

JOURNAL OF

# Civil DEFENSE

VOLUME 48

2015 ISSUE 1

*Is your medicine cabinet stocked?*

Got your  
**BUG-OUT BAG**  
ready?

~~UN~~PREPARED

*Know how to care  
for different wounds?*

Are your storage  
bottles **SAFE?**



*A must-have guidebook on*

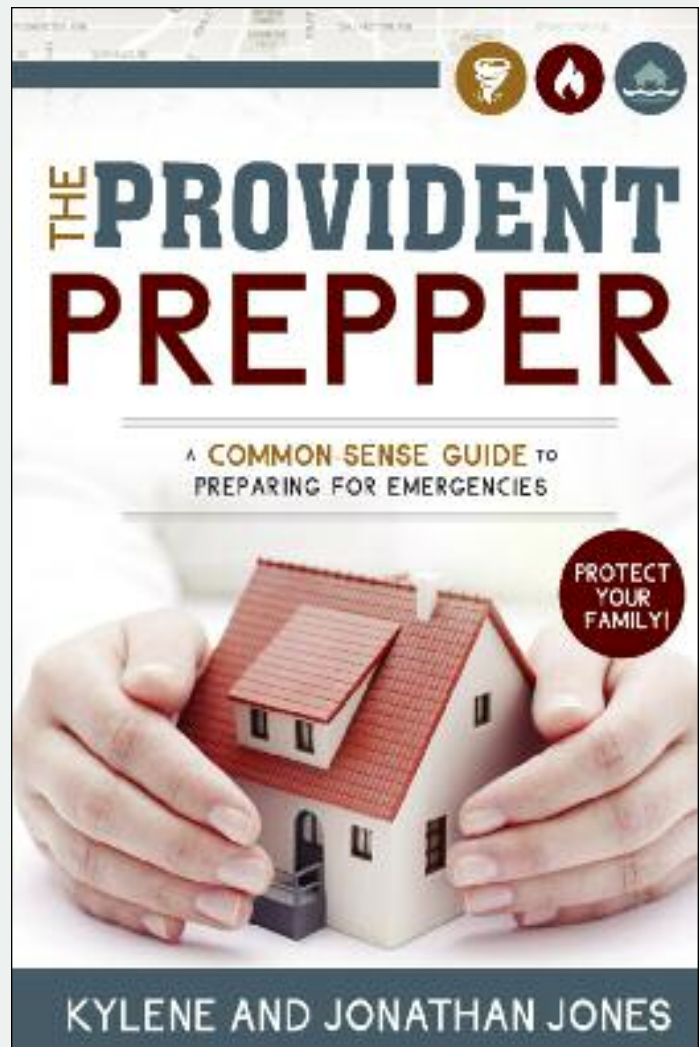
# PREPARING FOR EMERGENCIES

**The Provident Prepper** is written for real people with real lives.

It walks through each step of emergency preparedness and clearly explores possible options, allowing the reader to discover which options may work best for their specific situation. Each chapter concludes by developing a personalized action plan.

Once the book is completed, the reader will have developed a comprehensive preparedness plan, tailored to his/her unique needs and have the knowledge to implement that plan. It is like hiring a personal emergency preparedness consultant.

We invite you to join us on the journey of a lifetime. Walk with us as we guide you step-by-step on the road to preparing for emergencies. Join the ranks of the “Provident



Preppers” who have foresight to carefully provide for the future while enjoying the present. You can be ready.

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# IN THIS ISSUE

- 3**     **Medical Prepping Made Easy**  
*By Cynthia J. Koelker, MD*  
 Doc Cindy makes medical prepping a cinch with step-by-step instructions
- 6**     **EMP Protection for Electrical Energy Systems**  
*By Sharon Packer*  
 Learn how to protect your electrical equipment from the effects of an EMP
- 8**     **Bronius Cikotas—Exit the Unknown Heroes**  
*By Dr. Peter Vincent Pry*  
 A tribute to Bronius Cikotas, who has done more than generals and Presidents to keep America safe
- 9**     **Terracotta Pot Heater/Cooker: An Inexpensive Solution for Heating and Cooking When the Power Goes Out**  
*By Kylene and Jonathan Jones*  
 An innovative solution to low-cost indoor emergency heating and cooking
- 12**    **Minor Wound Management—An Herbal Approach**  
*By Kyle Christensen, DC, ND, MH*  
 Natural wound management techniques that facilitate healing and prevent infection
- 17**    **Protecting Your Vital Food Storage**  
*By Kylene and Jonathan Jones*  
 Tips on effective methods for packaging foods for long-term storage
- 20**    **Clarifying the Bug-Out Bag Concept**  
*By John Alba*  
 One bug-out bag won't cover all your needs, you really need three unique types of bags
- 26**    **FEMA—Friend or Foe?**  
*By Jonathan B. Jones*  
 Can FEMA's recommendation of three days of water and two weeks of food provide the protection you need?
- 27**    **ISIS Use of Social Media as a Force Multiplier**  
*By Bruce Curley*  
 Social media can be a force multiplier using an isolated incident to panic millions of Americans
- 30**    **Apprio Taps Michael Pena as New Executive Vice President of Homeland Security**  
*Press Release--Washington D.C., Jan. 20, 2015*
- 31**    **The PET Bottle Safety Debate**  
*By Kylene and Jonathan Jones*  
 PET plastic is accused of leaching dangerous chemicals into stored water. Guilty or not guilty?

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### TACDA

12162 South Business Park Dr., #208  
 Draper, UT 84020  
[www.tacda.org](http://www.tacda.org)  
[info@tacda.org](mailto:info@tacda.org)  
 Office: (800) 425-5397  
 Fax: (888) 425-5339  
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## PRESIDENT'S MESSAGE



Republicans now control 247 of 435 seats in the House of Representatives and 54 of 100 seats in the Senate as the 114th U.S. Congress began sessions in early January of 2015. The major domestic issues before this Congress include the following:

1. The Keystone XL pipeline that Senate Majority Leader Mitch McConnell has declared will be the first measure before the Senate.
2. The Obama Administration's Health Care Act (ACA) will be targeted by the GOP, particularly legislation that defines full-time employees as those working a minimum of 30 hours per week.
3. The President's executive action on immigration now temporarily shields about 5 million undocumented immigrants from deportation. Congress will probably vote in February on funding for the Department of Homeland Security which includes immigration agencies.
4. Republicans may seek to roll back Obama's executive actions on the environment, particularly plans to reduce carbon emissions from power plants 30 percent from 2005 levels by 2030.
5. Congress will have to increase the federal debt limit in the spring with Representative Tom Price of Georgia assuming the role for budget legislation formerly held by Representative Paul Ryan of Wisconsin.
6. Expect divisive Senate confirmation hearings for Obama nominees, including Loretta Lynch for attorney general and Ashton Carter for defense secretary.
7. Normalization of U.S. relations with Cuba by the Administration will entail "rigorous hearings" on Obama's decision to normalize relations with Cuba according to Senator Bob Corker of Tennessee, Chair, the Foreign Relations Committee.

It is possible that major threats to the safety and welfare of the American homeland will arise in the next two years. ISIS and other Radical Islamists have demonstrated their utter disregard for human life by the massacre of schoolchildren in Pakistan and brazen brutality evidenced by public beheadings to gain international attention for their demands. If these extremists gain access to nuclear weapons or lethal chemical agents, there may be efforts by extremists to utilize these weapons of mass destruction to threaten others, particularly the United States. Because of these credible threats, TACDA members should be prepared to ensure the safety and well-being of their families and homes. The information and advice provided through TACDA resources will be an important service in this regard.

Finally, God bless America and all that America represents for peace loving and compassionate people. We have confidence that good and peace will eventually prevail.

## FROM THE EDITOR

Welcome to 2015, a new year which promises to be the best year yet. I can envision some of you rolling your eyes at this announcement, but stay with me for a moment.

I listen to the news and am woefully aware that our government continues on a corrupt path, natural disasters are on the rise, evil men are bent on destruction and terror, and we are on the brink of economic collapse. I understand the impact this chaotic world has on daily life as well as the effect it may have on our children's future.

I also see many good and wonderful people working together to be a force for good within their circle of influence. Individuals who value family and work hard to take care of their own and bless the lives of their neighbors. We are surrounded by everyday heroes who, although imperfect, sacrifice time and resources to help those in need. Their quiet examples encourage me to be a better person.

Life is a grand adventure. It is intended to be filled with challenges that bring out our true nature and opportunities to grow, learn and become stronger. The length of our lives is largely out of our control. How we choose to spend that time is essentially our choice.

I am choosing to make this year the best ever. While keenly aware of the dangers lurking, I am preparing to the best of my ability to mitigate the risks and then I am choosing to focus on the positive. My goal is to make the world a better place because I am in it.

Thank you for preparing. Thank you for helping your neighbors prepare. When our most feared events pound on our door, together we will be ready to conquer them.

Sincerely,

Kylene Jones  
Editor, *Journal of Civil Defense*



# MEDICAL PREPPING

*Made Easy*

By *Cynthia J. Koelker, MD*  
*www.ArmageddonMedicine.net*

**A**nother year is upon us and with it the resolve to do better, at least to begin. But when it comes to medical preparedness, the task may seem daunting. One simply can't become a doctor overnight. Even physicians are not prepared for every emergency; nor is our own government (as recently demonstrated with the 2014 Ebola crisis).

Still, it's fairly straightforward to be better prepared than 90% of Americans. In my Survival Medicine classes I often refer to the 90% rule. Family physicians handle about 90% of problems they encounter, referring the rest to specialists. Specialists then treat 90% of the problems within their field, referring the remainder to sub-specialists. It's the 10% of patients and problems which present the greatest challenges and consume enormous amounts of time and resources (perhaps as much as the other 90% combined). It makes the most sense to spend your time and energy where you'll get the most bang for your buck.

Therefore, I want you to be in the top 90% of Americans when it comes to medical preparedness, and this article will tell you exactly how to get there.

Begin with a well-stocked medicine cabinet. Dozens of medicines which were once by prescription only are now available over-the-counter and are readily affordable. Here's a baker's dozen to get you started:

- Meclizine (Bonine, Dramamine) – for nausea, vomiting, and dizziness, but may also be useful for insomnia, anxiety, or runny nose

- Loperamide (Imodium) – for diarrhea in adults and children (over age two)
- Ranitidine (Zantac) – primarily for heartburn and acid indigestion, but also useful for hives
- Lansoprazole (Prevacid), omeprazole (Prilosec), or esomeprazole (Nexium) – any of these are heavy hitters against serious acid problems such as acid reflux or stomach ulcers
- Diphenhydramine (Benadryl) – for itching, hives, runny nose, cough, insomnia, and possibly anxiety. Cetirizine (Zyrtec), loratadine (Claritin), and fexofenadine (Allegra) are also effective for cold symptoms and itching but are less likely to cause drowsiness

If you invest even \$20 a month you'll be among the best medically prepared members of your community

- Doxylamine (in Nyquil) – for insomnia, itching, hives, runny nose, and cough (for many people doxylamine is as sedating as prescription sleep aids)
- Bacitracin ointment – for minor skin infections and to prevent infection in damaged skin (This is what doctors and hospitals use.)
- Hydrocortisone cream or ointment – for nearly any itchy rash such as poison ivy, eczema, bug bites or bee stings
- Ibuprofen (Motrin, Nuprin, Advil) or naproxen (Aleve) – for pain, headache, fever, inflammation, arthritis, gout, aches, breaks, strains, and sprains
- Aspirin – useful for the same problems as ibuprofen (but harder on the stomach) AND can also be used as a blood thinner to help prevent heart attacks and strokes (which ibuprofen does not)
- Epinephrine for inhalation (Asthmanefrin) – the only OTC inhalation medication for asthma, also possibly useful for serious allergic reactions or angioedema (it would be wise to discuss this with your doctor before using)
- Pseudoephedrine (Sudafed, original formula that you must sign for) – most potent OTC medication for congestion, also somewhat useful for asthma and may prevent drowsiness

- Clotrimazole (Lotrimin, Gyne-Lotrimin) – for yeast and fungal infections including athlete's foot, female yeast infections, yeast diaper rash, and ringworm

**Note:** Although these medications are available over-the-counter, this does NOT mean they are free of side effects. The antihistamines in particular can cause dry mouth, urinary retention, even hallucinations, especially in the elderly. Ibuprofen can cause stomach ulcers and loperamide may cause serious constipation. Treat all these medicines with respect.

