and a tremendous number of people it took to build it in a very short period of time. I think it was a couple of years. So they brought all this labor in, and then it's over. When they started pumping oil, they didn't need all those people anymore.

**LD:** How long did the boom last, would you say?

**SA:** Oh, oh, oh, oh, oh, let's see. I'm only guessing, but I would say 7, 8 years, maybe 10, because like I say, the bust was hitting in the late 70s when I left. And I think the pipeline, the Prudhoe Bay was discovered in 66. So we're talking from the discovery, I think they started building it within two years to completion and then the bust was in the late 70s.

**LD:** I see. I guess on the same timeline, my grandfather was working as a lawyer. Can you speak to how this sort of pattern—this boom and this bust—affected his work?

**SA:** Well, he had a law firm, and he did have one lawyer in the law firm that represented Standard Oil, so they got income there. But the law firm grew tremendously. It more than doubled in size from the beginning to when it was left, you know, when it was completed. Personally, it affected him when we—he basically represented insurance companies in settling claims. Like when we were first married, it was auto insurance claims. He mainly... it was mainly his business. But then as time went on, one of the big issues at Prudhoe Bay was they had all these Bell Jet Ranger helicopters they brought in from Texas when they came up there. And what would happen is they would turn the helicopters on in the snow, and the engine would suck in the snow, and the helicopters would fall out of the sky. So where there were these big lawsuits against Bell Jet Ranger, which your grandfather defended on behalf of the insurance companies. So he had to go back. I think it was Indianapolis, Indiana, where they were built, and [he would] work on representing the manufacturer on product liability insurance cases and things like that.

There was another big incident where a JAL plane flipped off the end of the runway during the winter. It was really icy, and it went down an embankment. Thank God everybody survived, but the plane— It was a total loss, and he had to go to Japan and

settle those claims on behalf of the JAL, against the insurance company, on behalf of the insurance companies, that kind of thing.

So basically his time on it, he got into more complex cases and work that he did. But in the meantime, those, what he used to do, got— younger lawyers got hired to take those types of cases over and to deal with them. So I would only be guessing, but I think about the time I left the state and your grandfather and I were divorced, there probably were maybe 18, 15 to 18 lawyers. When we started out, when I met your grandfather, the law firm was Palmer Delaney. After they did, Ray Palmer became a federal judge. The law firm became Delaney, Wiles, Moore, Hayes, and Lightman. Gene Wiles was their oil attorney. He did all the work with the oil companies. His big client was Standard Oil. Danny Moore became a Superior Court judge. A lot of the lawyers eventually became judges as time went on. But again, he had one of the biggest—eventually—and most successful law firms in the whole state. Certainly one of the oldest.

**LD:** You said when he started out there were only like eighty-something lawyers in the entire state, presumably by the end there was much more competition.

**SA:** Oh yeah, again that's one of the things that was boom, tremendous litigation, need for lawyers. I can't tell you how many there were in the late 70s, but yeah, law firms just bloomed everywhere. Part of the demand was for law services.

**LD:** I guess one thing I wanted to ask is, all of these people—lawyers, workers, CEOs—that came in as a result of the pipeline being built— were there some cultural differences between them and the people who had been living in Alaska for much longer?

**SA:** Well, there were lots of different types of people living in Alaska. I mean, we had local native populations, we had Eskimos, we had Athabascans, we had different types of Indians. I think there were five different Indian groups. So they lived one type of lifestyle. Then you had the more cosmopolitan people who lived in the big city, quote. A lot of, in the old days, it was construction work. There was a lot of construction work. So these people that came in were, you

know, a lot more sophisticated, and they, you know, represented it. But again, there were people in Alaska who were well-educated and sophisticated. They just didn't have the wealth and the power that a lot of these CEOs did, people did. And they were interesting. I belonged to the—now I can't remember the name of it. A political club that we'd have the speakers come in, like politicians come in and speak. I think it was called the Commonwealth Club or something like that. I remember meeting several different prominent politicians in the old days. Now I've forgotten, I've forgotten a question. What was the question again?

**LD:** Oh yeah. All good. Just the differences between the newcomers and the people who had already been living there.

**SA:** Yeah, and the other big difference was that most of these people were Republicans, or from what we consider red states. They were Republicans, and it kind of tipped the demographics. The first governor of Alaska was Democratic. I think the state tended to lean Democratic. When Wally Hickel was elected governor, I think he won by 80 votes. It was very, very close. But as more and more of these people moved in, the state became Republican. I think it's considered a red state now. I think since 2002, all the governors have been Republican with the exception of one independent. So kind of tipped the scales that way.

**LD:** I suppose while we're on the topic of politics, and you mentioned this before, but you personally knew some pretty important figures in Alaskan politics, including, as I believe you mentioned to me before, Alaska's first governor. Could you speak a little bit about these relationships?

