

Protecting Civil Liberties Through Sheriffs and Peace Officers:

A Special Interview With Richard Mack

By Dr. Joseph Mercola

Dr. Mercola:

Welcome everyone. This is Dr. Mercola helping you take control of your health, and we are delighted to have today a true hero, a patriot, Richard Mack, who's a Constitutional sheriff and is a former sheriff. But is engaged in the process of educating existing sheriffs to get up to speed so that you and your civil liberties can be protected. And prior to the pandemic, I was essentially clueless as to the importance of your local sheriff. I had no idea how crucial they were. They, in my view, are probably the single most important elected official you could ever hope to vote for. So one of my goals for this interview with Richard is to have you fully, deeply appreciate that and take some action to make sure that your sheriff is abiding by the Constitution to protect your civil liberties.

Dr. Mercola:

So welcome and thank you for joining us today, Richard.

Richard Mack:

Well, thanks for having me. That was exactly correct. So if you can learn that, everybody else can.

Dr. Mercola:

Yeah. So I had no idea what a massive challenge this was, and it turns out that our Founders had some pretty great ideas with respect to preserving our liberties and they obviously enacted the three branches of government. And they separated the federal from the state government. But ultimately it comes down, in pragmatic circumstances, to the local sheriff implementing these rules. So if you don't have a good sheriff, you're going to be potentially at the mercy of a tyrant for some government official. Could be the governor, could be your local mayor. Who knows. But either way, typically if they want to enforce these rules, the sheriff is in the process of doing it.

Dr. Mercola:

So why don't you explain that process a little more, and then give us a little back story of how you got into this. I mean, you've done some unbelievable things in your life. You actually were one of the few individuals who actually sued and won and beat the federal government in the Clinton administration in the Brady Bill. So you got a lot to talk about. So let's go for it.

Richard Mack:

Yes. I mean, literally we could spend a day on this and not cover it. But again, thanks for having me. This is a crucial time in American history, and we actually have a peaceful and effective solution to it. And the only thing that needs to happen is your local officials, especially your

sheriff, keep his oath of office. That's the only thing he has to do in order to effectuate the philosophy you just mentioned, and that is that the sheriff is here to protect your civil liberties, your God-given rights. And as the Founding Fathers put it in the Declaration of Independence, "The laws of nature [and of] nature's God." Either way, you don't have to believe in God to appreciate this or to be a part of it. You don't because these are the rights you were born with.

Richard Mack:

And as you mentioned, this is all born out of a lawsuit that I started back when I was sheriff in a small farming community in Southeast Arizona, Graham County. It's Safford, Arizona. That's where I grew up, went to grade school, junior high, high school, junior college, all of it right there in Safford, Arizona. And my father was an FBI agent there for about 25 years, and then I ran for County Sheriff. And it was a very unlikely election, but I won. I was reelected in 1992, and a thing called the Brady Bill was propagated by Congress, signed by President Clinton in November of 1993.

Richard Mack:

Then in January of 1994, January 21st, 1994, three agents of the BATF, that's the Bureau of Alcohol, Tobacco, Firearms and Explosives showed up at a National Sheriff's Association meeting that we had in Phoenix. There are only 15 counties in Arizona. They're large counties geographically, very large. And 13 sheriffs were in attendance, and three agents handed us a document detailing what we had to do in order to comply with the Brady Bill and enforce the provisions of the Brady Bill. I tell you, when those agents left, you never heard so much cussing in your life. And it wasn't coming from me. Nobody liked this. Not the Democrat sheriffs or Republican sheriffs. Nobody liked this law. The other sheriffs, Sheriff Buchanan said, "What arrogance from the federal government thinking that they can-" and this is the first time in American history. People need to understand this. This is the first time in American history where they made a law conscripting and commandeering the office of sheriff to enforce federal law. And not only that, it came with a threat of arrest.

Richard Mack:

People think I make this stuff up. You can look it up yourself. Cornell University did the best review of the case that I ever saw. So if you want to look up *Printz v. United States*. Sheriff Printz from Montana was the other sheriff that went with me to the Supreme Court. So if you look up the case, *Printz, P-R-I-N-T-Z. Printz, Mack v. U.S.*, you'll see this case. It's the most amazing 10th Amendment decision in the history of our country. It is so powerful. Justice Scalia wrote the decision, and it went 10 times further than I ever dreamed. In fact, I never dreamed of even going to the Supreme Court. I thought it would all be squashed and forgotten at the district level. But we went through the district court, six other sheriffs joined me in this lawsuit. All of them won at the district court except the one in Texas. I don't know how you lose a 10th Amendment, Second Amendment case in Texas.

Richard Mack:

But people need to understand we sued on the 10th Amendment to protect the Second Amendment, yes. But to protect state sovereignty and to protect the issue of this. This is the one thing that really got to me the most. I understand we're always going to have people believing in

gun control. I do not because it's against the Constitution. However, and I'm not a big gun guy. I never even owned a gun until I was elected sheriff, and that's the truth. I don't hunt. I'll eat the meat if you bring it to me. I love venison and elk. But the thing of it is I'm not a gun guy, but I'm a freedom guy. That's all this was about. And I said that the federal government cannot tell any sheriff what to do, not me, not the sheriff in Bangor, Maine or any sheriff across this country. They have no authority. They have no jurisdiction to tell us what to do. And that is where we won.