Next, prepare for musculoskeletal injuries. These include joint sprains, muscle strains, soft tissue contusions and bruises, as well as fractures. Standard treatment for such injuries begins with Rest, Ice, Compression, and Elevation (acronym R.I.C.E.) Therefore you should stock:

- Re-usable ice bags and/or gel packs, as well as single-use chemically-activated cold packs
- Elastic compression bandages (Ace wraps), including at least a few 3-inch and 4-inch bandages for wrists, ankles, and knees, possibly a 6-inch wrap for swollen legs and larger knees
- Self-adherent wrap (Coban) in assorted sizes (1 to 4 inch width) – often cheaper at Tractor Supply or veterinary suppliers
- Slings in assorted sizes for various family members
- Wrist splints for both right and left hands
- An ankle splint, such as a stirrup brace with air or gel pads. If you'd like even more flexibility for splinting, purchase Gypsona plaster bandages (available online), which can be molded to any shape or size. Instructional videos are available on YouTube and other sites such as [www.orthocasting.com](http://www.orthocasting.com).

For skin injuries you'll need wound cleaning and bandaging supplies, as well as wound-closure devices for deeper wounds.

- Chlorhexidine (Hibiclens) or baby shampoo – for wound cleaning (and hand-washing)
- Large (60-cc) irrigation syringe – to flush blood and dirt from wounds
- Baby hair brush – to brush embedded debris from wounds
- An assortment of adhesive bandages (Band Aids)
- Feminine pads – great for bandaging larger wounds

- Wound closure strips (Steri-Strips, butterfly bandages) for wounds that require closure but which are not under tension and do not require suturing or stapling
- Topical lidocaine cream – for numbing purposes
- Skin stapler and remover (Oasis or other brand) – available online
- Skin sutures (Unify or other brand) – sizes 3-0, 4-0, and 5-0 nylon or silk (also online)
- Laceration tray (Dynarex or other brand) – containing at least a needle holder and iris scissors

Now that you're equipped with material supplies, it's time to work on medical skills. Learning to suture is a great and very practical place to begin. Although it's ideal to receive training from a qualified medical professional, if you don't have the time or money to attend a class, or if you simply can't find one, or if you want to prepare yourself in advance of scheduled training,



then go to [www.sim-vivo.com/simsuture.html](http://www.sim-vivo.com/simsuture.html) and purchase a suture training kit. This web site also includes videos that demonstrate basic suturing skills.

Additionally you should learn how to accurately measure blood pressure, heart rate, and respiratory rate. Again, there are numerous videos online, and it shouldn't be too hard to find a local nurse or medical assistant to help you.

To manage chronic disease you need to begin with your own physician. Although your insurance will not pay for extra medicine for an unforeseen disaster, if you approach the problem systematically, you can gradually build up a supply of blood pressure, diabetic, heart, or other medication to last well into the future. If you are on expensive drugs, you may want to ask your physician to switch you to an inexpensive option, making stocking up more affordable.

You should also ask your doctor about over-the-counter alternatives. For example, if for some reason Celebrex would become unavailable, physicians would likely switch patients to older anti-inflammatory drugs such as ibuprofen or naproxen. Although these are more likely to irritate the stomach (which is practically the only reason Celebrex is preferred), the "old" way of doing things was to prescribe an acid-lowering drug such as ranitidine or lansoprazole to go along with medications such as ibuprofen, in order to protect the stomach against the effects of the anti-inflammatory. As previously



mentioned, all these medications are now available without a prescription. Even certain insulins can be obtained over the counter, and it may be possible to control your blood pressure using herbal preparations.

Lastly, to supplement your supplies, you need the knowledge to know when and how to use them. Take advantage of other articles I've written for this journal and on my web site. Begin a library of used medical books, often available for pennies on the dollar. Check out the American Family Physician web site [www.aafp.org](http://www.aafp.org) that allows free access to all journal articles older than one year. Investigate your own problems and learn how to manage them like a pro. Print out copies of relevant articles for your medical kit or bug-out bag for a time you may need them.

For both laymen and professionals the most difficult part of medical treatment remains correct diagnosis. I deal with this extensively in my book, *Armageddon Medicine*, and in my Survival Medicine workshops. Additional information is available at [www.armageddonmedicine.net](http://www.armageddonmedicine.net).

Finally, use this article as a checklist to begin 2015, then compare your preparedness a year from now. If you invest even \$20 a month you'll be among the best medically prepared members of your community, one of the top 10%. (And next year, for under \$50, you could make a dandy Christmas basket of medical goodies for your family and friends, so they'll be prepared, too.) •

*About The Author: Cynthia J. Koelker, MD is the author of the book Armageddon Medicine, How to be your own doctor in 2012 and beyond. She also hosts the popular Survival Medicine web site [www.armageddonmedicine.net](http://www.armageddonmedicine.net) and teaches Survival Medicine classes across the country. Currently available classes are listed on her web site.*

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# EMP Protection for **Electrical Energy Systems**

*We believe that an electromagnetic pulse (EMP) attack continues to be the greatest single threat to our very existence.*

*By Sharon Packer  
TACDA Board Member*



Our small, Honda 2 kW gasoline generators are stored inside the underground CSP shelters for EMP protection. They are lightweight and can easily be carried to the outside to run. They must not be used inside because of the danger of carbon monoxide poisoning. I also keep a small gasoline generator at home in my garage. I have carefully stapled metal screen for EMP protection around, over and under the unit.

**M**any of us are making preparations to live off the grid, and our alternative energy systems must be protected. I would highly recommend that our readers review the EMP articles in the 2009 Winter and Summer Journals of Civil Defense. All TACDA members can access these journals on our web site ([www.tacda.org](http://www.tacda.org)).

Paul and I continue to follow these concepts in our own preparations. We consider our remote site to be far enough away from a blast threat to allow for some above ground generator use. Two of our diesel generators (a 5 kW military generator and a large Perkins 20 kW) are housed in an above ground steel storage unit. (These units should not be buried because their wall strength is not sufficient to withstand the weight and pressure of dirt from the sides and top, and the corrosive nature of the soil against the unprotected steel and welded seams will cause eventual failure of the unit). All power cables running between the generator and the area of use have been shielded in buried steel conduit.

Another two diesel generators (5 kW and 6 kW) are stored in a below ground galvanized steel tank shelter. Galvanized corrugated steel pipe (CSP) cylindrical shelters and welded steel fuel tank type





We have placed three, 300-watt solar panels in frames on top of the storage unit. We have frames ready for five more panels (which are currently stored and EMP protected inside our steel shelters), but will not place them outside until well after an attack.



We keep redundant solar charge controllers, inverters, chargers and DC breakers (for each shelter), inside faraday cages for use after an EMP.

shelters do not share the problems associated with buried shipping containers, and have proven their strength, durability, and reliability.

The floor bracing has been doubled under the fuel tanks because of their massive weight. The floors of the generator shelters we currently build are lined with galvanized sheet metal (for protection from diesel spills). These generators serve two underground shelters and can be configured for remote start.

*“How is it possible to expect mankind to take advice when they will not so much as take warning?”*

The problem of EMP protection of electrical equipment is greater for those of you who are building concrete shelters. We recommend that you carefully study the shielding directions given in the 2009 Winter *Journal of Civil Defense* article, “Recognizing EMP” by Chuck Fenwick. He recommends that you carefully wrap each piece of equipment in three alternating layers of bubble wrap and heavy metal foil, ending and starting with the bubble wrap layer. Place the package inside a metal can (such as an ammo can or a metal garbage can). Fold a piece of metal screen around the lip of the garbage can before attaching the lid, and if the gasket of the can has not been removed, tape both sides of the gasketed area with a metal tape to prevent a “slot antennae” effect. These multiple layers may seem overly cautious, but we only have one chance against EMP.

We hope you will take the EMP threat seriously and prepare accordingly. We have had ample warning. Don’t be left among those who Jonathan Swift decries in his quote, “How is it possible to expect mankind to take advice when they will not so much as take warning?” ●

# Bronius Cikotas

*Exit the Unknown Heros*



**T**he American Civil Defense Association was deeply saddened to hear of the passing of one of our most beloved, long term board members, Bronius Cikotas. We would like to share a tribute paid to this wonderful man by a colleague of his, Dr. Peter Vincent Pry:

“On Wednesday, December 10th at 2:30 PM, his heart stopped beating, and we lost another one of our precious unknown and uncelebrated scientist heroes. Bron Cikotas did more than generals and Presidents to keep America safe. But few have ever heard his name.

Bron was a scientific genius who

dedicated his life to protecting our national security.

During the Cold War, he devised new means for safeguarding military communications from electromagnetic pulse (EMP) attack. Among his fellow defense scientists Bron was famed as “the Father of GWEN” for his invention of the Ground Wave Emergency Network. GWEN protected the survivability and preserved the credibility of the U.S. nuclear deterrent. Bron Cikotas EMP hardened the White House.

Scientists like Bron are the reason the Cold War ended peacefully, without the Evil Empire that was the USSR trying to save itself by rolling thermonuclear dice.

After the Cold War, Bron served on the Congressional EMP Commission. His still classified work proved that natural EMP from a geomagnetic super-storm like the Carrington Event could kill millions of Americans. He traveled far and wide educating the public and policymakers about the previously classified fact that nuclear or natural EMP constitutes an existential threat to modern electronic civilization.

Bron’s testimony to the Maine State Legislature was instrumental in moving Maine to become the first state to protect its electric grid from EMP while also mitigating all other threats, including cyber attacks, sabotage, and severe weather.

And Bron was inventing new solutions to EMP. He patented dozens of inventions. He was working on a new way to protect a transformer that would lower the cost from \$150,000 to \$3,000, just before he died.

Bron knew that we as a nation are running out of time to protect ourselves from an EMP that could kill nine of ten Americans from starvation, disease, and societal collapse.

In July, NASA warned that the Earth in 2012 narrowly escaped an encounter with a geomagnetic super-storm that could have caused a planetary blackout and put at risk the lives of billions. NASA estimates the likelihood of such an event as 12 percent per decade - which virtually guarantees that we or our children will experience a natural EMP catastrophe.

We are also running out of talent to protect ourselves from EMP and other threats. The Congressional EMP Commission warned that we are not training a new generation of scientists to replace EMP experts and geniuses like Bron Cikotas.

The Congressional Strategic Posture Commission warned that we are not raising up a new cadre of scientists and engineers capable of replacing the Cold War generation who built our existing nuclear weapons, strategic missiles and bombers, submarines and aircraft carriers. America slowly but surely is losing its best defense scientists to mortality.

Instead of educating scientists and engineers, our universities are churning out lawyers.

By contrast, our adversaries have plenty of work for their new generation of defense scientists.

*Continues on page 29*

## About the Author



Dr. Peter Vincent Pry is Executive Director of the Task Force on National and Homeland Security and Director of the U.S. Nuclear Strategy Forum, both Congressional Advisory Boards, and served on the Congressional EMP

Commission, the Congressional Strategic Posture Commission, the House Armed Services Committee, and the CIA. He is author of *Apocalypse Unknown: The Struggle To Protect America From An Electromagnetic Pulse Catastrophe* and *Electric Armageddon*, both available from CreateSpace.com and Amazon.com.