**SA:** Yeah, I'd love to. You know, you asking those questions made me think about people I hadn't really thought about in a long, long time. First of all, Bill Egan was the first elected governor of the State of Alaska. He was a Democrat. We had been really active in Democratic politics when it was a territory. And he was one of these really warm, personable personalities. It would take him an hour to walk across the hotel lobby because he was busy shaking hands and talking to people and asking them how they were, finding out what their problems were, that kind of thing. He was really, really a down-to-earth, nice guy. He was a good friend, more through politics



because he lived in Juneau and we lived in Anchorage, so, you know, we weren't like having him over for dinner or anything like that, but when he was in town we always visited with him. And of course we— again, a lot of fundraisers. We were active in fundraising for a lot of politicians. The second person that comes to mind is one of your grandfather's—Jim's—law partners, George Hayes. Probably Jim's best friend. I told you originally I thought he was the first attorney general, but it turns out he's the third. I had to look it up. John Rader was the first. He was also a lawyer who we knew very well. Ralph Moody was the second. He became a judge. We knew him very well, and George, a bachelor. He was at our wedding, but never got married. He became the third attorney general for the State of Alaska. What's interesting, what he became famous for— In the old days, you know, men outnumbered the women. I can't even remember anymore. It was 10 to 1 or some incredible number. So in the wintertime, when it's dark and cold, it wasn't unusual to get what was termed 'cabin fever.' So a woman or man might shoot their mate or partner. But if you're a woman, you could shoot your husband and get away with it, but they'd put you in jail for shooting your dog, right? So George Hayes, as Attorney General for the state, had distinguished himself by successfully prosecuting the first woman to shoot her husband and getting her a jail sentence. So that was a big thing. He became famous for it. [...]

**LD:** Wow. That's incredibly strange [...] that that was so difficult to prosecute.

**SA:** Well, they got away with it. It took years. It took years and years, and he got the first successful prosecution of a woman shooting her husband. But they just would recycle them. Women were so scarce. It's like they weren't gonna lock one up. Shoot her husband, recycle her, right? [laughs] You're talking about the wild days of Alaska. [...] So let me get into some of these other politicians that we knew. Hold on here a minute. One that comes to mind would be Bob Bartlett. He was a U.S. Senator. He was a U.S. Senator, a territorial representative of the Senate before statehood, but he was elected to the U.S. Senate. There were two Senators: Bob Bartlett and Ralph Gruening. Gruening was quite old, and I didn't know him very well. Bob Bartlett, on the other hand, became a really, really good friend. We knew his family, and when he ran for re-election, your grandfather was his financial campaign manager, and they were very successful. He got re-elected, no problem. However, he had some kind of heart problem. If I remember correctly, he died maybe within a year of being re-elected to the Senate. So that was very sad

because we all were very close to him and thought he was just a really super guy. Another politician that we knew very well would be Mike Gravel. Mike became U.S. Senator after Gruening passed away, and he held the position for quite a few years. I think from '69 to '81. He and his wife Rita were good friends.

The other really, really sad thing that I remember was the U.S. House of Representatives. There was a guy named Nick Begich. He was a school teacher before he was elected to the Senate. And when he came to re-election—he was up for re-election—he came back to the state with a senator from Louisiana called Hale Boggs. And they were in a small airplane down in the Juneau area, traveling from one place to another, campaigning, and his plane disappeared. Never found it, and it had a big search, everybody, Army, Navy, Coast Guard, everybody looking for him. And what I read later on was the plane, they think the plane did not have a transponder on it. I don't know if you know what that means, but it's kind of like a little black box that beeps and makes noises when a plane goes down, so they can find it. And I read something online, it was very interesting. Years, years later, they speculated that it didn't have one. I don't know what happened to it, why it wasn't on there. I don't know the, you know, the figures about it, but I do know that it might have saved their life if it had one, if they'd had one on that plane. Oh, that's terrible.

**LD:** Oh, that's terrible.

**SA:** Well, in Alaska, you know, a lot of small plane crashes. People disappear all the time. Sometimes they're never found because it snows on top, and other times they do. And again, I said earlier, one of my father's jobs was to locate the plane, take out the bodies, try to determine the cause of the crash, which always— there's always weather you have to deal with in Alaska. You need to be very, very careful about reading the weather, finding out weather predictions before you take off because the storm, snow storms, rain storms, come up very, very quickly and you're miles and miles in the middle of nowhere.

**LD:** Since it feels like a lot is relying on having accurate information about the weather, can you speak a little bit about weather reports and how they factored into daily life?

**SA:** Well, when you fly a plane, you know, you have to go through filing a flight plan, and part of the process of doing that is checking on the weather. So if you're, I don't know if it's through the FAA or whoever controls that, but that's all part of the process, filing your flight plan, where do you plan to go from, when are going to leave, when you plan to get there. Part of that process is accurate weather forecasts and they are available. But the weather could change quickly.

**LD:** I guess returning to the topic of just the politicians that you and my grandfather knew, can you think of any specific ways in which energy and oil considerations influenced the way they thought about Alaska and its future?

**SA:** Well, most people, most of the politicians are very— at the time it was all about money and wealth. You know, the state's wealthy. It was just, everybody was so excited. Nobody thought anything about climate change or conservation. It was like, 'oh, wow,' you know, 'have at it', 'money.' Of course, it was only years later that they were concerned about the damage that was done and, you know, could be done. Again, the growth, the politicians, you know, highways and construction and housing and state and federal employment is all part of, you know, what the politicians were interested in bringing to the state.

**LD:** At the point when you were living there, I know there's a policy now where residents of Alaska get some dividend of the oil profits. Was that policy already in place?