Richard Mack:

It pushed the federal government back, but nobody knows about this decision. It's very hidden. Nobody enforces it, and I'm trying to wake the country up to enforce (1), the Constitution, (2), this decision that just reinforced the Constitution and the principle of federalism.

Dr. Mercola:

Can you speculate as to how the country might look today if in fact you hadn't filed that lawsuit or you had failed to win the case? What would it look like?

Richard Mack:

Well, we wouldn't have any sheriff standing. As you have seen across the country, ever since the coronavirus hit and these ridiculous orders from mayors and governors, we've had hundreds of sheriffs stand against it. Even in California, even some in New York. And one of our best Constitutional sheriffs is Mike Carpinelli out of Lewis County, New York, and he's actually announced that he's going to run against [Andrew] Cuomo next year or the year after. But anyway, he's running for governor of New York. Really a solid Constitutional Conservative. Somebody who actually believes in freedom who wants to put aside the socialist, communist takeover of our states and our country, and who really believes in individual liberty.

Richard Mack:

And I'm going to tell everybody right now, communism and socialism are the antithesis of individual liberty. They do not allow for property rights. They do not allow for personal freedom. It's all about the state mandating and controlling everything, including your own property. You don't have property under those systems.

Richard Mack:

So what I wanted to get back to though is the Supreme Court case said this, and Scalia, like I said, went a lot further than I ever thought he would. He said this: "But the Constitution protects us from our own best intentions." You would think that quote right there would be enough to get everybody so excited about this case that they would go to our website and buy all the reviews of the case I wrote. I had this little pocket-sized review, Reader's Digest version of the case. All the highlights, all the best parts of the case I put in this little 15-page pocket review, and it's called "The Victory for State Sovereignty." And you can get that at cspoa.org. And you can get five of them for like \$10. They're real easy to get, and you should be passing them out to everyone so that they wake up to this.

Richard Mack:

Because Scalia even went further than this, and he even talked about the crisis of the day. How the Constitution protects us from the crisis of the day. "It prevents the temptation," he said, "the temptation to concentrate power in one location as an expedient solution to the crisis of the day." And so if you have all that, you put that together, say, "Well, how do we protect ourselves from the crisis of the day?" Because that's all this coronavirus is. Because we've never done this in American history. Not under the Swine Flu, the Bird Flu or-

Richard Mack:

How many Americans die from obesity and heart failure and heart disease and from the effects of smoking? What is that, about a million a year? We don't even make cigarette smoking against the law. We don't even make... Why don't we make obesity against the law? For Heaven's sake, it would be so easy to put a little computer chip in everybody or just have everybody keep their federal obesity card. And when you go to a Dairy Queen, they run it and they go, "Oh, whoops. You can't have a Blizzard today. You had one last week. You can't..." And you go to a grocery store and say, "Oh, whoops. You can't buy ice cream today. Sorry." "Oh, you can't buy that chocolate today." I mean, aren't they going to take care of us? Isn't this the same philosophy of Mayor Bloomberg when he said you couldn't buy- "We're going to make Big Gulps and large soda pop containers illegal." Isn't this the same thing of them trying to protect us and make sure that we're all safe so that we stay locked down in our homes and that we social distance and that we wear masks in public?

Richard Mack:

There's no freedom of choice in any of that. Do I not have the right to wear a seatbelt if I want to and not be forced by our government and our peace officers? See, my message is to all peace officers because we've already seen this happening, Dr. Mercola. We've actually seen this where sheriffs and peace officers across the country are saying, "I will not force people to do that." It might be a good idea to wear a mask. I don't know. But I do know that it has to be up to the individual because liberty is based on the choices that the individual makes, not the government makes them for us. And even now we have some cities in American that have, like Englewood, Colorado, has instituted, promulgated a rule that if you're not wearing a mask, it's a \$2,600 fine and a year in jail. And at the same time, we're releasing tens of thousands of convicted hardcore felons so I guess that we can make room in our prisons for the non-mask wearers.

Dr. Mercola:

Even gets worse than that because the most egregious escalation of that effort would be an example of a security guard who was arrested yesterday for murder, for murdering a 60-year old guy in a grocery store because he refused to wear his mask. Shot him in the back, killed him.

Richard Mack:

Yeah. And see, a couple of times I'll wear a mask in the grocery store because you get these looks if you're not wearing them, like this mob is going to attack you. And when I do that, I still never put it over my nose. Even in airports where they're really watching you or on an airplane, I've been on an airplane numerous times during this, I still never put it over my nose. So far I've only had one person actually take my mask and move it up over my nose, and that was a lady giving me a haircut. She actually did that too.

Dr. Mercola:

There's another interesting example. I saw a video of an individual who was wearing a mask but it was essentially – I don't know. It wasn't designed for infectious disease prevention, but it had massive holes in it. It was like a net, clearly. I mean, you could stick your little finger through the holes. And he says he's worn it everywhere and no one has told him that wasn't an effective mask. So it was almost like it was a submission to the tyrannical assertions by the local or federal governments of these rules that they want you to comply. They're not really interested in if it's effective or not.