*Terracotta Pot*  
**HEATER/  
COOKER**

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*An Inexpensive Solution for Heating and  
Cooking When the Power Goes Out*

*By Kylene and Jonathan Jones*

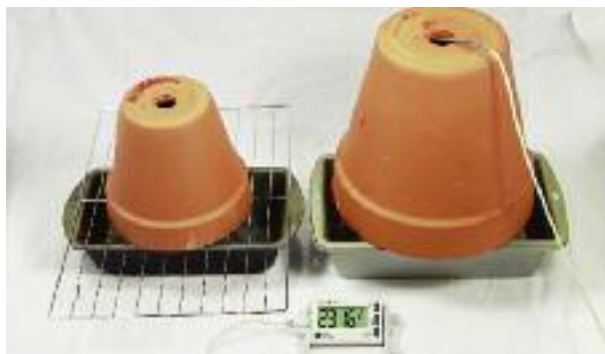
*TACDA Advisory Board*



**W**e are always interested in exploring new ideas to help keep warm when the power goes out. We were intrigued when we watched the viral video demonstrating how to heat a room using tea lights, flower pots, and a bread pan. Could it really work? Well, yes and no.



Tea lights in bread pan can create unpleasant odor



Terracotta pots were unstable on bread pan



A round cake pan made the design more stable

In the video, four tea lights were placed in a bread pan and lit. Then a smaller terracotta pot was placed upside down over the bread pan and the hole was covered to prevent the heat from escaping the inner pot. (We added a cooling rack on top of the bread pan for better stability.) A second slightly larger pot was placed on top of the smaller pot. This set up creates a type of convection which provides nice warm heat. The air coming out of the top of the second pot is between 250-400 degrees F. The inner pot reaches a very high temperature, while the outer pot is almost cool enough to touch. This can provide a little space heating, but is mostly a very nice hand warmer.

The downside - The tea lights produced an unwelcome scent and bothered those with sensitive lungs in the house. The heavy pots on the bread pans were unstable, even after adding a cooling rack for increased support. The concept was great, but we knew there had to be a better, safer solution, so we decided to experiment.

### THE EXPERIMENT

**W**e experimented with the original design using a bread pan and tea lights. Four tea lights were placed in the bread pan and lit. The smaller pot was placed upside down over the bread pan and cooling rack. The hole in the top of the pot was covered with a piece of aluminum foil. The larger pot was placed over the smaller one. It worked as reported, producing enough heat to warm your hands and a little bit of space heating. (The photo shows two different sized set-ups. One with a smaller bread pan and pots while the other is a standard bread pan with larger pots.)

Our biggest concern was the stability of the design. It was top heavy and could easily be knocked over. We improved upon the design by utilizing a round pan and cooling rack to create a more solid base. What we found was that the tea lights have to be changed out every few hours and can produce a little carbon monoxide when burned. Changing the tea lights required lifting the very hot pots off the base and presented a burn risk. We still wanted a better solution.

Our experiment progressed and we decided to use canned heat in place of tea lights. One can produces much more heat than a few tea lights and burns cleaner. In order to use the can, we needed a deeper container so we tried using a few kitchen pots with cooling racks over them to hold up the terracotta pots. This worked very well, producing more heat. But we were still concerned about the set up. It would absolutely work in an emergency, but could we make it better?



Deep cooking pots made it possible to use canned heat



Portable camp stove increased safety and stability



Inexpensive, simple design for emergency cooking and heating

We were excited when we realized what a great solution this would be for a power outage for someone who lives in an apartment or who doesn't have the financial resources to purchase a more expensive option.

The solution came when we remembered the portable folding camp stoves which are designed to be used with Sterno canned heat. The stove is stable, compact, and keeps the heat source just off the surface to prevent damage to the table or counter top. It is easy to light, extinguish, or replace the can without having to touch the hot surface of the pots ... increasing the safety.

We were excited when we realized what a great solution this would be for a power outage for someone who lives in an apartment or who doesn't have the financial resources to purchase a more expensive option. One portable folding camp stove (\$10), two terracotta pots (total \$6-7), and canned heat (\$13 at Sam's Club for a case of 12 cans for 72 hours burn time) could take care of cooking and provide a little heat during a short term power outage.

An alcohol burner could also be used in place of the canned heat. Alcohol burners are the same size as the canned heat and interchangeable in most devices. The big plus to an alcohol burner is that it can be refilled with alcohol, while canned heat containers are designed to be disposable.

Safety demanded that we explore better options than a bread pan and tea lights. We experimented until we came up with a significantly safer solution and a better final product. We encourage you to exercise safety in all that you do. This inexpensive device has the ability to provide a little bit of warmth as well as heat your food during an emergency. ●

*Kylene and Jonathan Jones are authors of The Provident Prepper – A Common-Sense Guide to Preparing for Emergencies. Visit them at [www.TheProvidentPrepper.org](http://www.TheProvidentPrepper.org) and [www>YourFamilyArk.org](http://www>YourFamilyArk.org).*



Alcohol burners can be refilled



# Minor WOUND MANAGEMENT

## An Herbal Approach

*By Kyle Christensen, DC, ND, MH*

**T**he care and treatment of even the most simple of injuries can be daunting for many. While minor wound injuries are rarely life threatening, devoting the appropriate time and attention can prevent potential problems such as infection or scarring. In this article I will review proper wound management and herbal treatments to facilitate healing and control pain.

### **Injury Assessment**

The amount of blood or bleeding does not always directly correlate with the severity of the injury. Relatively minor cuts to the head or face will bleed profusely, while a deep puncture wound may have little or no external bleeding. Assess for dislocation and fractures (breaks) of bones or joints. Check for pain and swelling – particularly over internal organs. Apply direct pressure to stop bleeding if necessary. Check for shock. Even minor injuries may result in death if the victim goes into shock. Shock occurs when the blood volume within the arteries and veins is diminished by being pushed into the interstitial tissue (the tissue around the capillaries where the blood moves from artery to vein).

If the wound is beyond your expertise, take appropriate first aid measures and seek help.

### **Minor Cuts, Scratches and Abrasions**

An injury that falls into this category is not usually a big deal as long as it is cleaned and dressed to prevent infection. Wash your hands thoroughly before treating any wound to minimize the risk of an infection. Clean the skin around the wound with soap and water. Wash in a direction away from the wound, not toward it, to avoid contamination.

### **Clean the Wound**

Adequate cleansing is the most important aspect of wound management. Especially when in an isolated or survival situation, the prevention of infection is critically important and requires aggressive cleansing techniques. There is

an adage in nature: “The solution to pollution is dilution.” In wound care this means copious irrigation.

Water irrigation is the mainstay of wound cleaning. Use sterile water for irrigating the wound. Sterilize water by boiling for five minutes. If boiling is not possible, at least use water that is fit for drinking. Use an irrigating syringe or devise something that will allow you to squirt the water with some force. Even a Ziploc plastic bag with a hole poked into it can be squeezed so water will come out forcefully. The object is to allow the velocity of the water to aid in dislodging debris and any germs from the wound site.

Diluted soap or colloidal silver solution may be used, but it is still necessary to adequately clean the wound. The best solution to really cleanse and disinfect a wound medically is provodine iodine followed by sterile water. Extended use of alcohol, iodine tincture or mercurochrome are all very harsh and should be avoided except for a short washing. Hydrogen peroxide destroys good tissue as well as germs—do not use this to irrigate a fresh wound. Hydrogen peroxide can be used in cleaning an infected wound as it is a powerful anti-bacterial wash.

Besides irrigation, you might consider a technique commonly used by physicians in the operating room called “debridement”. This literally means the removal of foreign material and contaminated or devitalized tissue from the traumatic or infected lesion. By cleaning the debris or damaged tissue away, healthy tissue is exposed which can heal more easily. Another purpose for scrubbing a wound is to reduce the total number of potentially harmful bacteria.

You won’t get them all out, but if the total number of germs is small enough, the body’s immune system will be able to take care of them without an infection setting in.

Without proper lighting, equipment and training, you will not be able to do a surgical quality job, but you CAN safely come close by rubbing the area vigorously with a piece of sterile gauze or a clean cloth. The rigorous scrubbing action will remove blood clots, torn bits of tissue, pieces of foreign bodies (dirt, rocks, etc.)—all of which have higher bacteria counts. The scrubbing process is painful and must be performed quickly.

Have everything ready: clean, dry dressing to apply afterward; plenty of sterile water; and an instrument to spread the wound open (a splinter forceps is ideal); and sterile gauze to scrub the wound. If you do not have enough sterile dressings use what you have available. A rough cloth works better at cleaning a wound than a smooth cloth, such as cotton.

Once everything is ready, grab an assistant (someone to squirt the water into the wound and help comfort the patient), and go for it. The outcome will be best if the cleaning is done right. This part of wound care is far more important than closing the wound. Wound cleansing will be messy and painful, but it must be done. Spread the wound apart, blast the water in there and scrub briskly with the gauze pad for 20 to 30 seconds. Be vigorous and thorough. You may need to remove deeply embedded gravel with tweezers. Once completed, the bleeding will have started again, the blood clots being knocked off during the scrubbing process. Apply a

sterile dressing and use direct pressure to stop the bleeding. Usually five to ten minutes will be enough, but apply pressure for an hour or more if necessary.

### Close the Wound

As a general rule, closing a wound with sutures (stitches), staples or butterfly bandages that could potentially trap an infection is not recommended. I know, I know there are those of you who may be itching to break out the needle and thread (there is something psychically heroic about stitching somebody up), the wisest course in field medicine is dress the wound, but don't close it to avoid the risk of life threatening infections.

Apply a thick coating of Healing Ointment (instructions for making your own later in this article) to the afflicted area. The Healing Ointment will soothe and speed the healing process as well as prevent the area from drying out and scabbing over. Unsightly scars are more likely to occur when the wound scabs over. Keeping it moist with the Healing Ointment amazingly prevents or reduces scarring.

Cover the wound with sterile gauze, or the cleanest cloth available, held in place by adhesive tape. If the area is large, you may want to apply a layer of clear plastic wrap (for larger areas) to hold the Healing Ointment to the wound and prevent the ointment from being rubbed away or absorbed by the bandage. Over the plastic covered wound, wrap gauze or an ace bandage to hold everything in place. A couple of times each day add more Healing Ointment to the wound. Do not try to remove the old Healing Ointment, just keep adding to it. The body will absorb most of the ointment.

Allowing the wounds to breathe and scab over is fine, although the healing will take longer than if you keep it moist with the Healing Ointment. Within six-seven days most superficial wounds will be completely healed. We have seen very quick healing, which we attribute to the Healing Ointment. Take an herbal pain remedy (see recipe within this article) for pain, hourly if necessary.

### Wound Infection and Inflammation

Lacerations or cuts which have been cleaned and either taped, sutured or stapled together will generally become slightly inflamed. Inflammation is part of the healing process and does not indicate infection, yet the appearance is similar. It is a matter of degree. Inflammation has slight swelling and red color. The hallmarks of infection include swelling, warmth, reddish color, and pain. Pus oozing out of a wound is another clue for infection. If the cut has red swelling that extends beyond ¼ inch from the wound edge, infection has probably started.

Treating an infected wound is simple. Remove some of the tapes (sutures or staples) and allow the wound to open and drain. Apply warm, moist compresses of salt water for 15 to 20 minutes every two hours (2 TBS of salt mixed with enough water to form a paste). The warm salt compresses will promote drainage of the wound and increase the local circulation, thus bringing large numbers of friendly white blood cells and fibroblasts into the area. The fibroblast (scar tissue cell) tries to wall off the infection and prevent further spread of the germs.

If you haven't begun using immune boosting herbs (such as Echinacea, Goldenseal, etc.), begin by using 1-2 droppers full of extracts every waking hour for the next three to seven days. Vitamin C should also be used to boost and strengthen the immune system. Vitamin C, when used medicinally, is taken to bowel tolerance. For a wound that is really festering, you may make a poultice of clay mixed with herbs such as plantain to assist in drawing out toxins.

Remember that with any wound there is always danger of tetanus (lock-jaw); in deep, extensive or dirty wounds, the threat can be serious. (Tetanus is a topic for another time - <http://en.wikipedia.org/wiki/Tetanus>)

Monitor the victim's signs and symptoms: pain level, temperature, whether or not the area of infection is close to any vital areas of the body (face, groin, internal organs, etc.). Use your good

sense and judgment as to when you should seek professional help.