**SA:** Well, it came into being while I lived there, after the pipeline was built, and when they actually started pumping oil through the pipeline. the state got a percentage, a dollar percentage, I think, for every gas— every gallon that was sold. So when things were pumping— they were pumping lots of oil in the beginning, lots and lots of oil, and the state was very, very wealthy, and they started this dividend. And I remember it was about \$1,200 or \$1,300 once a year for everybody who was a resident. And I received it, you know, before I left there. But I understand now, you know, as time went on, the amount of oil that was pumped slowed down, slowed down,

became almost non-existent. Then the state became almost bankrupt. In fact, a couple of years ago, I read online that they were thinking about initiating an income tax, which they'd never had. But it was like once the oil was pumped, gone. Of course, the big goal is to keep finding more and more oil. The problem with that is, of course, now they're more aware of all the damage that it's caused the environment by going in there and digging it up and laying pipes and transporting it and all that. So there's been a lot more consideration of that since the original pipeline was built, but in the beginning it was like, 'bring it on.' You know, 'we can't have enough money, we can't pump enough oil, just keep it coming,' you know?

**LD:** Since it's such a unique policy and such a unique situation, I'm curious, do you remember how people reacted when the oil dividend was first implemented?

**SA:** Grateful. [Laughing] I mean, we were all very excited. We had no income tax that we had to pay to stay and yet they paid us \$1,200. You know, I got a check. Jim got a check. I don't think—I think you had to be a certain age to get it. I don't think the kids—you had to be an adult to get it. So I don't think the kids ever got a check. But I could be wrong. But that's just my memory of it. Just very grateful. It was \$1,300. It could buy a lot of groceries in those days.

[Checking the audio quality]

**LD:** I think it's good, so let's just keep going. Also, thanks again for taking out the time to do this. I really appreciate this.

**SA:** Oh, you're welcome. I don't know if we're gonna run out of time or if we're gonna get through everything, but you know, we could follow it up on another day if you're running out of time.

**LD:** I think we're making pretty good progress. I was thinking we could also—

**SA:** Well, one thing, I can say you're learning a lot about me you didn't know.

**LD:** That's right, yeah.

**SA:** You didn't know about it.

**LD:** Lot of details, yeah. I was thinking if sort of— if anything came up, if we finish this interview and either you or I thought of something more that we could talk about, we could schedule a follow-up. But otherwise, I think we're making really good time. I think we can probably finish this today if that's all right.

**SA:** Okay!

**LD:** So I just have a few more Alaska questions. I guess one of my first ones is about just this really, you know, this big, really traumatic historical event the 1964 earthquake, and if you can speak about that at all.

[Audio issues]

**LD:** You can guide this. You can tell it however you would like.

**SA:** Ok, well, if you want to talk about the earthquake, I'm certainly willing to do that. Let's see. Your grandfather and I were married the weekend after Kennedy was shot and killed. So we were all still in shock and trauma about that thing. And we were married November, 1963. The earthquake happened—actually again—Easter '64. I was pregnant with your dad. We were living in an apartment building, maybe about four or five blocks out of the main part of Anchorage. And I was— we lived on the first floor in this apartment building. And when, over the years, when the furnace would come on it would kind of shake a little, you know. In the apartment we'd shake a little, and we used to laugh about it. Well, my first thought was, the furnace is blowing up, right? The whole place is shaking. And so I go running out the door and to the front door and I stopped because I couldn't believe what was happening. It was like the phone wires were like hopscotch and the cars were jumping up and down. I was joined there shortly thereafter by another woman and we just hung on. We looked at each other, we just hung on. It's like we didn't

know what to do. We weren't going to go out there. So we just hung on. And it lasted— they say it was tremendously long. Minutes, I think, which is very long for an earthquake. So we hung on and then it finally stopped. In the meantime, the brain is trying to process. The brain is trying to dump through all your experience to find out what this is. You know, it's trying to relate. Suddenly it stopped, and we just kind of looked at each other, took a breath, and the next thing we do is we hear, 'Help, help, help!' Well, the supervisor of the apartment building was stuck in the elevator, so—don't ask me how we did it—we were able to pry the door open and get him out, got him rescued. I went back into the apartment, and I'm still in shock. I look around. We had a very small kitchen, but we did a lot of entertainment. So one of the cabinets was full of booze, wine, vodka, and stuff like that, stuffy cocktail type of booze. And it's all over the kitchen floor. The kitchen floor is just floating in alcohol and broken glass. I looked around into our living room, and all the bookcases had fallen over and were laying on the floor. And I just kind of sat there for a little while in shock, you know, still don't, I don't have any idea what happened.

So after I kind of processed everything, I started worrying about your grandfather. Oh my gosh. So I ran again to the front door, and I started to go out the front door and I looked, right at the corner across the street, there was a—I can't remember now if it was a two or three story building—but a law firm that we knew was in there. All these people were crawling, the building was now at street level, and everybody was crawling out of the top floor, right? It all collapsed. So I went over to try and help them, and I realized I wasn't going to make it six blocks downtown. I just needed to go back and rest and relax and take it all in and try to start cleaning up. There was no way to call your grandfather because phone lines were all down. So in time, he worked his way back. They, the law firm, had been building a new building, and it totally collapsed during the earthquake. And they weren't in it yet. It hadn't been completed. So they were still residing in this old, older, much older building downtown. So thank God, you know, everybody came out of it. Nobody was hurt. The building went through it really well. Eventually worked his way home.