Richard Mack:

And let me ask your audience a question. This is a question I've asked on every program I do. We have Sheriff Nichols out in Franklin County, Maine who told his governor, "We will not make our county a police state. We will not conduct ourselves like Nazi soldiers. We will follow the Constitution." So he was actually refusing, and this was before some of the mask laws. Not laws, orders.

Dr. Mercola:

Orders.

Richard Mack:

Dictatorial orders. Hitleric orders. Social engineering orders. Let's see how many we can make wear their mask and crawl around on the floor. It almost seems like that's coming next. But they do know that if they scare us sufficiently that we will do anything they say, and they're loving that. But the question is do you want the sheriff in Florida who arrested Reverend Howard Brown or do you want the sheriff in Maine who said, "We won't conduct ourselves like that. We will still respect the rights of the people to make their own choices, even if it's uncomfortable for other people." Isn't that what liberty is? Doesn't it make us, "Gosh, I wish people would just agree with me. Let's make a law that we all have to agree on this." You would think we already made a law that freedom of religion would be the one principle that we would all agree on, yet we're arresting people in this country for literally just for going to church. Some in a parking lot where they stayed in their cars and they still got cited in. And a minister literally being arrested, handcuffed, taken to jail, and he posted \$500 bail and left. This is so absurd.

Richard Mack:

So I'm asking, which sheriff do you want in your county? The one who will protect your liberty, still educate you as to how we should be careful, and then respecting your right to choose for yourself? Which sheriff do you want? And I also submit that he actually protects you from other government trying to arrest you or he protects you from that security guard, and security guards, they're not actually very well-trained. Sometimes cops aren't either and that we need to understand de-escalation and that we don't shoot somebody over a mask issue, which isn't even a law.

Richard Mack:

The insanity just seems to get worse and worse every day, and I'm saying let's go back to American ideals. Let's go back to the Constitution. And we literally train sheriffs and peace

officers across this country to follow the Constitution, and to do that you have to know and understand the Constitution, especially the Bill of Rights.

Dr. Mercola:

Yes, indeed. In response to answering that question, I believe that the vast majority, if not unanimous agreement, would be we'd want the sheriff who's going to protect our civil liberties and personal freedoms.

Richard Mack:

How about if they do forced vaccinations next?

Dr. Mercola:

Absolutely. That's right down the road. That's the next step, and I think in my view, doesn't necessarily mean it's correct, but in my view I think that the guidelines or recommendations or orders to wear these masks is a preliminary step in that direction.

Dr. Mercola:

So the question becomes, "How do we get that sheriff in our county?" So I think it's a two-step process. One, and I liked you to elaborate on each one because that's really the primary purpose of this dialogue is to help people understand how they can identify if the sheriff on the ballot in November who they are voting for – well, could be because not all – it doesn't happen every November. I don't know if the office is two or four years. But how they can identify if that sheriff is aligned and oriented towards protecting their Constitutional freedoms, and then we can go to the next step and how they get the existing sheriff educated.

Richard Mack:

Well, that is the \$10,000 question. We the people need to be involved in that process. Remember, [Thomas] Jefferson said, "The price of liberty is eternal vigilance." And that's one place where we have failed in this country. We the people have trusted government to take care of liberty. Big mistake. We were told to never do that. Never trust. I don't care if it's your brother who's in office, never trust anybody in government, including me. Check on me. Always be checking and see what I'm doing, and your public officials should be making that very transparent. This is what I believe. This is what I'm doing. This is what I did the past month. This is what we do in the sheriff's office.

Richard Mack:

But every one of you first, you need to join the CSPOA, Constitutional Sheriffs and Peace Officers Association. It is an organization that is there to create a partnership between the people and the sheriff and local law enforcement, with chiefs. That's why we said it's not just the Constitutional Sheriffs Association. It's the Constitutional Sheriffs and Peace Officers Association because we want all of them to do this. And we even had Greg Anderson come out and do his video that went viral while he was in his police cruiser saying how we're supposed to be following our oath of office and the Constitution. We're not supposed to be locking people up for having church.

Richard Mack:

So roadblocks and administrative checkpoints and checking people without probably cause and stopping people without probably cause, those are all problems that we've done in this country with law enforcement. And CSPOA is the wake-up call, but when you go talk to your sheriff, you've got to vet those candidates that you were just talking about. Every one of you, I can't call 3,100 sheriffs. There are 3,100 sheriffs in America, just under that. I can't do that. People call and say, "Hey, can you call my sheriff for me?" I'll tell you what, I will right after you go talk to him or call him. Some don't want to be meeting with people during the coronavirus thing, but if they require masks, wear a mask. Whatever it is that you can reach your sheriff.

Richard Mack:

But hopefully he'll let you take it off after you get there. Say, "I don't believe in doing this." And explain why. You got to be tactful. You got to be diplomatic. Used to be we said, "Take them a plate of cookies," but not with this coronavirus thing. A lot of the cookies they think might be tainted because you made them at your home. But be friendly, be tactful, but you need to ask every sheriff candidate running right now if he will be a Constitutional sheriff. And we're not going to get all the sheriffs. You're not going to get the Seattle sheriff. You're not going to get the Portland sheriff. You're not going to get Los Angeles or Chicago or New York City. But we have a lot of them who are surrounding those areas in more rural counties. Absolutely.