### Herbal Treatment for Minor Wounds

Nerve calming herbs and the Herbal Pain Formula detailed in this article can be used. Cayenne can be used internally or externally to stop bleeding (even a few drops of Cayenne tincture in the mouth can stop or curtail bleeding in all parts of the body). Use immune boosting herbs prophylactically to prevent infection (2 dropperfuls three-four times daily). Apply a generous amount of Healing Ointment to the wound to speed the healing. Dress and bandage the wound appropriately.

### Pain Management

Adequate pain control may be obtained with a mixture of proper herbs and attitude. The attitude of both the victim and the person treating is important. A calm professional approach is very important. Pain is a very important symptom that tells you something is wrong. It generally "localizes" or points to the exact cause of the trouble.

An application of cold water or ice can frequently relieve pain. This is important in burns, orthopedic (muscle or bone) injuries, and skin irritations. Cold can sometimes relieve muscle spasm. Gentle massage and local hot compresses are also effective treatments for muscle spasm. Massaging lobelia (an antispasmodic herb) tincture or ointment can often relax and break a muscle spasm.

The most powerful pain reliever is opium. When used medicinally it is safe and very effective. Many medical pain-relieving drugs are opium derived or based. Natural forms of opium are illegal for general use because of the addictive nature of this herb. Cannabis is another natural herb effective for pain management, but is illegal for use in most places in the United States. Other herbs which can be effective in pain reduction are California poppy, Jamaican Dogwood, Kava Kava root, Valerian root, Lobelia herb/seed and Chamomile flower.





The Healing Ointment will soothe and speed the healing process as well as prevent the area from drying out and scabbing over.

## Healing Ointment

This powerful healing ointment is based on Dr. John Christopher's classic Bone, Flesh & Cartilage formula.

### Dry Herb Mixture

- 3 oz. Comfrey root– cut/sifted
- 1/2 oz. St. John's wort herb/flowers – cut/sifted
- 1/2 oz. Lobelia herb – cut/sifted
- 3 oz. White Oak bark – cut/sifted
- 1.5 oz. Marshmallow root – cut/sifted
- 1.5 oz. Mullein – cut/sifted
- 1.5 oz. Black Walnut hulls – cut/sifted
- 1.5 oz. Gravel root – cut/sifted
- 1 oz. Wormwood herb – cut/sifted
- 1/2 oz. Skullcap herb – cut/sifted
- 1 oz. White Willow bark – cut/sifted
- 1/2 oz. Horsetail – cut/sifted
- 5 oz. Comfrey leaf – cut/sifted

Measure these herbs by weight and mix together – you will use 3 cups of dry herb blended with olive oil to fill a two quart jar.

Extra virgin organic olive oil – enough to blend and fill a two quart jar.

Beeswax

2 quart jar

Paint strainer

Measure your herbs – All of these herbs are cut/sifted. **Not** powdered! Cut and sifted means cut into approximately 1/4 inch particle size. All measurements are dry volume measurements. Don't be stingy with your herbs. Put your herbs into the blender. It should be about three cups of herb. We like using BlendTec or VitaMix blenders.

Add Extra Virgin organic olive oil so that it is at least a

couple inches over the herb. We recommend the very best olive oil you can get. Blend the herb and the oil. Pour mixture into a 2 quart canning jar. Rinse out the remaining herb from the blender with more olive oil. Fill your jar with oil until about an inch from the top.

Set your jar on the kitchen counter and shake at least a couple times daily. This assists in extracting the herbal goodness into the liquid. After at least two weeks, you can strain your olive oil extract. Too soon and you will be missing out and losing strength. The herbs kept in the olive oil suspension will last about five years.

Strain your extract using a nylon paint strainer. Seriously, these are great! You will strain out five to six cups if you squeeze really hard.

Next we will thicken the oil into an ointment by adding beeswax. Ideally there should be an eight to one ratio of oil to beeswax. Melt the beeswax in a pot on the stove. I use a dedicated little cast iron skillet. Gently heat the strained oil extract in a separate pot. It must be warm, otherwise when you add the melted beeswax, the wax will instantly solidify rather than blending throughout the oil. Pour some of your melted beeswax into the oil. To test for proper consistency, drip a few drops of the oil/wax combo on a cold or cool counter top. It will solidify quickly. Test for the right consistency/firmness. Add more beeswax until you have the desired firmness for your ointment.

Bottle in jars or tubs. We like using the 4 oz. canning jars used for jam. Apply generously as a topical ointment.

This Healing Ointment and others like it are historically used by natural healers and herbalists to help regenerate healthy skin and connective tissue, healthy bones, healthy teeth and gums, healthy hair, skin and nails. These herbs mixed together in bulk are user-friendly to make fomentations, poultices, teas (water infusion) (cut is preferred). The FDA has determined that products containing comfrey are not to be consumed internally and are for external use only. Warning: Contains comfrey. For external use only. Do not use if pregnant or nursing.

## Pain Relief Remedy

Non-narcotic pain relief particularly suited for chronic pain. Relaxes and calms the nervous system helping to relieve pain. This remedy does not have the power of pain relief associated with opium or cannabis based products, but this is legal to make and use and really does offer relief without causing harm to the stomach, kidney or liver as does prolonged use of NSAID's. (All herbs measured by dry volume measurement.)

### RECIPE

1/4 cup	Kava Kava – cut/sifted
1/4 cup	Jamaican Dogwood – cut/sifted
1/4 cup	California Poppy – cut/sifted
1/8 cup	Chamomile Flower – cut/sifted
1/4 cup	Valerian Root – cut/sifted
1/8 cup	Comfrey Leaf – cut/sifted
1/4 cup	Lobelia herb – cut/sifted
1/8 cup	Wild Yam Root – cut/sifted
1/4 cup	White Willow Bark – cut/sifted
1/4 cup	Devils Claw – cut/sifted

1.75 liters vodka (80 proof)

2 quart jar

Paint strainer

Yield: approx. 48-54 oz.

Measure your herbs – All of these herbs are cut/sifted. NOT Powdered! Cut and sifted means cut into approximately 1/4 inch size. Measurements are either dry volume measurements or weight on a scale measurement. Put your herbs into the blender. We like using BlendTec or VitaMix blenders.

Add Vodka so that it is at least a couple inches over the herb. Now understand that the vodka/alcohol is a tool. If you remember back to your 8th grade chemistry (of course, you don't), you will recall that because of the O-H (that's oxygen-hydrogen group) that defines an alcohol – it is hungry and looking to grab on to something making it more stable. The chemical formula for water is H<sub>2</sub>O or H-O-H – which is very stable. The alcohol is necessary to pull the phytochemicals (that's the medicinal properties from the herb) out of the herb and into the solution. For those who hesitate to use alcohol, I'm sorry to say that grain alcohol really is the best extraction solvent. If you are not willing to purchase or use alcohol, you will end up with a pitifully weak product that is one step above useless.

Blend the herb and the vodka. Pour mixture into a two quart jar. Rinse out the remaining herb from the blender with the alcohol. Fill your jar with vodka until about an inch from the top. Set your jar on the kitchen counter and shake at least a couple times daily. This assists in extracting the herbal goodness (phytochemicals) into the liquid.

After at least two weeks, you can strain your tincture. Straining it any earlier will not allow it to reach maximum



strength. It can be stored unstrained indefinitely. Strain your tincture using your nylon paint strainer (purchase at Home Depot or a paint retailer). You will strain out five to six cups. Squeeze really hard.

Bottle your Pain Relief Formula in dark glass bottles. We like using 6 oz. San Pellegrino bottles because they have screw on caps. Recommendations for use: Take one-two dropperfuls (about 30 drops) three to four times daily, or as needed.

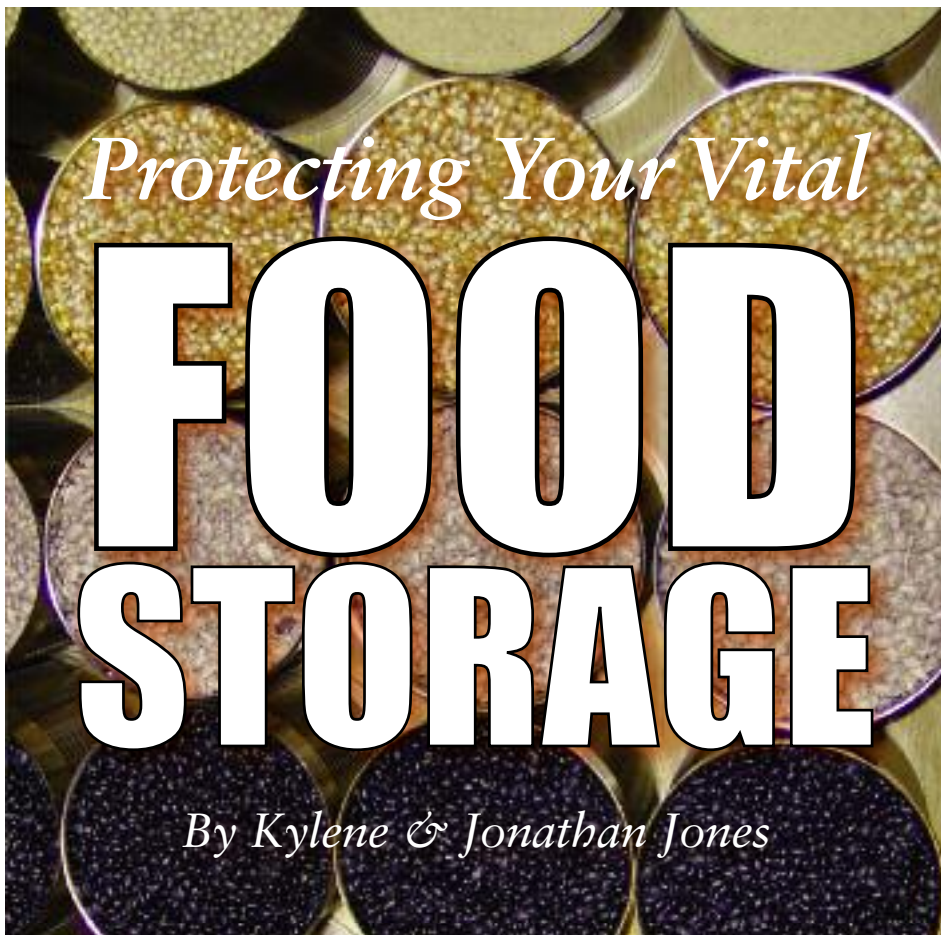
The management of minor wounds through natural means using herbal remedies combined with proven medical treatment methods is very effective. The herbal ointments rapidly speed the healing process as well as reduce the risk for infection and other complications. ●

**Dr. Kyle Christensen 2015**

Kyle Christensen, DC, ND, MH is the author of **Herbal First Aid and Health Care**, which is available at Amazon.com.

### **FDA Disclaimer**

*These statements have not been evaluated by the Food and Drug Administration. These products or recommendations are not intended to diagnose, treat, cure or prevent any disease. Consult a licensed health care professional before starting any supplement, dietary, or exercise program, especially if you are pregnant or have any pre-existing injuries or medical conditions.*



come in contact with concrete floors or walls. Store only foods low in moisture (10 percent or less), shelf-stable, and low in oil content in foil pouches.

**PETE (polyethylene terephthalate) Plastic Bottles** – Use only PETE bottles as other bottles may not provide an adequate moisture or oxygen barrier. PETE bottles will have “PETE” or “PET” under the recyclable symbol on the bottom of the bottle. Examples may be some two-liter soda bottles, juice bottles, etc. Never use containers which previously stored non-food items.

Make sure to clean bottles well and allow to air dry for several days. These bottles will work to store grains, but will not maintain the same quality over time as #10 cans. Use one oxygen absorber packet for each bottle up to one gallon. Protect from light and rodents. PETE bottles may also be used for water storage.