We had no electricity. We had no water. We had no plumbing. We had nothing. Eventually they brought around like, you know, what do we call them, K rations, water

trucks with water and K rations. That's what we lived on for two or three days until, you know, we could start getting food in and normalizing our life again. Now, that was what was happening where I live. Now, the fault came down the street where we lived. We lived on what was called L Street. And then it made a left turn right behind our building. And everything, and this is the building, but everything, it turned and everything dropped in behind our building. I've always said it was Good Friday, I'd just come home from church services on Good Friday and maybe that's what saved us. [Laughing] Our building was totally fine. You know, it needed a few repairs, but it didn't collapse or anything, but it would have if this fault would have gone under it. It would have been a totally different experience.

And then when we got to finding out what went wrong, one of the nicest and most influential subdivisions in the area was a place called Turnagain Arm, and a lot of those houses were lost. Some of them were destroyed. Some of them were just tremendously damaged. So there was a big loss there. The lower end of Fourth Avenue, where a lot of the bars were, it all fell in. It collapsed. So just everywhere you looked, you know, damage. And of course, other parts of the state as well, but that was pretty much my experience. It was very, very traumatic. 9.4, I think it was. The biggest earthquake ever in North America. I think that recently there was a bigger one in South America, but I'm not sure. One very similar, if not as big as, or bigger. But I always wondered how that might have affected your dad. [Laughing] I'm sure he seems pretty normal. He seems like a pretty normal, grounded guy, so it must not have had too much effect on him because we all survived it.

**LD:** I guess that was my last question about Alaska.

**SA:** I'm sorry, what?

**LD:** Oh, that was my last question about Alaska, but I guess before we move on to anywhere else, is there anything else about Alaska or maybe about the earthquake specifically that you feel like we haven't talked about but that we should?

**SA:** I think I covered it all. A lot of the southern end of 4th Avenue where I'd say a lot of the bars got rebuilt. But other than that, it just took time, took time for everything to be rebuilt and built back up. I'm just grateful that everybody that I personally knew survived. I didn't know anyone who died. There weren't a whole lot of deaths, But there were a few, mostly out in Turnagain area and the subdivision out in that area. But no, it was something I never hope I experience again. We have smaller ones here, Martinez all the time, but nothing like Alaska.

**LD:** Was the reconstruction generally pretty quick?

**SA:** I think in some areas it was, in other areas it was not, depending on what went down. Like if you had a small bar or restaurant, those people might be totally bankrupt and broken. It would be forever before it got rebuilt. I wasn't really involved in a lot of that. Just things I remember reading in the paper. That kind of thing.

**LD:** I see. If you're ready to move on, I'm curious how you made the decision to move to Maui and what that transition was like for you.

**SA:** Okay. We're talking about the late 70s and your grandfather and I were separating and going through a divorce. He sent your father and Dan and Tim out to a private high school in Colorado called the Abbey. I was very, very sick. When Tim was born, I had a situation called placenta previa, and I literally died. I went through the light, through the tunnel, through that whole experience. I was bleeding. Hemorrhaging. And literally, like I said, I went— I remember being greeted by my grandfather and shown around by all these beings, and I experienced this tremendous vibration of love everywhere.

When they brought me back, I'd lost so much blood. I needed blood transfusion, and—though unbeknownst to anyone in the medical field at that time—in that blood transfusion I received were some very, very devastating viruses. Within three years, I was very, very sick, and yet I was going to the doctor and they would say to me, 'There's nothing wrong with you. We did all these blood tests. There's nothing wrong. It's all in



your head, you need to see a shrink.’ And I’d say, ‘Look, I’m an athlete. I play tennis, I downhill ski. I know there’s something wrong.’ They laughed at me. Jim had a hard time believing. He made fun of me. You know, I was making it all up, it was psychological. And I knew there was something physically wrong with me. So once we separated— my folks had retired to Maui. They were living in Lahaina. And so I decided that I was going to move to the most healing, restful place in the world that I’d ever experienced, and that was Maui. And so I moved. I needed to heal, I needed to get well, I needed to find out what’s going on with me.

I got involved with alternative medicine. I worked with all kinds of people in alternative fields. Again, I was doing hypnosis work. I happened one day, again, going in looking for something that would help me heal myself. And I saw had this vision of Atlantis. [Angelo clapping in the background] Hold on a minute. Angelo, stop clapping. [clapping stops] Okay. He’s watching a Giants game.

**Angelo:** They just won.

**SA:** Okay. So, when I saw this vision, they had these sound machines. It looked like little, like, little phone booths they put you in when you’re sick, and they shot all these different frequencies of sound into you. And you got better. So I started looking into, finding, researching sound and people involved with sound. I found people that were doing experiments with sound.

**LD:** Sorry, to clarify, the sound booths were from the— the sound booths that you saw, that was from a vision of Atlantis?

**SA:** Yeah, a vision of Atlantis. So anyway, I started looking for people and researching healing with sound. Fortunately, it took 10 years from the time I got a blood transfusion for the medical community to recognize the viruses that I had gotten in this blood transfusion. Which were AIDS. They were all different types of AIDS viruses. They had no cure, but eventually they had a test, right? I could take a test. But to make a long story short— I don’t really want to get into it too much. Eventually, the sound experiments that I worked with, the people I worked with, were

able to get all the viruses cleared out of my system. And by the time I met Angelo in the mid to late 1980s, I was recovering. Healing and recovering and eventually able to move back to the States. And I really don't want to elaborate on that too much right now, but eventually I wrote a book about it. It's been out of print for years and years and years, but I wrote about my experiences and the sound, work with sound and people I worked with and all that.