Dr. Mercola:

So let me stop you there. I don't disagree with you, but I'm wondering if there is an identifying characteristic of the communities or the counties that essentially are off limits because they're so captured by the system. It's just not going to work and you're just wasting your time. And the best solution is to move. How would you identify that group other than-

Richard Mack:

You should be able to find that out with one quick phone call or you can look also at the history of it. I mean, you're not going to get Miami-Dade County where Miami is in Florida.

Dr. Mercola:

It's a large, urban democratic centers.

Richard Mack:

Usually the large cities, go onto something else. But you still should make the phone call. They need to hear from you, and they need to know you're concerned about this issue. But first and foremost, it's great that you go to them and say, "Sheriff, I'm a member of the CSPOA. I'm on the Constitutional Sheriffs Posse, and join today, become a member, help us with this financially." And that's what that does. And for heaven's sake, everybody needs to be a member of this organization. It's the only one out there doing this, and believe me, it's peaceful and effective solution is working.

Dr. Mercola:

Let me stop you there because that sounds very self-serving that I would have you on here just to be a pitch man to improve your organizational funding. But the appearance of self-serving really disappears if you understand what your legacy is and what you've been doing and have done and continue to do to educate the sheriffs. So why don't you help us understand why supporting an organization like yours is probably one of the most highly leveraged investments you could make in securing your personal liberties.

Richard Mack:

Yeah. Thank you for that. We've never really been funded. The only way we go from month to month are the people who join, and what we're doing is we take these funds and we use it to train sheriffs. So the educational process that you're a part and literally this whole organization only works if the people get involved. Because even when we've had our national conventions, and we've had six of them. Our first one, we had 11 sheriffs show up from Colorado. You know what those 11 sheriffs said? "We came because our people contacted us and told us they were paying for us to attend." And literally that's how that convention happened is people across this country donated. That's how it's always worked.

Richard Mack:

If people want to be a part of this process, if they want this solution, become a part of it. But the success of this organization is based on your involvement in it, how much time you spend, how much time you spend on this, how much money you put into this. We don't even have paid employees. We don't. We pay for all the mail outs, and when you order the books, we pay for the printing on that. We pay for the postage. We want you to have these books, they're tools for liberty. We want you to be able to take a copy of the Supreme Court decision to your sheriff candidate, to your sheriff forum, and you've got to get going on that because some of these primaries have already happened. So you might only have two candidates left, a Democrat and Republican. And you need to find out which one. I don't care which party.

Richard Mack:

Find out which one will be a Constitutional sheriff, and I get calls from these candidates all the time. In fact, yesterday I got another one from Florida saying, "Will you endorse me?" CSPOA does not endorse, but I do. And you need to go and say, "Sheriff, have you heard of the Constitutional Sheriffs Association?" Most of them will say, "Oh yeah, I've heard about that crazy Mack guy." Most of them have already heard about us. Whether they have or not, you need to ask them, "Will you be a Constitutional sheriff? Will you protect me from being victimized by the government? Will you protect me if I don't wear a mask in public? Will you protect me if they come and knock on my door and want to come in my home with or without a warrant? I don't care. Will you protect me and my choice to take a vaccination or not?"

Richard Mack:

You know when they need to do that, they need to let the health department know and the other agencies in the federal government and state government that you will not allow that. These sheriffs need to create their own policies also, and we train in that. But we train sheriffs to do all this. And we go as far as your donations and your membership fees take us. That's just the simple fact of it.

Dr. Mercola:

And why don't you highlight and help us understand the reason why it's so important because the traditional training that sheriffs receive is fairly inadequate, especially with respect to the understanding the appreciation of their oath, which is to protect the Constitutional-

Richard Mack:

I'm glad you said that part because that's where it all starts.

Dr. Mercola:

That's the key, to help them understand that and implement it, and not get distracted by these other beliefs or ideas that they have to enforce something that is not within their scope of duty.

Richard Mack:

Correct. You've caught on to all of this, and like you alluded to, in relatively a short time. And the rest of the American people can do likewise. Look, we're not going to get every sheriff. We already mentioned that. We really hope to get about a third of the nation's sheriffs, that's 1,000. If we get just a third of the sheriffs to do this, we take back American liberty tomorrow. We don't have to wait for another piece of legislation. We don't have to wait for another election. We can do it now, today.

Richard Mack:

And so, folks, this is where you come in. The sheriff's position is extremely vital to all of this because he is elected by you. You're the only boss. Now get this. You're the sheriff's only supervisor. He does not report to anyone else, except you, the voters. And he needs to hear from you. If he never hears from you, he's going to do whatever he wants. And so we train that if you take an oath to the Constitution, which is required by Article Six of the United States Constitution. The Founding Fathers put it in there. You look at Article Six in your pocket Constitution, it requires everyone, including state officials, to swear an oath of allegiance to the US Constitution. That's great. I love it. We all should because what happens then? Liberty is protected at every level of government in all three branches. And at local and state and federal level, all agents are supposed to be enforcing the principles in the Constitution. That is where this is.