**Plastic Buckets** – Food-grade plastic buckets with gasket seals are good candidates for grain storage. Dry ice (CO<sub>2</sub>) should be used to prevent insect infestation. Oxygen absorbers are not effective in plastic buckets as they depend on the absence of oxygen to kill insects. Plastic buckets are not a true oxygen barrier. There is a slow transmission of oxygen through the polyethylene walls of the container over time. Store buckets at least one half inch off the floor to allow for air circulation. Do not stack over three buckets high. Check periodically to ensure lids have not broken from the weight.

Dry foods (less than 10 percent moisture) are candidates for bucket storage. Some leaching of the plastic into the food may occur. This is not harmful. You may consider lining the bucket with food-grade plastic or a Mylar bag if this is a concern. The five gallon buckets, as well as polyethylene (plastic) bags, do not maintain an oxygen-free environment.

We store packaged items such as bags of pasta, salt, baking powder, powdered sugar and a variety of other items in their original packaging inside of plastic buckets. The bucket provides an

**B**uilding your family food stores is a critical component of preparedness. The best longer term food storage programs are based on a variety of grains, legumes and dehydrated fruits and vegetables. When packaged and stored correctly in a cool, dry environment these foods can retain their useful life for 20-30+ years. Food storage is great hunger insurance!

Start by selecting high quality, low moisture (10 percent or less) foods. The quality of the food will not improve with storage so purchase the best quality available. Next, package the food carefully in appropriate packaging for long term storage. It may cost a little more, but it will significantly extend the useable life of the food. Take steps to protect the food from insect infestation from within the package and from environmental contamination.

Let's review some packaging and treatment options for long term food storage.

### Long Term Storage Containers

**#10 Cans** – Cans are perfect for long-term storage of dry (10 percent moisture or less), shelf-stable, and low-oil content foods. All dry foods, except sugar, should be packed with an oxygen absorber to prevent insect infestation and preserve quality of food. These cans provide a true oxygen barrier which make them a great choice. Protect cans from moisture to prevent rust. Do not store in direct contact with concrete floors or walls.

**Foil Pouches/Mylar Bags** – Pouches are made from several layers of laminated plastic and aluminum. Food-grade plastic separates the food from the aluminum. The bags effectively protect against moisture and insects. Mylar bags allow for a very small amount of oxygen transfer over time. Pouches are not rodent proof. Consider storing pouches in rodent and other pest resistant containers. Do not allow pouches to



All dry foods, except sugar, should be packed with an oxygen absorber to prevent insect infestation and preserve quality of food.



Pouches are not rodent proof. Consider storing pouches in rodent and other pest resistant containers.



These bottles will work to store grains, but will not maintain the same quality over time as #10 cans.

extra layer of protection from critters as well as maintaining freshness. Problems with high levels of moisture can also be solved by keeping food in original packaging inside of plastic buckets. This method does not prevent insects originally inside the packages from multiplying.

### Treatment Methods

**Desiccant/Silica Gel** – Desiccant removes the moisture from the surrounding air. When placed in an airtight container, it will produce a low humidity environment. It prevents rust, corrosion, oxidation, mildew, fungus, mold, etc. Silica Gel packaged in Tyvex meets FDA requirements to be used in dry food packaging.

Layer small packets throughout storage container and seal immediately. Discard after opening. Some forms of bulk desiccant may be “rechargeable” by exposing to heat for an extended period to release absorbed moisture. Place in shallow baking pan at 250 for five hours. Desiccant is not edible so be sure you do not spill it in your food.

Desiccant should be placed on the bottom of the container or buried deep in the grain. It should not be placed next to an oxygen absorber. Desiccant negatively affects the performance of the oxygen absorber if in close proximity.

**Diatomaceous Earth** – A natural substance in the form of a white powder from the fossilized remains of marine diatoms. They are microscopic with sharp spines making them hazardous to exoskeletal insects. Creatures with internal skeletons are unaffected by the diatom shells. The spines create microscopic wounds in the insects, resulting in death.

There are different forms of diatomaceous earth, some of which are dangerous to humans. Do not use the type intended for pool filters. Safe forms may be purchased at your local feed store, garden center, or hardware store. Read the label before purchasing. Mix one cup of diatomaceous earth thoroughly with 40 pounds of grain, grain products or legumes. It is a dust so avoid breathing it in while mixing. It is

tasteless and is not harmful to humans. Note: diatomaceous earth does not kill eggs or pupae until after they have become adult insects.

**Dry Ice** – Dry ice is frozen carbon dioxide (CO<sub>2</sub>). It displaces oxygen and is the recommended treatment for grains and legumes stored in plastic buckets. It will control most adult and larval stage insects, but will not destroy eggs or pupae. Multiple applications are not necessary unless there is an infestation. If you decide to treat again, wait 2-3 weeks for insects to mature from the surviving eggs and pupae.

Use one ounce of dry ice per gallon or 3-4 ounces in a 5 gallon bucket. The dry ice will slowly sublime (change from solid state to a gas) and the CO<sub>2</sub> will displace the lighter air pushing it out the top of the bucket. It may be a good idea to use a desiccant package along with the dry ice for moisture control.

Wipe ice crystals from the dry ice with a clean towel. Wrap dry ice in paper towel to prevent it from burning the food it comes in contact with. Place wrapped dry ice in the bottom of the container. Pour grains on top of the ice leaving one inch at the top of the container. Snap the lid down only half-way on the container to allow carbon dioxide to escape as the dry ice sublimates. This can take a few hours depending on the amount of dry ice. Seal only after the dry ice has completely sublimated. Monitor bucket for a few moments to ensure the lid does not bulge. If it does, open and release the pressure. The lid being pulled down slightly is an indication of the partial vacuum created by the carbon dioxide being absorbed into the product.

**Freezing** – Freezing will kill live pests, but may not kill insect eggs. Multiple freezing and warming cycles may be required to kill all insects and hatching eggs. Freeze 1 to 15 pound bags of grain for two to three days, then allow to gradually warm for 24 hours.

**Oxygen Absorbers** – These remove the oxygen from the container and will kill



Do not stack over three buckets high. Check periodically to ensure lids have not broken from the weight.



Oxygen absorbers are more effective at removing oxygen than vacuum packaging.

adult insects and prevent larval insects from surviving. Oxygen absorbers are small packets which contain iron powder. They are made of a material which allows oxygen and moisture to enter, but does not let the iron powder leak out. The moisture in the food causes the iron to rust. As it oxidizes, the iron absorbs oxygen.

Oxygen absorbers are more effective at removing oxygen than vacuum packaging. Air is roughly 21 percent oxygen and 79 percent nitrogen. The oxygen absorber packets remove only the oxygen. The remaining air is mostly nitrogen and does not allow for the growth of insects. Use only with products which are low in moisture (10 percent or less) and low in oil content. Remember botulism poisoning may result from storing products high in

moisture in a low oxygen environment.

Use oxygen absorbers in containers which provide a sufficient moisture and oxygen barrier such as; #10 cans with seamed lids, foil pouches, PETE bottles with airtight, screw-on lids, and glass canning jars with metal lids that have gaskets.

Basic principles for successful longer term food storage require high-quality, low-moisture foods, correct packaging and steps to prevent insect infestation. This little bit of extra care results in extended food security. In 25 years, you will open a can of wheat and discover a beautifully preserved, nutritious grain ready for use. How is your food insurance? What can you do to improve your food security when tough times come knocking on your door? ●

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# Clarifying the **BUG-OUT BAG** Concept

By John Alba  
www.aboblist.com

I am preaching to the choir when I discuss the importance of having a well-equipped Bug-Out Bag (BOB) to use when a catastrophic event knocks at your door. Depending on the circumstances surrounding this event, you may be forced to evacuate at a moment's notice. A disaster can occur anytime; day or night. It can strike anywhere; work, school, home or on the road.

A common practice in the prepper and survival community is to put together a BOB that is stored at home. What good is that BOB if it is safely stored at home while you find yourself face-to-face with danger or stuck in a precarious situation and unable to get to that bag? Smart prepping demands a quality personalized BOB that is strategically located and readily accessible while you are on the road or at work. The bag should be stocked with all the necessary gear to enable the owner to survive any emergency situation.

In this article, I will review three types of bags; Everyday Carry Gear/Bag (EDC), Get Home Bag (GHB), and 72 Hour/3-Day Bug-Out Bag (BOB). These three emergency bags, when correctly assembled and strategically located, will provide the user with the best tools and supplies to effectively respond to any number of threats.

A strong emphasis should be placed on selecting emergency supplies and survival gear that is compact and modular in both size and shape. When possible, each item should serve multiple functions (e.g. wet wipe as an antiseptic and fire starter). Build redundancy into the pack for increased effectiveness and utility (e.g. pack a mini-lighter as well as waterproof matches for fire starting). I

have compiled a comprehensive list of items you may want to consider for each type of bag on the chart that accompanies this article.

Most emergency preparedness experts agree that the Everyday Carry Bag is a critical prep to handle a potential threat quickly. The items selected for an EDC are survival tools such as a neck chain knife, tactical pen, key chain photon LED light, pocket survival kit, and other items which are located on your person. This gear is secured and stored in your every day clothing, pockets, purse, simple backpack, jacket, key chain, wallet, belt and neck chain or lanyard. Being prepared means keeping it simple and readily available!

It is paramount that EDC items be extremely compact, lightweight, discreet and preferably of high quality. All your EDC pieces and tools combined make for a complete and thorough first line of defense. It serves to provide for your emergency needs until you are able to access your GHB or larger BOB.

There is a limitation to the amount and ability for the EDC gear to give you extended coverage for emergencies. Thus, the EDC serves as a stop gap measure until you are able to reach the more substantial emergency items found in your BOB.

The likelihood that a disaster will occur during the normal part of your day is high. One only needs to recall the events of September 11th, to recognize the potential for a dangerous situation to occur during school or work. It is not only possible but plausible. The majority of US citizens are at work or school for at least one third of the day. It makes sense to maintain a Get Home Bag in a secure place that is easily accessible to

you while you are away from home.






As the name implies, a Get Home Bag provides the user all the necessary gear and emergency preparedness items in a bag or backpack for the purpose of getting home safe and sound. The GHB is commonly stored in a locker, desk drawer, filing cabinet, or in a vehicle. Don't confuse this with a Bug-Out Vehicle Bag. A GHB typically has enough provisions for one to two days and is intended to get you safely home or to your planned Bug-Out Location (BOL). The key is to make it lightweight, compact and inconspicuous since your walk home could be long and arduous.




By far the most popular and best known of the Bug-Out Bags is the 72 hour or three-day bag. According to some top emergency preparedness experts, a 72 hour BOB is designed to support you and the people who are with you, for 72 hours and to get you from point A to point B as safely and comfortably as possible. Therefore, a 72 hour bug-out bag would not be a tactical bag which is mostly used in a battle scenario or for a defensive military response.

One factor often overlooked in your choice of a bag is color and style. According to most experts, camouflage beige or green, although popular, is not the best choice. This style of bag brings the most unwanted attention by would-be thieves and armed authorities during and after a period of turmoil. Selecting a neutral or basic color BOB would not raise any red flags for potentially lawless individuals or law enforcement groups. This would be the one time you do not want to stand out in the crowd!




