

SURVIVING TERRORISM

A SPECIAL REPORT

*Everything you
need to know to
protect your
family from the
coming attacks!*



Jarret B. Wollstein

SURVIVING TERRORISM

**Protecting yourself, your business,
and your community from terrorism
and martial law**

by Jarret B. Wollstein

***Author of *The Rage of Islam: America Is the Target,*
Lethal Compassion, and *Protect, Survive and Prosper****

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2002

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Jarret B. Wollstein

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YOU think about
Surviving Terrorism

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About the Author

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Books and Special Reports by Jarret B. Wollstein

1. **Public Services Under Laissez Faire (1967)**
2. **Society Without Coercion (1969)**
3. **Principles of Liberty (1972)**
SIL home-study course with Don Ernsberger & David Walter
4. **Liberty V. Tyranny (1975) SIL White Paper**
5. **Myths of Democracy (1975) SIL White Paper**
6. **Government v. The Poor (1975) SIL White Paper**
7. **The Causes of Aggression (1975) SIL White Paper**
8. **The Case for Open Immigration (1975) SIL White Paper**
9. **Creating the 2nd American Revolution (1975) SIL White Paper**
10. **The Rage of Islam: America is the Target, Your Finances will Be the Victim (1993) [with Mike Ketcher]**
11. **Lethal Compassion: Why Government Medicine Is the Cure That Kills (1994) [with Dr. Mary Ruwart]**
12. **What Really Happens When They Confiscate Your Gold? (1993) [with Mike Ketcher]**
13. **What REALLY Happened At Waco? (1994)**
14. **How to Keep the IRS and Other Snoops Out of Your Computer, Phone & Fax (1995) [with Mike Ketcher]**
15. **Protect, Survive & Prosper: Surviving the 7 Millennium Crises (1999)**
16. **The Y2K Investor's Guide (1999) (with Chris Temple)**
17. **Procrastinator's Preparedness Manual (1999)**
18. **Surviving Terrorism (2002)**
19. **Investing In An Age of Terror (2002) (with Richard Maybury)**
20. **The Rage of Islam 2003 (2003) Forthcoming (with Mike Ketcher)**

E-Books

1. **NewsMax Guide to Offshore Investing (2002)**
2. **NewsMax Terrorism Survival Guide (2002)**

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Introduction

Terrorism and the 7 Millennium Crises

Today in the wake of 9/11, the United States and the world appear on the brink of an unending war against terrorism, a major depression, and a global police state – as you are about to learn. The headlines of our newspapers now read like bad horror movies:

Terrorist Radiological Weapons In Afghanistan?

Gas Masks Fly Off Shelves

Armageddon Threatened In Middle-East
(Israel threatens to use its 2,000 nuclear weapons)

72 Women File Molestation Suit Against Airports

U.S. Factories Layoff 80,000 More Workers

Kidnapped Tourists Tortured and Murdered in the Philippines

U.S. Food Supply At Risk of Biological Contamination

We indeed have much to be concerned about. But there are ways you can protect yourself. Indeed, showing you precisely how to do so is the major purpose of this book. However, in view of the many impending threats to your prosperity, freedom and life itself, the quicker you take action, the better.

These many threats we face are certainly horrifying, but I can't say I find them surprising. In my 1999 book – ***Protect, Survive and Prosper: Surviving the Seven Millennium Crises*** – I wrote that the world would face seven major crises as we entered the 21st Century:

1. The Millennium Bug
2. Global Financial Meltdown
3. Technology and Infrastructure Failure
4. Collapse of the Welfare State
5. Terrorism and Urban Violence
6. Natural Disasters
7. A Global Police State

How accurate was my analysis?

Fortunately, the Y2K Millennium Bug turned out to be more of an annoyance than a crisis. Thanks to billions of dollars spent by businesses and government agencies on overhauling their computers – mostly in the six months prior to January 1, 2000 – Y2K-related problems were few and far between. The most serious Y2K-related problem I'm aware of was the shutdown of some oil wells and refineries, contributing to sharply-higher oil and gas prices during early 2000.

Unfortunately, my other warnings have been dead on.

The global financial meltdown has gotten worse, plunging much of the world into depression (although no one dares call it that) and the U.S. into the worst recession in at least 13 years. Corporate and personal bankruptcies are at their highest level since the Great Depression. Over \$3 trillion has been vaporized in crashing stock markets. Over 1 million jobs have been lost nationwide just since 9/11, and big layoffs are continuing. Overextended businesses and families are hanging on by their fingernails.

Some of the consequences of the U.S. recession can be easily seen in Northern California, where some former dot.com millionaires are now living in their cars.

According to the *Valley Times*, housing prices in the San Francisco Bay Area are still so inflated that there are engineers making \$70,000 (formerly \$150,000) a year who are forced to live in homeless shelters because they can't afford the \$4,000-a-month rent on an apartment in Silicon Valley.

Low-paid workers in Silicon Valley survive either by living 20 to a one-bedroom apartment, or by sleeping on public buses and subway trains. Insane.

In the Southern U.S., entire towns face bankruptcy, and many states aren't far behind, thanks to collapsing tax revenues. According to KTVU News in San Francisco, 48 of the 50 states now are running budget deficits. In Chapter 7, I discuss in more detail the growing U.S. and world depression and how to protect yourself.