Richard Mack:

So how could you take an oath and then not study and know and understand what that means? If you take an oath to the Constitution, that presupposes that you know the Constitution. And that's where, as you alluded to, the training in law enforcement has failed miserably. We've never trained in the police academies. We do the training. But the police academies' ongoing certification training and all agencies in this country do not train at all what your oath means, how you keep your oath and what our role is in America as peace officers and sheriffs, what our role truly is in protecting liberty. And the place we start with that is the Declaration of Independence because first, most of us, and law enforcement are the same, most of us don't even know what form of government we have in America. How can we be a part of protecting the liberties of America when we don't even know what form of government America has? So we train all that.

Richard Mack:

We get rid of all the brainwashing, like we're a democracy. That's one. That's a brainwashing. That's a lie. And so then we get back. If you take an oath, how is it that you will keep it? And then we go into the Bill of Rights from there. I'm telling you, if our peace officers in this country understand that "To secure these rights, governments are instituted among men." Right from the Declaration of Independence, we find what the proper role of government is, and that is to secure God-given rights, natural rights, our innate rights. That that is the job of every peace officer in this country.

Richard Mack:

When you get a sheriff and a peace officer to understand that that is their role, that that is their job, the paradigm shifts from kicking in doors and hitting people with a nightstick and macing people and forcing people into behavior and putting people in jail because they're not wearing a mask. It shifts from that to "I'm the protector of the people." I am the defender of liberty. I am a guard of the Constitution." You see, that paradigm will make a huge shift and the beneficiary of that will be the American people.

Dr. Mercola:

I agree. Thank you for expanding on that. Why don't you contextualize it to the current challenges that we have with the pandemic and all the government mandates that came out as a result of that, resulting in so many challenges to just living a normal life? Part of that is the way the police are responding, and I know you're a pretty big guy. You're 6'3", 220 pounds, and interestingly in your entire career, you never had to use force. Certainly you never shot someone, but you never physically assaulted anyone either.

Richard Mack:

How did you know that?

Dr. Mercola:

So talk about de-escalation and how that all ties into the interventions that can be done to educate the peace officers and the sheriffs as to how they can improve the circumstances and respond more favorably.

Richard Mack:

Well, it sounds like you've done a real good background on me because you're right. I have never slugged another human being. I was a patrol officer. I was in law enforcement for 20 years. I've never taken my fist and hit another human being during that time, not once. I never maced anybody. I never hit anybody with my night stick, and I was always the top in arrests. I wasn't hiding. I learned a lot from all of this. My view really changed after I served as an undercover narcotics officer.

Richard Mack:

But this de-escalation thing, I will tell you, the best tool for any situation in de-escalation is the Constitution of the United States of America. If I know and understand the Constitution and my

role in defending it, I believe that the problems with police brutality are going to disappear in this country, at least diminish extremely. And it is because our entire thought process has shifted to one with a – and my vice president is a retired cop, and he's actually writing a book with me. And it's called "It's a Shield, Not a Sword." And the badge we wear is a shield. It is a protection. It is a defense. It is not something to hit somebody with.

Richard Mack:

And I admit that DUIs (driving under the influence) and theft arrests and kicking in doors and going after the drug problem, and we've failed miserably there. Our approach to the drug issue will change immensely too when we completely know and understand the Constitution, and that's been a big, huge and failed public policy. And we keep doing the same thing over and over, and we keep expecting something else to happen. But no, it's a freedom issue. All of this is.

Richard Mack:

So once we understand the principles of freedom that we as peace officers swore an oath to uphold and defend, our job is going to change immensely, and yes, if I can still enforce the law and not beat people into compliance, which I did for 20 years. Then every peace officer can do the same. Isn't it amazing the coincidence there that I studied and became a convert to the oath of office and the Constitution back when I was a rookie cop in 1983? And I really started studying the basics and the fundamentals of our Constitution and the existence of our government. And when I found out what all that was for, it changed how I viewed my job in law enforcement, and it really took me from a by-the-numbers jerk to a by-for-and-of-the-people peace officer and defender.

Richard Mack:

So this would've never happened to George Floyd, and this would've never happened to numerous others if we had officers there who truly were converted to why we have peace officers in the first place. And when we understand that my job is to protect liberty, not kick in doors – arresting drunk drivers? Yes, absolutely, we should. But why and how we do that, and how we effectuate all those arrests and our ultimate goal and my purpose in being here as a peace officer, it will change America.

Dr. Mercola:

So you had mentioned there are only 3,000 sheriffs. But my assumption is, and you really focus on the sheriff because they're the leader in their department. But once you've converted a sheriff and he's committed to these principles, is the typical scenario is they will train their entire department because obviously the sheriff typically isn't going out on these calls. I mean, it's their deputies have to implement these actions.

Richard Mack:

Correct. Absolutely. Yes, that's what happens. And we do that, and I've already had sheriffs do that. We've had sheriffs lining this training up, and we've had it postponed now three or four different times because of the coronavirus and we couldn't travel and they couldn't get there. And they shut down this city, and they shut down this state because of the-

Dr. Mercola:

Why aren't you doing virtual events? I mean, that's what a lot of companies are shifting to.