For the best level of emergency preparedness, I recommend that each person is prepared with a well-stocked Everyday Carry Bag, a Get Home Bag as well as a 3 day Bug-Out Bag. Visit [www.ABOBList.com](http://www.ABOBList.com) for ideas to personalize your bags to fit your individual needs. Choose well and wisely. This might be obvious for some but for those just awakening to emergency preparedness, this is one lesson one needs to learn before it is too late. ●

# BUG OUT BAG (BOB) LIST



	Every Day Carry Gear/Bag	Get Home Bag	72 Hr. / 3-Day BOB
 aboblist.com			
Functionality	Every day carry on your person (Use in combination with other mini kits simultaneously)	Survival Day Bag/ Overnight bag in locker/ vehicle/briefcase	72 hour bag at home/vehicle
Destination	Get Home	Get Home or Bug Out	Bug Out
Duration	Immediate to a few days	1-3 days	3 days +
Noticeable Limitations	Lacks water/food items	Minimal food/water. Accessibility may be hindered by circumstance	Limited accessibility on daily basis. Bag is left at home location.
Container Types	Altoid tin, unhinged tin, key chain, neck strap, tactical belt, plastic pouch, hat, wallet	Fanny pack, utility belt, shoulder pack, safari vest, miniature backpack, day bag	Backpack, Rucksack, Framed backpack, Hydration pack
<b>Shelter/Clothing</b>  (In order of importance)	Poncho Survival Blanket	Tarp Blanket Gloves Emergency Bivy Poncho Sleeping Bag Boots Clothing Socks Tennis/Walking Shoes Cap Hat Jacket Bandana Towel Drop Cloth Survival Bag Tent Pants Underwear Rain Gear Long Underwear Shamagh Mosquito Netting Hand Warmer	Work Gloves Socks Long Sleeve Shirt Waterproof Tarp/Liner Blanket Pants Bandana Sleeping Bag/Bivy Underwear Poncho Raingear Tent Hat Jacket Shoes/Boots Quick Dry Cloth Long Underwear Fleece Sunglasses Ground Pad Scarf Rainproof Shell Cap Mini Pak Towels T-Shirt Sandals Jungle Bag Short Sleeve Shirt Sleeping Mat Handwarmer Sweater Shamagh Fleece Pants Insulated Vest Tent Stakes


	EVERY DAY CARRY GEAR/BAG	GET HOME BAG	72 HR. / 3-DAY BOB
<b>Fire/Light</b> 	Waterproof matches & striker Magnesium Firestarter & striker Micro Photon flashlight Tinder Cottonballs with Petroleum jelly Candle Magnifier/Fresnel Lens Lighter Waterproof bag Flashlight batteries Glow Stick	Lighter Headlamp Firestarter Flashlight + Batteries Candle Waterproof matches Flint with Striker Tinder Petroleum Cotton Balls Flares Fire Blowing Tube Crank Light Magnifier Glow Stick	Waterproof Matches Lighter Flashlight LED Head Lamp Flint & Metal Striker Candle Petroleum Cotton Balls Tinder Firestarter LED Keychain Flashlight Steel Wool Glow Sticks Magnifier Glass Flashlight Replacement Bulb Fire Paste Blow Tube Fire Extinguisher
<b>Documents/Informational</b> 	Mini Pencil & Waterproof paper Laminate Instructional Card Fishing knot guide Family pics Universal Edibility Test Ground to Air Signal Shelter Guide Survival Diagram Trap Diagram Shelter Diagram	Mini Pencil & Waterproof paper Pocket Survival Guide USB Drive Aircrew Survival Manual Disaster Plan Insurance Docs	Rainproof Pencil & Paper Pen Survival Book/Guide Playing Cards ID Copy Waterproof Marker Birth Certificate/Passport Copy Address Phonebook Disaster Plan Edible Plant Handbook Bible USB Drive BOB Item Checklist Insurance Docs First Aid Book Booby Traps Guide Field Sanitation US Army Manual Fishing/Hunting Gun Licenses Counter Mobility Guide Defense Combat Skill Book
<b>Signaling/Communication</b> 	Whistle Mirror Laser pointer	Hand Crank Emergency Radio Mirror Whistle Two Way Radio Flares Cell Phone Cell Phone Booster	Whistle Hand crank Light/Radio Mirror Solar Charging Radio Signal Flares Cell phone Ham Radio Walkie Talkie Citizen Band (CB) Radio Portable Scanner Tailor Measuring Tape Cell phone charger Solar Battery Charger Old Cell Phone Squeeze Light



	EVERY DAY CARRY GEAR/BAG	GET HOME BAG	72 HR. / 3-DAY BOB
<b>Navigation</b> 	Small Compass	Compass Maps GPS Pace Beads	Compass Maps GPS Watch Pace Beads Compass Protractor Navigational Magnet Marking Chalk
<b>Water</b> 	Water Purification Tablets Mini Pastic Water bag/Zip-lock bag Drinking straw Coffee filter Electrolyte Powder packet Plastic Wrap Tea Bag Drinking straw with Bleach (sealed) Fishing tackle vial	Filter Water Bottle Purification Tablets 2-3 Liter of Water Water Bladder Cup Canteen Water filter Straw Iodide/Beta dine Jug Aqua Pouches Pre-filter Sheath Emergency Water Bag Pot Metal Container Drinking Tube	Portable Water Filter Water Purification Tablets Water Canteen Collapsible Water Bladder Water Bottle 3 + Liters of Water Canteen/Drink Cup Chlorine Bleach Condom (unlubricated) Hand Pump Water Purifier Powdered Drink Mix Iodide Tablets Purifying Straw Backpacking Bucket Coffee Small Kettle Stream Thermometer Electrolyte Tablets Latex Tubing
<b>Food</b> 	Fishing Kit Snare Wire Salt/Pepper packets Army Can opener Bouillon Cube Energy Gum Sugar Tootsie Rolls	Energy/Protein/Granola Bar Freeze Dried Food Meals Ready to Eat (MRE) Fishing Kit Spork Stove Spoon Snare Wire Energy Booster Tuna/Chicken Salad British Mess Tin Beef Jerky Candy Bar Caffeine Pills Army Can Opener Non-Perishable Food Crackers Vienna Sausages Chocolate Candy Trail Mix	Energy/Protein Bar Meals Ready to Eat (MRE) Utensils Army Can Opener Stove Fishing Kit Snare Wire Metal Pot Aluminum Foil Cooking Kit Beef Jerky Freeze Dried Food Packets Emergency Food Rations Multi-Vitamins Condiments Honey Chocolate Vinegar Nuts Bouillon Cubes Tuna Fish Paper Plates Nuts Coffee/Tea Mini Stove Pop Tarts Granola Bars Meal Bars Oatmeal Packets Hard Candy Trail Mix Salt/Pepper Dried Fruit Pot Scrubber Stove Fuel

BUG OUT BAG, *continued*

	EVERY DAY CARRY GEAR/BAG	GET HOME BAG	72 HR. / 3-DAY BOB
			Candy Bars Sardines Vegetable Seeds Peanut Butter Connibear Trap Yo-Yo fish Trap
<b>First Aid                      Personal Meds                      Hygiene</b>  	Band Aids Alcohol Wipes Ibuprofen/Acetametaphen/Aspirin Triple Antibiotic Packet Personal Prescription Medication Dental Floss Pocket First Aid US Pennies Anti-Diarrheal Tablets Medical Tape Butterfly Closures Benadryl Tweezers Rubber Gloves Hydrocortisone Packet Insect/Bee Sting Relief Tube Steri-Strip	Small First Aid Kit Toilet Paper Sanitizer Blood Stop/Quick Clot Face Mask Ibuprofen/Tylenol Toothpaste/toothbrush Wipes Lip Balm Dramamine Eye Glasses Small Towel Prescription Meds Insect Repellent Shampoo Tourniquet Field Dressing Sunscreen Chap Stick Burn Cream Antibiotic Cream Gas Mask	First Aid Kit Toothpaste/Tooth brush Toilet Paper Soap Hand Sanitizer Moist Wipes Insect Repellent Sun Screen Feminie Products Dental Floss Dust Mask Prescription Meds Eye Glasses Tourniquet Deodorant Razor Foot Powder Chapstick/Carmex Quick Clot Eye Goggles/Protection Mouth Wash Comb Medical Gloves Eye Protection Shaving Cream Q-Tips Snake Bit Kit Waterless Hand Cleaner Sanitation Kit Anti-diarrheal Tabs CPR Shield Instant Ice Pack Bee Sting Kit Trauma Gear
<b>Safety/Protection</b>  	Folding/Survival Knife Knife Blade Razor Knife	Folding/Survival Knife Pistol Pepper Spray Ammunition Shoulder Holster Sling Shot Pellet Gun Sharpening Stone	Survival Knife Handgun Ammunition Rifle Magazine Pistol Holster Pepper Spray Rifle Gun Cleaning Kit Gun Lubrication Trekking Pole/Walking Stick Sharpening/Whet Stone Pocket Knife Ammo Pouch Self Defense Course Machete Club

	EVERY DAY CARRY GEAR/BAG	GET HOME BAG	72 HR. / 3-DAY BOB
Misc. 	Razor Blades	Paracord/Cordage	Paracord
	Cordage/Para-cord	Duct Tape	Duct Tape
	Duct Tape	Multi-tool	Multi-tool Swiss Knife
	Sewing Kit	Saw/Wire Saw	Cash/Coins
	Safety Pins	Electrical Tape	Batteries
	Rubber bands	Sewing Kit	Sewing Kit
	Wire saw	Cash	Heavy Duty Garbage Bags
	Aluminum Foil	Wire	Saw
	Small Nails	Garbage	Silver
	Cash	Screw Driver	Mini Binoculars
	Electrical Tape	Cutting Tool/Blade	Zip-Lock Bags
	Magnetized Sewing Needle	Razor Knife	Gold
	Trash Bag	Safety Pins	Shovel
	Jigsaw Blade	Pliers	Pet Food
	Paper Clips	Extra Batteries	Ax/Hatchet
	Tire Puncture Repair Kit	Shovel	Electrical Tape
	Small Keychain Ring	Binoculars	Crowbar/PryBar
	Mini Multi-Tool	Needle	Safety Pins
	Desiccant Card	Hatchet	Super Glue
	Button	Nails	Zip Ties
	String	Tent Spike	Assorted Electrical Fuses
			Wrench Set
			Compression Sack
			Boot Polish/Face Paint
			Collapsible Basin
			Waterproof Bag
			2'x2' Clear Plastic
			Dry Sack
			Hacksaw Blade
			Flex Cuff
		Bobby Pins	
		Mole Skin Adhesive Patch	
		Cable Ties	
		Harmonica	
		Camp Suds	
		Rolling Tobacco	
		Collapsible Chair	
		Wallet	
		Goop Tube	
		Puzzles	
		Games	
		Garden Wire	
		Rope	
		Hand Pump	
		Screwdriver	
		Pliers	
		Nails	
		Dish Soap	

# of experts suggesting item	Color Code	Significance
15-10	<span style="background-color: #FFC000; border: 1px solid black; display: inline-block; width: 20px; height: 10px;"></span>	Priority Items Needed
9-5	<span style="background-color: #FFFF00; border: 1px solid black; display: inline-block; width: 20px; height: 10px;"></span>	Urgent Items Needed
4-1	<span style="background-color: #00B0F0; border: 1px solid black; display: inline-block; width: 20px; height: 10px;"></span>	Important Items Needed

**This Bug Out Bag List was compiled by researching the top 10 websites on Bug Out Bags, reviewing top reading sources or books as recommended by the Library of Congress and Chicago Public Library and podcast recording or interviews with four top military experts on the subject of BOBs. Any Bug Out Bag item mentioned in these sources was compiled, tabulated and tallied. The result of this tabulation is presented here.**

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# FEMA

## *Friend or Foe?*

*By Jonathan B. Jones*

**O**n several recent occasions, people have informed me they are prepared because they have between three days and two weeks supply of food and water, just as instructed by Federal Emergency Management Agency. I find myself absolutely astounded that my definition of being prepared and theirs (or FEMA's) are so radically different. This has resulted in some interesting reflection and pondering. I will share some of those thoughts with you.

While I do not consider myself to be an extreme prepper, I do believe (as I'm sure many of you do) that the provisions mentioned above are the proverbial small drop in a big bucket. I sometimes have the inclination to say, though I rarely do, that their efforts simply are not enough. Instead, I try to compliment them on their progress thus far and encourage them to consider other important aspects such as first aid, sanitation, etc. I also try to share with them my belief that we should be able to care for our families with no outside assistance for an extended period of time (such as may be needed in the event of a pandemic or an EMP) - I generally use three months as a place to start.