**LD:** And you met Angelo on Maui?

**SA:** No, no, I, let's see. Probably right after I came back from Russia, I started preparing to move to the mainland. I felt like I was well enough. Now, I needed to start working for a living again. I didn't— couldn't work. I was so sick all the years I lived on Maui. And I realized I needed a career. And so I thought, well, I'm going to move to California and think about what I'm going to do. My son, Dan, was going to school at Stanford. He and his girlfriend were living down in Palo Alto area, Cupertino. You know, so I first moved into that area and lived nearby them for a while and then decided to move up to Marin. I moved up to San Rafael, lived in Marin for a while. In the meantime, we started taking training in video production. Videotaped weddings for living for four or five years and got involved again with sound and video. I did classes at— there was a place where they taught you and— Oh! You could get actual television experience and work on television productions. And so I did that kind of training and everything I could do to get myself ready. I didn't want to go back in real estate. Anchorage was a small town, I knew everybody. Real estate's easy. You move into a big city in California and you don't know anybody. Real estate is really a challenge because you need lots of contacts and lots of friends to make a living in real estate. So I did video work for quite a few years. Also started working with hypnosis, past life regression work. I did that kind of as a sideline and eventually the last 10 years I worked, I worked in property management. I went back into working in real estate. So what questions do you have at this point? What are you thinking? I hear your mind going.

**LD:** I guess before we move on from Maui— we talked a little bit about the unique aspects of living in Anchorage. Maybe could you speak a little bit about the unique aspects of Maui?

**SA:** Well, in a lot of ways— the only way to get there is by boat or to fly in. I would say the energy in Anchorage is electric, it's cold, it's quick, it's fast. Maui's the total opposite. Passive, laid back, healing, relaxing. Beautiful colors, blue of the ocean and the sky and the sunsets. And everything about it is healing. Getting into the ocean and just laying there and let the salt water drain all the toxins and energies out of your body and let you relax. And one of the things I got involved in when I lived in Miami was scuba diving. I did a lot of underwater photography. Was, oh, what an environment. You hear yourself breathing on a regulator, and this unbelievably beautiful underwater scenery of, you know, the fish and the coral. It was just breathtaking and healing, and Alaska is breathtaking in its own way, but Maui is a totally different beauty about it.

**LD:** Was there a different level of access to amenities?

**SA:** Not really. Of course, you have a lot of tourists on Maui. You know, they have a lot of, a lot of resorts. You had everything you needed there. I didn't lack for anything. I did a lot of hiking up in Haleakala. My folks lived there. We used to take the kids, your dad and his brothers roller skating at Pu'u Omana [sp?], by the way, burned down a couple years ago when they had a big fire in Lahaina, but we used to roller skate all over. Pu'u Omana [sp?] was a resort community right before you get into the town of Lahaina. And it was flat, it was right by the water, and you could roller skate all over the place, and we had a great time. But as far as doctors, dentists, nurses, all that, it was all available. Like I said, there's a real active what's called New Age community there. People into alternative medicine, alternative thinking, those were a lot of the people I got involved with in the process of trying to get healed.

**LD:** I guess now what I'm kind of hoping to transition to a little bit is— about your experience in the Soviet Union, and you said that you went on that trip sort of towards the end of your time in Maui, is that correct?

**SA:** The end of my stay in Maui, yeah. And I still don't remember the name of the group or how I met them, but I had always kind of in the back of my mind, thought it'd be fun to go to Russia and the Soviet Union. And I met these people that were putting together a group that was gonna go over there to try to facilitate exchanges between professionals like scientists, Soviet with the

US, educators, Soviet with the US. And I said, 'Hey, that might be fun. Can I come along?' And they said, 'sure.' So they invited me and I went along with them.

And I remember we— one of our big missions there was to meet the people who live there one-on-one. We would meet in groups, like two or three on a corner at night outside a hotel, and they would pick us up and take us to their homes. And it would become dangerous for them to be seen with us, so we would go visit at night And we'd spend two or three hours visiting with these families. And I found, for the most part, the Soviets—the people really loved Americans. They would say things like, "We were great friends during World War II, after World, what happened?" You know, "How come our countries aren't friends anymore?" That kind of thing. But then most Russians genuinely liked Americans. They're easy to get along with, friendly people, very poor. A lot of times they'd go into apartments who didn't have refrigerators. I remember it being Easter and having Easter eggs out and eating an Easter egg and getting sick because the Easter eggs hadn't been refrigerated right, they'd been sitting out, which I eventually learned. So that was a really interesting experience, meeting these people.

But as far as Chernobyl happening... it's like, we were in Moscow, and I guess Chernobyl happened three days before we ever knew about it. The government— there was nothing on the TV, nothing on the news, nothing in the newspapers. We first learned about Chernobyl from a group of tourists coming in to stay at the hotel we were staying at. And we got to talking and they were astounded that we didn't know what had happened. Of course, then we all got concerned about being exposed to radiation. My first thought was to call my kids. They jammed the phone lines. You couldn't call out for days. I remember one of my kids making— they thought I was dead, you know, they just thought for sure I was dead. Took a long time before we were able to call out. And the good news is about three days after that, we went, the tour as a group, we went, we were planning to go south, like into Georgia and Azerbaijan. So we went and later found out that most of the radiation fallout went back towards Europe. it didn't really come into Russia. But everywhere we went, there were Geiger counters, right? People checking to see if you've

been irradiated. And we never showed any signs of radiation. So I guess we were very lucky in a lot of ways.