Richard Mack:

Yeah, and we're actually-

Dr. Mercola:

It's not as good, but-

Richard Mack:

We're actually starting that. I will tell you that's also problematic. I want to be able to look at these people to make sure they're there, that they're paying attention and that they're feeling. It's like looking somebody in the eye when you tell them something or somebody's over here texting and doing other stuff when they're actually supposed to be in class. I really hope that we can still do the one-on-one, but what I'm working with a national organization now that's in the health freedom – that's our main goal is health freedom and food freedom. But yeah, we have to consider that and we're doing it right now.

Richard Mack:

I just got back from California a couple of weeks ago where I did an event, but there were no local officials there. It was just Tea Party groups and health freedom people, and it was a fantastic meeting. It's people starting to understand, just like you have, that we've got to do this. And I'm going to tell you right now I don't see any other solutions out there that are peaceful and effective. I don't see any. And I'm sure there's one or two others. I mean, I still support gun owners of America and their approach to this with no compromise for our liberty. But the thing of it is as far as getting sheriffs and peace officers in this country to go from the master to the servant is a huge process, and that's what we're doing.

Richard Mack:

I'll do it online. I'll do it on podcasts. I'll do it on webinars. I'll do it in-person. But really in-person has much more effect, and this is where all of you come in. I plan to put this out on video, and you need to purchase this and take it to your public officials and make sure they watch it. Because I don't know if this continues, I don't know of any other way. And right now we have an event on September 30th that's supposed to be in Lynchburg, Virginia at Liberty University and where we're going to be training most of the sheriffs in all of Virginia, and the sheriffs association there has helped sponsor this.

Richard Mack:

So we're having all these wonderful successes, and we're not sure how we can carry on with it because of the problems with these ridiculous mandates. I'm not talking about how dangerous or how valid the coronavirus is in and of itself. But I will say we've never shut down the country for diabetes or for coronary heart disease or for cancers and all the other problems associated with people's eating habits. We've never done this before.

Dr. Mercola:

Yeah, even infectious diseases like tuberculosis too. [inaudible 00:41:11].

Richard Mack:

Why don't we make alcohol against the law? Why don't we make cigarette smoking against the law? Why don't we shut people down and not allow them to sell cigarettes anymore? That kills hundreds of thousands of people every year. Why don't we shut the car industry down? We kill 35,000 people every year. If it saves one life, wouldn't it be worth shutting down all the cars? That's the ridiculous thing that the left says. "If it just saves one life, then—" Of course, we'll shut down everything. We'll all stay home and we'll ruin the economy, and we'll wait for, what? Mass starvation because if you shut everything down, that's going to be the case. And we saw a little bit of it, and we saw a glimpse of it. We learned nothing from that. We said, "Well, we might have to shut down again." You can't shut down our economy and expect people to still be able to make a living and to be able to eat and put food on the table.

Dr. Mercola:

Well, that's why it's so important to leverage the existing infrastructure that we have that provides us this opportunity to deploy it in our favor with respect to the concern that almost everyone watching this has, and that's the fear of mandatory immunizations against coronavirus. If not mandatory, pretty close to it. Essentially what they've done now with most childhood immunizations. I don't believe there's any place where it's mandatory, but it's essentially equivalent of you cannot go to any school unless you have these. They're going to limit your participation in the society unless you agree to get immunized, and you lose the ability to travel, you lose the ability to go into a convention or any large gathering unless you can provide proof of immunity. So it's taking advantage of and supporting this.

Dr. Mercola:

Now you had mentioned, in response to an earlier question, you had listed how we can identify if a candidate who's running for office of sheriff is aligned towards protecting the Constitution. The other part of the question was, say it's post-election or our sheriff isn't running for office that year, what's the process of identifying if that sheriff is aligned with this and if he's not – I think you addressed it a bit earlier, but just repeat that, the process as to how we can get him on board to at least consider this as an option to their department.

Richard Mack:

Yeah, and it's easy to obtain his email address, and it's easy to obtain his phone number. It might be that his executive assistant or secretary will try to screen those calls. But you need dozens of people to make those calls. If the sheriff gets 10 calls asking him or her, there are about 15 to 20 female sheriffs in America. Sheriff Sharon Wehrly in Nye County, Nevada is a life member of the CSPOA. Sheriffs know and understand when they come to our training that it will change America, and she's one of them. But there are many more.

Richard Mack:

On the front cover of my book, "Are You A David?," is a female sheriff from Edwards County, Texas. She's a Constitutional sheriff. Folks, they didn't fall into the CSPOA. People like you got

them involved, and they asked, "Are you going to be a Constitutional sheriff?" And if he goes, "What's that," then you know you got a lot of work to do. I will venture to guess 99% of them have already heard about this. So ask them, and you want to make those calls frequently. And you want other people in your community, the Tea Party groups, the gun rights groups, the freedom groups, the health freedom groups, the food freedom groups and the immunization freedom groups, whatever it is.

Richard Mack:

I don't care what your issue is, the sheriff needs to hear from you. And you need to ask him, "Will you be a Constitutional sheriff?" And he goes, "Well, I'm not quite sure what that means. I've heard about it." "It means will you protect me and my family and our individual liberties? Will you protect us from being victimized by any government? Will you protect me from being forced to taking immunization? Will you protect me if I don't and then still allow me to go from point A to point B? Can I still take my children to school if I refuse that?"