To some this is a bit overwhelming, but more often it promotes further discussion, and an awakening of sorts, that provokes a new determination to take some next steps. While I do not believe that we should be motivated by fear, I do believe that we sometimes need some help understanding some of the threats that we may face. Personally, I hope that none of the things I am preparing for ever happen, but I derive great peace

from having prepared for them.

Now, back to FEMA. I have been known to be pretty critical of this agency, particularly with respect to the guidance mentioned above. I have thought them irresponsible for sugar-coating the threats and for being short-sighted as to the need for longer-term provisions and plans. Perhaps I am getting soft, but I am going to cut them a bit of slack. They have a pretty tough job when it comes to motivating the general public to do some basic important activities. Yes, we all can recognize the importance of doing these things when they are presented in a logical way, but with all the distractions of our modern world, there is a great deal of good intention, but not so much in the way of actual accomplishment.

My point is this: Is it productive to preach the need for long-term preparations, when most people struggle to do a few basic items? Perhaps if they were asked to do more, they would become overwhelmed and actually do nothing. I don't know and I don't know anyone who does know.

So what is the point of this article? Good question. My point is this, if FEMA can encourage our friends and neighbors and communities to do a few basic things, at least it is something. That is where we must take over. Fortunately, those of you reading this article are the ones that can inspire those around us to see with clearer vision and take responsibility. We can, in our own unique ways, make a huge difference, given our situation. It won't happen any other way. That's my point! Thanks for being part of the solution! ●



## *ISIS Use of Social Media as a* **FORCE MULTIPLIER**

*By Bruce Curley*  
*TACDA Board Member*

**I**slamic State in Iraq and Syria has proven very adept at using social media tools to win power, influence recruits and gain strategic advantage over their opponents. In this article I will examine how they could, and likely will, use social media as a significant force multiplier as they coordinate their assault with their social media skills to cause panic, chaos, death and destruction in the United States.

Basically, after much research, I believe ISIS will create widespread panic through the use of social media such as Twitter, Facebook, YouTube, and Instagram. They will use social media as a force multiplier in tandem with an actual physical assault within the United States.

A social media force multiplier, as I use the term here, is an individual or small team who, through the use of special tactics, can do the damage of a

much larger force. It is easy to understand that a skilled sniper is a force multiplier on the battle field. Why? Because one sniper can tie up an enemy battalion and are capable of force multiplication without ever directly engaging the enemy, they are a commonly known force multiplier. I propose that a few jihadi social media “snipers” can create a similar kind of chaos, death, destruction, and panic to millions of American civilians.

*“Every day and night, state sponsored and individual hackers strike at our government, our corporations, and our infrastructure.”*

Enter #ISIS or #ISIL as a search term in Twitter. You will be amazed at the number of entries that display when you do, and most of those entries support them.

With social media tools, whatever safety we enjoyed once behind oceans

and land masses is gone. Every day and night, state sponsored and individual hackers strike at our government, our corporations, and our infrastructure. (Most recently was the hacker attack against SONY.) As they are after specific information, be it financial, military, or otherwise, they generally do not destroy the servers or data or destroy electronic, digital, water, financial or other networks.

But what if ISIS were to strike those same networks? And what if they used their substantial knowledge of social media as a force multiplier to increase their destructive capability?

They’ve already proven themselves to be very adept at using their social media tools to recruit and train candidates from dozens of nations. They’ve uploaded their combat and recruitment films to Facebook, YouTube and Twitter. Their assault on Syria and Iraq was probably the first combat operation that was widely carried live on Twitter, Facebook, YouTube and other social media.

They have demonstrated a professional grasp of messaging and messaging tools. They understand that the

*“His tweets ... were seen two million times each month, making him perhaps the most influential Islamic State Twitter account, with over 17,700 followers.”*

optics as captured in social media is as important to their victory as anything they achieve on the battlefield.

So - let's take just one scenario.

Let's assume that for a year or two ISIS and their sympathizers accumulate weapons and explosives inside the

United States. If they preposition operatives and supplies in just 20 U.S. neighborhoods, they have a rather formidable force. Then, they pick a day for a coordinated attack and hit hard.

But knowing how powerful social media can be as a

force multiplier, they not only stockpiled arms and explosives, they also set up hundreds of accounts on Twitter, Facebook, YouTube, Instagram and other social media, and preprogrammed smart phones to spread their message rapidly - all as a force multiplier.

As in Syria and Iraq, they have one operative with a cell phone recording every action. As fast as it happens, they upload it to social media websites like YouTube, Twitter, Instagram, and Facebook using accounts they have already established. And they comment about it all, enjoying the element of surprise and the advantage of first report without counterviews reported.

With a terrorist journalist assigned to each strike force, they could quickly and widely disseminate their message. A violent, coordinated, well-executed attack on a large number of American neighborhoods, accompanied by a professionally executed social media campaign, in addition to causing a large loss of life and significant damage to proper-



# Bronius Cikotas

Continued from page 5

Houston Hawkins of Los Alamos National Laboratory, in a recent article for the American Center for Democracy, writes: “Just as the United States surprised its adversaries in World War II with technological advances such as the atomic bomb, its adversaries today can do the same to it. Today, in contrast to what is happening at the American counterparts ... Russian institutes are seeing ... year-round experimentation at their Novaya Zemlya Test Site, which is leading to development and deployment of new Russian nuclear weapons for newly designed delivery systems ... China’s nuclear weapon program is enjoying similar ... vigor and is directly benefitting from the rapid infusion of foreign advanced technologies.”

What is to be done?

I have a modest proposal for Senator Harry Reid, who I hope will not mind my disclosing that he and his staff have been very helpful to those of us trying to protect the nation from EMP. Senator Reid, before this Congress ends, please pass the Critical Infrastructure Protection Act (CIPA) that on December 1 passed the House unanimously. CIPA would protect our nation’s critical infrastructures and peoples from the existential threat of a natural or nuclear EMP catastrophe, and would secure your legacy.”

But please share the credit a little, and rechristen it the Bron Cikotas Critical Infrastructure Protection Act. ●

*Originally published at Family Security Matters: [http://www.familysecuritymatters.org/publications/detail/bronius-cikotas-exit-the-unknown-heroes?f=must\\_reads#ixzz3OdxDfEUW](http://www.familysecuritymatters.org/publications/detail/bronius-cikotas-exit-the-unknown-heroes?f=must_reads#ixzz3OdxDfEUW)*

ty, could accomplish the penultimate goal of every terrorist organization: panic.

They have mastered this ability already. Just one Tweeter named Mahdi under the name “Shami Witness,” an executive from Bangalore, India: “... spent his mornings, afternoons and evenings sending thousands of tweets of propaganda about the Islamic State militant group, acting as the leading conduit of information between jihadi’s, supporters, and recruits.

His tweets ... were seen two million times each month, making him perhaps the most influential Islamic State Twitter account, with over 17,700 followers.”<sup>1</sup>

Remember how adept at using social media as a force multiplier the Islamic terrorist was? Who struck the patrons of the Lindt Café and chocolate store in Sydney, Australia? It was at the height of the Christmas shopping season and in the heart of their financial district.

In contrast to prior terrorist hostage takings going all the way back to when the Palestine Liberation Organization who when they would hijack planes in the 1970’s silenced all hostages, the jihadi at the Lindt Café allowed their hostages to keep their phones. And he sent out a barrage of tweets to news media outlets and others. Why?

Why would they do that when doing so would provide an opportunity for them to communicate with their families and the media?

He had some hostages call news outlets to try to get on the air. Again, why? I argue they know by now how powerful a force multiplier social media can be as a way to get on the networks. While misguided, uninformed or defeatist analysts in the West may label these actors “lone wolves,” they are well aware they are part of a larger, global jihad. They now use social media as a force multiplier with the sword to continue their 1,400 year long drive for world domination.

Orson Wells, in his famous 1938 drama “War of the Worlds,” achieved massive citizen panic using just his voice and an earlier social media tool, the

radio. ISIS has far more sophisticated tools at its disposal, and it knows how to use them.

Once underway, this kind of large-scale citizen panic is difficult to contain. As they have already cut off captives heads, engaged in mass murder and rape, enslaved thousands, turned Christian churches into prisons, recruited, trained and activated suicide bombers and engaged in other widespread and repeated violent behavior, their launching multiple attacks inside the U.S. is easily imaginable.

Given their proven global proficiency and experience coordinating their attacks with social media propaganda, ISIS, using social media as a force multiplier when they strike the United States, is easily conceivable. The full impact of that attack through their use of these social media tools for the past several years in the Middle East and globally, shows they are proficient in their use and they will use them here when they hit hard.

We can shut down ISIS social media tools BEFORE their use of them results in large numbers of American deaths, panic, mayhem and destruction. The consequences of waiting until AFTER this social media force multiplier is used on a larger scale are unimaginable. ●

## Footnotes:

<http://www.channel4.com/news/unmasked-the-man-behind-top-islamic-state-twitter-account-shami-witness-mehdi>

## Background Resources

<http://www.npr.org/blogs/parallels/2014/11/11/363018388/how-the-islamic-state-wages-its-propaganda-war>  
<http://isisstudygroup.com/>  
<http://www.npr.org/2014/12/11/370022514/isis-used-predatory-tools-and-tactics-to-convince-u-s-teens-to-join>  
[http://www.washingtonpost.com/news/the-intersect/wp/2014/12/12/inside-the-battle-for-ask-fm-the-site-where-islamic-state-recruited-three-american-teens/?Post+generic=%3Ftid%3Dsm\\_twitter\\_washingtonpost](http://www.washingtonpost.com/news/the-intersect/wp/2014/12/12/inside-the-battle-for-ask-fm-the-site-where-islamic-state-recruited-three-american-teens/?Post+generic=%3Ftid%3Dsm_twitter_washingtonpost)

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## Apprio Taps **MICHAEL PENA** as New Executive Vice President of Homeland Security

### *Emergency Response Veteran with 35 Years of Homeland Security Expertise to Lead Apprio's Growing Practice*

Washington, D.C., Jan. 20, 2015 — Apprio, a leading provider of specialized technology solutions, particularly for the health, defense and homeland security markets, today announced the company has hired Michael Pena to lead the company's homeland security operations. Pena will oversee Apprio's growing homeland security practice that currently includes work with such clients as the Department of Homeland Security (DHS), the National Disaster Medical System and U.S. Coast Guard.

Pena brings an extensive 35 year career in first response, emergency preparedness, homeland security and facility protection. Pena's background includes first responder experience with the New York City Fire Department's Special Operations Command and FEMA, as well as homeland security and critical infrastructure protection experience with the Department of Energy's (DOE) Brookhaven National Laboratory.

"Michael brings an incredibly valuable perspective to Apprio and our clients," said Darryl Britt, Apprio's president. "We're advising clients how to deal with situations that quite literally involve life and death decisions. Michael has worked at the frontline of emergency response; his knowledge of how to plan for and respond to critical incidents isn't hypothetical; it's based on his real-world experience."

Most recently, Pena managed

Brookhaven National Laboratory's (BNL) Laboratory Protection Division where he directed the protective force, fire rescue, emergency management office and security operations for classified programs. His responsibilities included critical infrastructure protection, emergency preparedness and response, training, audits, assessments and program development.

Before joining BNL, Pena was director of disaster response operations for DHS FEMA Region 2. In this position, he directed the response for federal agencies and the Department of Defense to natural emergencies and terrorism-related events within New York, New Jersey, Puerto Rico and the U.S. Virgin Islands. He managed and directed the regional response coordination center and served as the chairperson of the regional interagency steering committee.

In 2002, Pena joined DHS, FEMA Region 2 in the Operations and Planning Branch, serving as operations chief and lead planner. Pena was the regional operations chief for Presidential-declared national disasters as well as special national security events (Republican and Democratic Party conventions, Papal visit, UN General Assembly).