**LD:** How did that experience shape your view on nuclear energy?

**SA:** Well, I hadn't really thought about it a lot until it happened, and then I got to doing a little research. Now, I think nuclear energy is the most destructive thing that we've created on this planet, and I think it eventually will kill us. You know, if it's let to just be, And we're led to just, you know, drop bombs and pollute, and not just by the bombs dropping on you. It's the radiation. Some of the types of radiation last for hundreds and hundreds of years. And so you have all this soil, land, livestock, people. I was reading somewhere that the U.S. conducted 982 atomic experiments out in the Nevada Test Site, most underground or underwater. Before Alamogordo, you know, the big above-land bomb. But all these people that died from Alamogordo, that big bomb they released, the radiation and drifted, and there were hundreds of people that died. And of course, it was all, nothing was ever said about it or learned about it. But I've always wondered, like, why are they feeding the livestock and chickens— why do they have to feed them antibiotics? More likely, they've been poisoned by radiation that grew, grow, you know, by what they eat off, that grows off of our farmland. And that's all part of this nuclear atomic experiment that we've been doing on the earth for years, years and years. Think about radiation. You know, they try to put it in barrels and barrel it underground. Well, eventually the barrels rust out and then it leaks into the water supply. I read somewhere that Japan is putting all the nuclear waste from that big problem they had a few years back under— dumping it in the ocean. Hello? They're not gonna poison the ocean? They're not gonna poison the fish? They're not— I mean, none of it really makes sense. It's like you've got a tiger by the tail and you don't know what to do with it, yeah.

**LD:** What do you make of reliance on nuclear power plants to generate electricity and, kind of, the placement of nuclear power plants near where people live?

**SA:** Well, I think it's awful. I think it's very harmful, dangerous. Again, it's about what's more important, energy or lives, you know? There are other ways to create energy, like again, solar

power, wind power. I think nuclear power should not be allowed to happen, that's my feeling about it, because you're going to have all this waste you have to deal with. If there's an explosion, you're going to have to deal with the aftermath of that. You're going to have people dying, and how important are their lives— what's more important? That's my take on nuclear.

Oh, the other thing I want to mention. We talked about the soul earlier and vibrating. This... What I've seen in my past life memories, regressions— there have been other lifetimes, other— I've been in other lifetimes on this planet where there were nuclear or atomic explosions, and it's the one thing that will completely destroy a soul. Remember I said how the soul contains all the memories of all your lifetimes. Basically, we create a continually reincarnate to advance our consciousness. And experiences we have help us to grow consciously. Well, if you're involved in a nuclear explosion, it's the one thing will completely destroy a soul. It will not survive. It doesn't matter how old, powerful a being you may have become, it's gone. It evaporates. It's nothing left. So that's scary too.

**LD:** Do you have any sense of why nuclear energy is so specifically powerful in that way?

**SA:** No, I don't. I think it just has to do with the amount and type of explosion. I mean, it's so powerful. No, I could maybe try to tune into and get some information on it in the future, but I've just seen it happen. I've seen it happen. I don't know exactly the mechanics, whether it's strictly the radiation. I think it's the explosion, the intensity of the explosion, but I'd have to do more research on that.

**LD:** These nuclear detonations that you've seen in past lives, is this like for example Hiroshima and Nagasaki or is this more like the distant past?

**SA:** Distant past, millions of years ago, I think when I look at some of the memories I have, there was a big nuclear or atomic, one of the explosions in Egypt at some point in time that went all the way over to the Sinai Peninsula. And that's why a lot of that energy— land in there is all desert. I cannot right now give you the time frame I'm thinking about. I'd have to do some research on that. But yeah, if you believe, there were different ET groups that have come in here

and settled on the earth over millions of years, brought in what we called the patriarchy, brought in their gods that are in our Bible and that kind of thing. But they also brought in the nuclear knowledge, information, because they already had this type of weaponry available to them. But these are just things that I've seen.

**LD:** Are any of these things that you read about, or is this all knowledge that you kind of derived from past life regression?

**SA:** Most of it is past life regression. I've spent so many years, since 1968, and one of the things when I died, went to the other side. After a while, I was brought into this meeting of beings sitting around a table, and they said to me, 'I'm sorry you can't stay, we gotta send you back.' And I said, 'Oh, no, I don't want to go back down there. There's too much pain. There's too much suffering.' Here's what they said to me. 'You have work to do. Only you can do it. And there isn't time for you to be reborn.' Well, that was the first time I ever, ever, ever even thought about reincarnation. 'There isn't time for you to be reborn. You have to go back.' So I'm still kicking and screaming, screaming, 'No, I don't want to go.' And they and the last thing I remember saying to you is, 'The reason in the earth plane is to learn about love.' That's the reason we're here. That's the reason we incarnate on the planet earth. It's basically a learning school about good and evil but it's ultimately to learn about love. So at that point in time, when I came back, I thought 'Reincarnation, what's that?' I started studying all this ancient wisdom, Asian wisdom, Buddhist religions, anything that I could learn about reincarnation, meditation, past lives, that kind of thing. I became pretty versed in it over the years, adding on my own personal experiences through hypnosis and things that I've relived and seen.

**LD:** I suppose if I ever got interested in something like this, my first step would be to look it up online. But for you and in this time period, how are you— I guess where was your starting point for diving into this, especially if it sounds like you hadn't thought about alternative medicine much before this point?