Richard Mack:

Well, it's mandatory schools. We have mandatory schools. So sure, there's a way. But you know what? If you have to homeschool, that's the best school in America. And maybe we're going to start some other schools that say, "Hey, this is a charter school or this is a private school, and everybody is welcome here. We're not prejudiced against anyone, including those who do not take immunizations."

Richard Mack:

Man, you could go through the dangers of vaccinations for the next day and not even touch the surface, scratch the surface of that. So again, I'm not a scientist and I'm not a doctor, but I can definitely study and see these things.

Richard Mack:

So the whole thing is if a sheriff hears from 10 of his constituents, he'll say hundreds of people are calling. Hundreds of people are doing this. They can't ignore you. One, you're his boss. Two, if he wants to stay in office and he doesn't want to take heat and always be hearing from you guys and you guys request a public forum or the next time he does a public forum, you go there and you challenge him. There's people up in Pueblo, Utah that were having a big thing in front of the county commissioners about wearing masks and forced to wear masks at schools and other places. And they stormed the place, and the county commissioners voted two to one to end the meeting because they were so frustrated with these people. Good for you. Good for those people because they're sick and tired of being treated like sheep, and that's what they came to say. And yeah, they got a little vocal, but the meeting should not have been called. But this was all over the news also.

Richard Mack:

Then the Mayor of Eagar, Arizona said, "We really hope that people will wear masks and be careful and wash their hands and stay home if you're sick and so on and so forth." But he says, "I cannot force you to do that. This is still America, and we will respect the rights of the people to

choose for themselves." And ladies and gentlemen, I hope you get involved in this process because it will not happen without you.

Dr. Mercola:

And it's available to almost everyone, except for those who live in these very large, urban areas that you mentioned earlier, like Los Angeles, Seattle, Portland, Chicago, New York and Miami. It's not going to work.

Richard Mack:

Let me time out that.

Dr. Mercola:

Yeah, okay.

Richard Mack:

I was totally shocked when I found out that the sheriff of Sacramento actually stood against his governor and said they would not enforce some of these draconian orders from him. So even if you live in those areas, still call your sheriff because we might get surprised, just like Sheriff Jones did in Sacramento. And I was totally shocked. I was taken aback. So yes, and the sheriff in Riverside, California did the same thing, Sheriff Bianco, and you know what, I doubt if he will ever join the CSPOA. He might. But that's not what we're after. What we're after is the American people joining and making sure that their sheriffs are toeing the line and keeping their oath of office. I've been surprised. You people now, go surprise me again and go talk to your sheriff. You might find out it's better than you thought.

Dr. Mercola:

Those are still relatively small communities compared to Los Angeles.

Richard Mack:

Well, yeah. True.

Dr. Mercola:

Yeah. So I would think just to be prudent of your time and resources, from my perspective, is to view it as a wake-up call that you're living in a community that is not going to, (A), not protect you and your civil liberties. If things start to break down, the culture has started to in these riots and will probably likely exacerbate at some point in the future, then you're going to be a great risk. So it might be a wake-up call to move to a community where your civil liberties can be preserved. And now's the time to do it because it's unlikely you're going to change those very big cities. The culture is just against you.

Richard Mack:

Absolutely. And people have asked me, "Well, what do we do here?" And I tell them, do what you just said. Move. Move to a suburban area. Go outside, and it might even mean that you go outside your comfort zone. "Well, this is where I've always lived." You're talking about the

liberty and protection of your family here, and just you if you live alone, if it's just you. But so many of us need to really take this seriously. I'm willing to move anywhere for liberty. I've already done it three times, and I'm telling you right now... And I'm not kidding you. We don't have time to explain all that. But I'm willing to move anywhere, and maybe we all need to be considering that because there's strength in numbers. Maybe we need to form our own county or our own Constitutional county. Hey, let's move to Sheriff Nichols' county in Maine. That's too cold for me, but I would do it. I'm telling you, right now.

Richard Mack:

The governor of Georgia is saying, "No one should be enforcing these mask laws. We did not make a mask law for this state. Why is the Atlanta mayor trying to enforce something that's not even promoted by the state, no executive order and no law?" So he's actually suing the Atlanta mayor for trying to enforce something that's not law. Man, I would consider moving to Georgia. Or Governor Noem in South Dakota. Great lady, great governor, and she hasn't shut down anything during this whole process. And Sheriff Mark Lamb in Pinal County, Arizona said, "You know what," he's a Republican. Governor's a Republican. He says, "I like the governor, but we are not going to shut down businesses. We'll go check businesses, recommend that they're safe, recommend they do things, but we're not citing anybody in. We're not arresting anybody. We're not shutting anybody down. And we must get back to the Constitution." My friends, that is our message to the entire country, especially public officials. Let's get back to the Constitution.

Richard Mack:

You people need to contact your sheriff. He works for you. He doesn't work for me. My sheriff is Paul Pezone in Maricopa County. We're trying to get rid of him. We've got a couple of candidates who are Constitutional sheriffs that are running against him. We hope they get in. One of them at least. So this is a work in progress. If we're going to defend America and keep us free, then we the people must be involved in the process. "We the people" are the first three words of our entire Constitution.

Dr. Mercola:

Okay. So you mention that you'd be willing to move anywhere for freedom.

Richard Mack:

Yes.