As the DHS FEMA Region 2 representative to the FBI Joint Terrorism Task Force, Pena coordinated terrorism preparedness and situational awareness for the region. His interagency experience includes liaisons with the U.S. State Department; the Foreign Consequence Management Program Office for emergency preparedness assistance for the 2004 Summer Olympics in Athens; the U.S. Department of Energy Radiological Detection Program for emergency response assistance for the Megaports Initiative; the U.S. Army Southern Command; and the U.S. Secret Service for dignitary visit special event

planning.

Prior to joining FEMA, Pena served as the U.S. General Services Administration Region 2 regional emergency coordinator. His responsibilities included continuity of operations planning, training and exercises for all federal buildings within the region.

Pena's emergency response career began in 1981 with the FDNY. Sixteen of Pena's 21-year career was in the Special Operations Command. As a firefighter and officer in the Special Operations Command, Pena received advanced technical training in areas such as hazardous materials, technical and collapse rescue, and incident command training.

While with the FDNY, Pena was an original member and served 13 years as a rescue team manager with the New York City Urban Search and Rescue Task Force for FEMA. Deployments included hurricane relief for the Dominican Republic and the 1996 Summer Olympic Games in Atlanta.

Pena has attended the National Emergency Training Center and the National Fire Academy. He has taken professional development courses sponsored by the Environmental Protection Agency, National Domestic Preparedness Program, N.Y. State Department of Health, and N.Y. State Office of Fire Prevention and Control. He has instructor certifications in technical rescue, emergency response to terrorism and weapons of mass destruction, and emergency planning.

#### **About Apprio**

Apprio is a provider of specialized technology solutions, particularly for the health, defense and homeland security markets. The company provides innovative IT and program services in healthcare IT, emergency response management and financial management. Apprio delivers the methodologies, discipline and thought-leadership provided by the large integrators, with the cost structure and collaboration offered by smaller firms.

For more information, visit [www.apprioinc.com](http://www.apprioinc.com). •





# The PET Bottle Safety Debate

*By Kylene and Jonathan Jones*

Chatter in the prepper circles is speculating about the dangerous chemicals leaching into water storage from plastic containers. Word on the street is that PET bottles are not safe for water storage. Fact or fiction? Let's take a closer look at the research.

First, let us establish a foundational understanding of the various forms of plastics and how they are used for storing food products. This information was obtained from a Smart Plastic Guide published by Sea Studios

Foundation.<sup>1</sup> On the bottom of most plastic bottles there is a recycling symbol that identifies the type of resin used in the production. Some plastics have potential health risks and should not be used to store food products, while others appear to be safe.

## **Plastic #1 – Polyethylene Terephthalate (PET)**

There are no known health issues with this plastic. PET is used to produce bottles for soft drinks, water, beverages,

peanut butter and other food containers.

## **Plastic #2 – High Density Polyethylene (HDPE)**

There are no known health issues with this plastic. HDPE is used for foods such as milk and water jugs in addition to containers for a host of non-food items.

## **Plastic #3 – Polyvinyl Chloride (PVC or V)**

Harmful chemicals are produced in the

manufacturing, disposal or destruction of PVC including: lead, di(2ethylhexyl)adipate (DEHA), dioxins, ethylene dichloride, and vinyl chloride.<sup>1</sup> This plastic is used for clear food packaging, cling wrap, squeeze bottles, cooking oil bottles, peanut butter jars, and many non-food plastic items.

#### Plastic #4 – Low Density Polyethylene (LDPE)

There are no known health issues. This plastic is used to produce bags for bread, frozen food bags and grocery bags. Most plastic wraps are made from LDPE and some bottles. Some organic pollutants are formed during manufacturing.

#### Plastic #5 – Polypropylene (PP)

No known health issues are associated with PP. It is used to make containers for deli soups, syrups, yogurt and margarine containers, baby bottles, straws, and many non-food items.

#### Plastic #6 – Polystyrene (PS)

Styrene can leach from polystyrene and be absorbed by food. It is stored in body fat and over the long term, acts as a neurotoxin. Repeated exposure may be dangerous. Formed polystyrene is also known as Styrofoam and is used to produce food containers, egg cartons and other packaging.

#### Plastic #7 – Mixed (Other)

Health effects vary with the resin and plasticizers. Polycarbonate plastic leaches BPA which is a known endocrine disruptor.

Sea Studios recommends that only plastic containers with the recycling #1, #2, #4 and #5 be used for food storage. When practical, they recommend using glass containers. They are a safer alternative as glass will not leach chemicals into the food.

Now with that foundation, let's explore the PET controversy. Is it safe to store food and water in PET containers for emergency preparedness? Are dangerous chemicals leaching into my water storage from the plastic?

One chemical of concern is antimony (Sb), a metal found in natural deposits. It is present in low levels in the environment. Antimony is found in food, drinking water and in the air. The short-term health effects of high exposure levels may include gastrointestinal disorders, nausea, vomiting and diarrhea.<sup>2</sup> According to the EPA, exposure of antimony in drinking water above the maximum contaminant level (MCL) for many years may result in increases in blood cholesterol and a decrease in blood sugar. The EPA established MCL for antimony is 0.006mg/l or 6ppb (6000 ng/l).<sup>3</sup>

A study from 2005 entitled, Contamination of Canadian and European bottled waters with antimony from PET containers, found evidence that some leaching of antimony does occur from PET bottles.

"The data presented here leave little doubt that bottled waters stored in PET are contaminated with Sb from their containers. ... We wish to emphasize that all of the waters measured in our lab to date were found to contain Sb in concentrations well below the guidelines commonly recommended for drinking water..."<sup>6</sup>

In response to two European studies that found evidence of estrogenic activity in mineral water bottled in PET plastic, Julia R. Barrett published an article in *Environmental Health Perspectives* in June 2009. She concludes:

Neither of the European studies can be used to deduce anything about potential human health effects of drinking PET-bottled beverages.<sup>5</sup>

In addition she includes the following quote in her article:

"It has been demonstrated through extensive studies that PET meets all established safety standards for use in food and beverage packaging and has been safely used for that purpose for decades," says Ralph Vasami, executive director of PETRA. The organization also emphasizes that PET destined for food and beverage containers does not contain bisphenol A or orthophthalates, both of which have been heavily scruti-

nized as endocrine disruptors.

The studies report that length of storage and heat may impact the amount of chemicals that leach into water and food products. A study published in the *Journal of Environmental Monitoring* (Issue 4, 2012), states, "Bottle aging and increase in bottle volume were associated with decreased migration of antimony from bottles."<sup>9</sup> If aging of bottles decreases the migration of antimony into the water there might be a case made for rotating water more frequently when water storage containers are new.

What about using PET bottles for solar water disinfection? In response to the concern, scientists at SODIS.ch published this document.

Reports from around the world regarding substances in PET bottles that cause cancer are worrying users of the SODIS method. Therefore, a number of research institutions tested the scientific accuracy of these reports and carried out their own analyses of the materials. Studies have been produced for the following substances: antimony, adipates, phthalates, acetaldehydes and formaldehydes. These studies show that when the SODIS method is applied correctly with PET bottles, there is no danger to human health.

#### Antimony

Antimony speeds up chemical processes in the manufacture of PET (catalyst). However, antimony does not get into the water unless the bottles are stored for a very long time or heated to very high temperatures. The storage times and temperatures in question far exceed those that are involved in the correct application of the SODIS method. There is therefore no danger to the health of SODIS users.

#### Adipates and phthalates

Adipates and phthalates are used as softeners in the production of certain types of plastics and packaging materials (e.g. PVC). Adding these substances to the plastic makes it more flexible and easier to work. Although these softeners are not particularly toxic, they do represent

a threat to health if they are consumed in large quantities. However, softeners are not needed in the production of PET. If softeners are found in the water from PET bottles, they must have been in the water before the bottles were filled.

### Aldehydes

Aldehydes are formed when the plastic is heated in the manufacturing process for PET bottles. A research group in Eawag, the Swiss Federal Institute of Aquatic Science and Technology, therefore re-researched the questions of whether formaldehydes and acetaldehydes are transferred from the PET bottles to the water when the SODIS method is applied, and if so, in what quantities. It was found that exposure to the sun has no effect on the concentration of acetaldehydes, though the concentration of formaldehydes does increase with the length of exposure. However the concentrations of aliphatic aldehydes remained far below the state regulatory limit for drinking water in all samples. Therefore, the SODIS method does not pose a health risk.<sup>7</sup>

According to research presented above, solar water disinfection performed in PET bottles is safe as long as it is done correctly. One final study published in *Food Additives and Contaminants: Part A Volume 28*, Issue 1, 2011 reaches the following conclusion:

It was concluded that antimony levels in beverages due to migration from PET bottles manufactured according to the state of the art can never reach or exceed the European-specific migration limit of 40 microg kg(-1). Maximum migration levels caused by room-temperature storage even after three years will never be essentially higher than 2.5 microg kg(-1) and in any case will be below the European limit of 5 microg kg(-1) for drinking water. The results of this study confirm that the exposure of the consumer by antimony migration from PET bottles into beverages and even into edible oils reaches approximately 1% of the current tolerable daily intake (TDI) established by World

Health Organization (WHO). Having substantiated such low antimony levels in PET-bottled beverages, the often addressed question on oestrogenic effects caused by antimony from PET bottles appears to be groundless.<sup>8</sup>

We have found no evidence in our research that makes us uncomfortable storing water for our family in PET bottles. However, if you are concerned about the levels of any chemical in your water, filter it before consuming with a filter that is rated to remove the substance you are concerned about. Coagulation/filtration and reverse osmosis are effective methods for removing antimony from water.

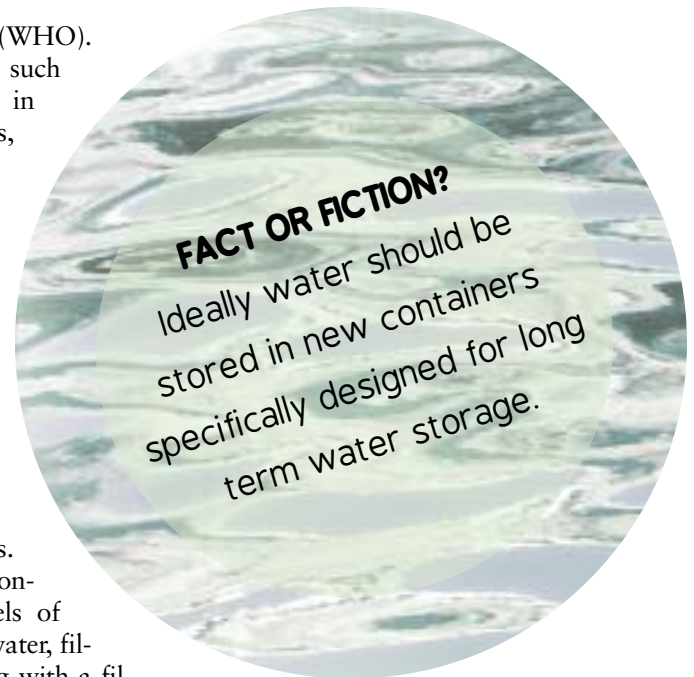
Water storage is a critical element of emergency preparedness. We cannot stress enough the importance of storing water. The risk of contracting nasty water-borne illness from drinking water from a contaminated water source, or dehydration from lack of water, is far greater than the risk of anything that might possibly have leached into your stored water from food grade plastic containers. We encourage you to continue to store as much water as you

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*Kylene and Jonathan Jones are the authors of **The Provident Prepper—A Common-Sense Guide to Preparing for Emergencies.***

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reasonably can as part of your preparations.

Fact or fiction? Ideally water should be stored in new containers specifically designed for long term water storage. However, we've done the research and are highly confident that PET bottles are safe for our family to use for emergency preparedness. Clean, used soda and juice bottles are cheap and plentiful making emergency water storage possible for everyone, regardless of financial resources. We invite you to explore the evidence and decide for yourself. •

## TACDA

12162 S. Business Park Dr., #208  
Draper, UT 84020  
www.tacda.org  
info@tacda.org  
Office: (800) 425-5397  
Fax: (888) 425-5339

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