**SA:** Well, they said to me, 'no it isn't time for you to be reborn.' That was the first time I'd ever thought— And we're talking 1968, that's when Tim was born, so I had that experience. And so I

can say when I came back, I really started studying and researching what they were talking about. I'd never heard of it. The Catholic Church doesn't teach reincarnation. I was raised Catholic.

**LD:** Are these like—when you were just starting out—was that like library books, or was there anybody you could talk to about this?

**SA:** Oh, mainly it was books. No, I didn't know anybody that I could talk to about it. Your grandfather, very Catholic. Not first in any of that kind of thing. And again, not excited that I was exploring those realms. It was enough for him to be Catholic and why can't you just accept what you've been taught? You know? I've never been that kind of person that can just accept what I've been told or I've been taught. Mostly books. Mostly books.

**LD:** How did you get your hands on these books?

**SA:** Well, interesting thought. I would spend hours in bookstores. I would just literally sit there and camp out for hours going through books. I got most of them out of bookstores. [laughing] I come out and buy \$100 worth of books at a time. I have a huge library. I still have a lot of those books upstairs in my library.

**LD:** That's interesting. Has your method of researching changed over time, especially now that you have all these contacts, these people that you've met who are interested in these same topics?

**SA:** Well, the thing now is I'm bedridden, old, 81 years old, so the internet, I can quickly look things up on the internet, which in those days you couldn't do, it didn't exist. So I don't really have a lot of people around me that I rely on for information, I just... if I'm curious about something and I can't remember, I look it up on the internet. I can't get upstairs to my books either at this point in my life.

**LD:** Do you find it's a different style of research, that you face different challenges reading things on the internet than when you were in these bookstores looking for books?



**SA:** Well, I was much younger and much more agile, and it was just a different way of being. I was very content with it, you know, just, I loved books, I love bookstores. I miss, you know, I mean, the internet in a lot of ways is a great thing, but it has this real negative side to it, which I feel has been an instrument from all these snakes crawling out from under rocks and being able to get together and organize and become social forces in the world that didn't exist when I was sitting on the floor in bookstores and doing my own research, so that, you know, there's a positive about the internet, but there's a great negative about it, too, that I think has influenced our society in a real negative way.

**LD:** That's interesting. I was hoping just before we get too far to go back to an older topic, which is you visiting all of these Soviet households. Was that— oh, and also first just a clarifying question about that, so... the households you visited, was that mostly in Moscow or were there other places as well?

**SA:** No, no, I was in Moscow, and like I say—

[Audio issues]

**LD:** I guess when you saw that a lot of those houses didn't have refrigerators and other appliances, was that eye-opening for you, or was it what you expected?

**SA:** Well, I didn't really know what to expect. I had no preconceived idea. It was like just going and finding out what were their lives like. Oh, and most of them lived in, although they had apartments, they were poverty— mostly, I mean, compared to our standards, apartments, oh, these people lived in real poverty. So yeah, it was, I don't want to be, but I didn't, I had no perceived notion of what to expect. So I just took it in as an experience. This is what these people have to deal with and how they have to live. And the other thing that was kind of interesting was that we had to meet on corners in the middle of the night, in the dark, because it was dangerous for these people to be seen with us. So it all kind of had been done secretly. That

was interesting because you know, I live in a world where I can't imagine that happening so it's hard to believe that people live this way.

**LD:** Just in the context of the Cold War, did you have, like, any preconceived notions about Russia or what life was like there?

**SA:** Not really, not really. You know, my life was so busy. Up until then, I hadn't had a lot of time to think about Russia too much. It just wasn't a big thing on my mind. You know, some of my relatives came from Switzerland. I'd often wondered about that. Your grandfather's parents, by the way, I forgot to mention this, your grandfather's father was the first mayor of Anchorage and he was born in Anchorage.

**LD:** Delaney Park, right?

**SA:** His relatives are all Irish. Delaney Park was named after— well actually he with his, what do you call it, city council, actually created Delaney Park. Yeah, I turned it into— they would meet night and day and night and day, created this park there, built it themselves. It's one of the big accomplishments that they— while he was mayor that got— that happened while he was mayor.

**LD:** Yeah, I know a little bit about that part of the family history. I wanted to—

**SA:** Do you know a little bit about?

**LD:** Oh, uh, that part of the family history. Oh, I was just saying I knew a little, I know a little bit about that part of the family history.

**SA:** Oh, good. Yeah.

**LD:** I wanted to ask about just electronic devices because I feel like you've lived through a lot of very major shifts in sort of what was available to consumers like color TV, microwaves, portable

cassette players, cell phones, computers, and just other things just kind of becoming increasingly available for households, like dishwashers, for example. For you personally, what would you—

**SA:** I have to laugh, because I've lived in this house for 20 years and we don't have a dishwasher.

**LD:** I currently don't have a dishwasher, and I got so used to it growing up, and now out in Chicago I don't have one. You realize how convenient it is.

**SA:** The first thing I want to say is, actually, my experience with TV was black and white. I remember our first TV was black and white when I was fully moved to Alaska. We got a TV and what was interesting, our bedroom was off of the living room. And my dad would make us go to bed at eight o'clock at night. But he turned the TV on. And if you rolled over to the very side of the bed, you could peek out at the door and see the TV. Well, if he heard the mattress springs creaking, you were in trouble, but we would often try to watch TV late at night when we were supposed to be asleep, right? But my first experience with TV was black and white. We have a large color TV, which has been a great companion recently in the last few years with being bedridden and all.