Dr. Mercola:

So I think I know the answer to this, but I'm just curious. If things start to deteriorate quite dramatically in this country, would you be willing to move to a different country? Or would you fight to the death to preserve-

Richard Mack:

I can't imagine that if America is falling apart that there would be a country of refuge.

Dr. Mercola:

Yeah, that's a good point. That's what I thought it would be.

Richard Mack:

Canada maybe a little bit. But it's still quite a socialist country. You never know what they're going to do there.

Dr. Mercola:

And it's too cold.

Richard Mack:

It's too cold, and it's a relatively peaceful country. But gun rights are not respected there, and I would have a problem with that. I just have a problem with being defenseless, especially this time of chaos throughout our country and throughout the world. So yes, I've thought of moving to a different country. Switzerland has a good history of being peaceful, but they also have a very horrible tax rate. So I thought of this before, and top of my list was Switzerland but boy, is that far away. If I could get all my grandkids and my children to move with me, it'd sure make it easier. But I also think that when that time comes, if it's that far gone, I think moving will be impossible. You need to consider that before the crisis escalates and before they make it impossible for any of us to move.

Dr. Mercola:

Yeah, yeah. So a lot of people are considering multiple passports and other options to actually have the opportunity-

Richard Mack:

If we moved together, we create our own liberty defense and liberty mechanism because we become the county supervisors and commissioners and the county attorney and the county sheriff. They're all Constitutional, and we run the county according to the Constitution.

Dr. Mercola:

Yeah. It seems to me that's the best strategy and best option because who wants to – it's just so impractical to move. It's really a last-ditch option, and really the last resort rather. You just would not want to do that if at all possible.

Richard Mack:

But hopefully we can create these Constitutional counties and take back America county by county, one sheriff at a time. And do we want chief of police involved? Of course. Of course, we do. And the sheriff after he gets trained, he can get them trained hopefully and get everybody in the county, including all the city police departments, get everybody on the same page. We will not enforce these ridiculous, unconstitutional and unlawful mask orders. We'll reason with people. We'll persuade people. But we will not force people.

Dr. Mercola:

All right. Well, any other areas you would like to enlighten us on or expand upon?

Richard Mack:

Boy, seems like we've covered most of the big stuff. But when it comes to liberty, the Founding Fathers put together the best Constitution in world history. It really breaks my heart to watch this communist take-over happening right in front of us, and it seems like we can't do anything about it. We can. We can do something about it. And these people who are waving signs, "Justice in America," "Justice of George Floyd," or, "No Justice, No Peace," which means they're going to continue to riot until we have justice.

Richard Mack:

Let me tell everybody in America this one solid fact: I was in law enforcement 20 years. I ran my own jail for eight years. We respected the rights of every individual who we dealt with. And let me tell you what's happening with the justice in the George Floyd case. Every wheel that should be turning in the justice system is turning, probably more rapidly than any other case I've ever seen. The perpetrators and the suspects in this case have been arrested, have been charged, have lost their jobs, probably careers and pensions. Everything is moving just exactly as it should. What part of justice do you not see happening? To demand justice in this case seems to be counterproductive and you're not looking at reality. Reality is justice is happening. Let's see how the trial goes. Let's see how the plea bargains go. And then let's protest if we're not in agreement.

Richard Mack:

But for anyone to commit acts of violence and random looting and random crimes, even against the black business owners. Why would we hurt other black people who are trying to make a living? Why would we hurt anybody in America? Why would we think that justice will happen if we can create more injustice? That makes no sense, and Martin Luther King is somebody I've studied and admired for a long time. Rosa Parks, another one. My dear friends, Martin Luther King said, "Hate will never drive out hate. Only love can do that." So let's try the peaceful process.

Richard Mack:

When the commissioners, when the law enforcement commissioners in Portland ask you to come talk to them, go talk to them. Stop the burning. Stop the looting, and start the solution. And Martin Luther King also said that violence multiples violence. If we want to really create a peaceful community, then let's work and rise up together to do just that. And my friends, let me tell you, we need you a part of the Constitutional Sheriffs and Peace Officers Association. Do what you can, and I ask for you to join. And yes, I'm asking for your financial support. It's the only way we keep going. And many people have joined this, and I so thank you. Thank you, thank you for that.

Richard Mack:

But I believe that this is a ministry of putting people's freedom back where it belongs, and that's with you. We can do this. I promise, we can. We've had so many different success stories throughout this coronavirus meltdown of American freedom. Folks, I love America, and it breaks my heart to see what's going on. Let's rise up together and do something about it. And Dr. Mercola, thanks so much for having me today.

Dr. Mercola:

Well, thank you for being such a bright light in this darkness that we've entered in the last few months and providing a really helpful resource so that we can continue to and regain many of our lost personal freedoms. It's so key. So thank you for creating the infrastructure. And I would encourage everyone to support your organization. And not only support it financially, that's just one part. The more important part is really to go out there and do the field work, to contact your local sheriff, to urge him or her, and encourage them to participate in this process. You can make a difference. Just like Sheriff Richard Mack did. I mean, one person can make a huge difference. So you can, and if you do it, I think you're going to not only help yourself and your family but your neighbors and your relatives, local relatives.

Richard Mack:

Thank you. And again, the website, CSPOA.org. And thank you for that.

Dr. Mercola:

Okay.