I'm not a real gadget person. My phone, I basically use for a phone. I don't trust online banking. I worked early on for a man who had all these clients that subscribed to his website. And oh, it was supposed to be totally safe. Nobody would ever break in. Well, twice somebody broke in and stole all of his clients' names, all the list of clients and all their information. So I never really felt safe. I don't have Facebook. I don't have a need to have my life out in public like that. As you can see, I've had a lot of traumatic experiences in my life. I tend to hold them close to the chest and keep them personal. I don't need to have a fan club so to speak, you know. I just, I think it's partly my age. Maybe too old to learn new tricks, but I use it as I need it, but I'm not addicted to it. I'm not dependent on it, mainly because I think in a lot of ways life was better when it was simpler. But then I guess most old people feel that way.

**LD:** Is there anything that you saw sort of come out and hit the shelves that you have developed a sort of affection for, or is all the... I guess do you feel the same way about all of the technology that you've seen come out?

**SA:** I'm trying to think is there anything. We do use a microwave a lot. For Angelo, it's about the only thing he can use to fix dinner at night, so that's been a real great help. We've been very grateful we had that. You know, and of course washers and dryers and ovens, you know, they're very convenient, and they're so much more improved than when I was younger, but as far as having a need—a real need—for any of this stuff, I don't think so. I think, you know, I see myself needing electricity and gasoline for the car and that kind of thing, but I don't see myself needing a lot of this stuff that has been supposedly for convenience. Like, if I had to do without them, I could probably be okay.

**LD:** Did you notice any differences when your sons were growing up between, I suppose between— When your sons were growing up, did you notice the increased prevalence of electronic devices making their childhood sort of different from your childhood?

**SA:** Well, you know, I told you that your father sent them out to high school, and basically, you know, we, I never really had to spend a lot of time with them since. They went on to college. They went on to law school, relocated in New York, relocated in LA. So all the— I do remember they couldn't wait to get out of Alaska because none of the bands, none of the rock bands came up and put concerts on, right? They couldn't wait to get to these big cities where they could see concerts. But the other side is that, as I remember, a lot of these musicians were druggies, you know? They were terrible, terrible people to try to, you know, think your kids are looking up to because they were into drugs and alternative lifestyles that were... really not very inspiring. So I don't know that I have a good answer to that. I know of course your dad, his life's work is all about the internet, and a lot of his clients are big internet providers, but I— That was after when he went to college.

**LD:** Well I think that's most of my questions, and I really appreciate your answers. Is there anything else that you feel like we should discuss just in relation to energy and how it's impacted your life that we haven't talked about already?

**SA:** Not specifically energy, no.

**LD:** It can be a little broader.

**SA:** I think I mentioned you had a couple interesting experiences in Maui, if you want me to share them.

**LD:** Yeah, certainly.

**SA:** Not specifically energy related. Would you want to hear them?

**LD:** Yeah, I'd appreciate it.

**SA:** Okay, this is Maui. I don't know if you know this or not, but the top of Haleakala years ago our government built what they call a Star Wars installation. Nobody really kind of knows exactly what it does. Angelo can attest to this. He and I have memories of sitting on my deck in Maui at night and watching ships come in and land. Assuming they're going to the Star Wars installation, we don't really know. And we don't know what kind of ships they were, but they were ships coming in and landing.

I had a girlfriend and I once, who decided to go— well, there's a back, what they call the back road to Hana, kind of untamed. But up at the top of it is this old, burnt out church. People like to go out there and, again, watch the stars. It's beautiful at night, and, again, it's a place where you can see the ships coming in and land. So I go up there with a girlfriend one night, and we're sleeping in our sleeping bags, got all cozy and settled down for the night. The next thing I know is I'm being lifted out of my body into this ship. I look down and I see, like, hundreds—it's not the bodies, it's just energy

bodies—being sucked into the ship. And I'm kind of in a holding area, and I got really scared, and I thought, "Oh god this is scary." So I start thinking, "Oh wait a minute I need my camera, wait a minute my purse is down there, I need my purse." I kept thinking I gotta go back, and the next thing I know, I'm back in my body, right? And I wake my girlfriend up and I say, "did you just experience what I did?" And she said, "What? No, I don't think so." [laughing] And I told her what experience I had there. Very frightening. But it's certainly—I've had a lot of different what you would call ET experiences in my life. Some in Alaska. Saw many ships at Denali, visit some Denali. Saw many ships and had experiences with ships on Maui. So I am personally a believer that's all I'll share with you.

**LD:** So you said some in Alaska, is that before you moved to Maui?

**SA:** Yeah, before I moved to Maui.

**LD:** I see.

**SA:** Every time we'd go to Mount Denali, I would see ships. I have pictures. I used to have pictures. I don't know if they're still around. I took of ships in the sky, you know, over the mountain. I was in Egypt once. I remember taking a photo of all of us just standing around a pyramid, and when the guy I developed it, there was a big ship in the picture, right? Circuitous-looking saucer spaceship. Nobody could believe it, there it was. But yeah, I've had quite a few experiences like that.

**LD:** Yeah, I suppose if you have anything else, we can talk about it now, or if you think of anything, you can just let me know.

**SA:** Okay, I will.

**LD:** Oh, and I totally forgot, Happy Mother's Day!

**SA:** Oh! Thank you, thank you.