There are also continued signs of collapse of the welfare-state economy – both in the U.S. and throughout the world. As early as 2010, Social Security will start running deficits. According to the National Center for Policy Analysis, by 2040, 44% of every dollar workers earn will have to be taken in taxes, just to pay for Social Security and Medicare – leaving little for national defense, courts, police, interstate-highways, education, and all of the other functions government currently provides.

Largely unseen, infrastructure problems continue to worsen. Some 60% of the bridges in the U.S. now need to be replaced, and many municipal water systems, like that of New York, are well over 100-years old. It is just a matter of time before there are major disasters from our failing infrastructure.

Throughout the world, more and more people are dying from natural disasters and disease (particularly AIDS), due to increasing population concentrations, political corruption, and underdevelopment of technology. The die-off is most shocking in Africa and Asia. In some countries, up to 40% of adults are HIV-positive.

However, my most accurate and frightening predictions by far in ***Protect, Survive and Prosper*** were the growing dangers of terrorism and a global police state.

As Mike Ketcher and I wrote in our 1993 book, ***The Rage of Islam:***

“Death to America” is the battle cry of millions of militant Islamic fundamentalists.

“They hate us because we are the major financial backer of their arch-enemy Israel.

“They hate us even more because we support moderate Arab states.

“Their leaders tell them that America is the ‘Great Satan’ that ‘must be destroyed.’ They have begun an all-out terrorist war on America.

“The Arab terrorist organization responsible for the World Trade Center bombing says they have 150 more ‘suicidal’ warriors ready to attack America.”

“America is a very open society. We are extremely vulnerable to terrorist violence. The rise of anti-American terrorism means we will go through the fire.”

The horrifying events of 9/11 made some of our worst fears a reality.

Also as we wrote in 1993 in Part 2 of *The Rage of Islam*, “Martial Law in America – a threat much worse than terrorism,”

“Regardless of what means terrorists use to threaten or attack America, the government’s reaction is predictable: A massive crackdown in the name of combating the terrorists.”

Following 9/11, we have witnessed the greatest loss of liberty in my lifetime. On top of the outrageous USA Patriot Act (passed before Congressmen even had copies to read), we have had a massive increase in police surveillance, a national roundup of over 8,000 Muslims, militarization of airports and borders, and military tribunals. The USA Patriot Act is also filled with draconian economic regulations, hardly even mentioned by the press, which could easily transform America into a socialist state.

Further, as you’ll learn in Chapter 2, draconian medical martial-law legislation is now being passed by many states at the urging of the Bush Administration, and national ID cards or even implanted biochips may be just around the corner. As *Financial Privacy Report* editor Mike Ketcher warns:

“This nation is just one terrorist attack away from martial law.”

It is clear that in the wake of 9/11 America is a changed country, and the changes are just beginning.

Both continued terrorist attacks and martial law remain very real threats. As a result of President Bush’s ever-expanding global military crusade, which is creating

millions of new enemies for us throughout the world, I think we will be lucky to get through 2002 without another major terrorist attack in the U.S. I just pray that it isn't a radiological or a major bio-chemical attack.

Thankfully, there is some good news too. Just one year after the NASDAQ crash, Silicon Valley – the leading edge of the new economy – shows signs of revival. And some businesses and careers are actually experiencing an unprecedented boom in the wake of 9/11, including some entrepreneurs who are making between \$200 and \$6,000 an hour. (See Chapter 7.)

As always, the future belongs to the foresighted, prudent and prepared. The purpose of this book is not to scare you, but to be realistic and help you survive and prosper, come what may.

I still fervently hope that the American people will soon come to their senses and, reject the ultimately suicidal idea that this country should be policeman to the world, and a machine gun-armed nanny to its own people. If people do finally wake up, five years from now we will be living in a much freer and more prosperous America – rather than the permanently economically-depressed, Orwellian police-state that now beckons ever nearer.

I urge you to reject hatred, war, and tyranny; and instead fight for a humane future of freedom, prosperity, and justice. Show compassion, tolerance, and good will for your fellow men and women throughout the world. The battle won't be easy or without casualties, but the alternative is intolerable.

Jarret B. Wollstein
May 2002

Chapter 1

The Terrorist Threat

**“We call on every Muslim who believes
in God to kill the Americans”**

Osama bin Laden, February 22, 1998

The deadly September 11th attacks on the World Trade Center and Pentagon – in which 3,000 innocent men, women and children were crushed to death or burned alive – were just the latest strikes in an on-going, undeclared terrorist war on America.

All of us are at risk. Osama bin Laden and other terrorist leaders have made it crystal-clear that they make no distinction between soldiers and innocent civilians, and will gladly kill the elderly, women and children, until “the Great Satan” – America – is defeated or destroyed.

Osama bin Laden and his al Qaida network are just one of many terrorist threats, foreign and domestic. According to the 1999 FBI Report, ***Terrorism in the United States:***

“Between 1980 and 1999, the FBI recorded 327 incidents or suspected incidents of terrorism in the United States.”

In the same period, there were also hundreds of terrorist attacks against U.S. citizens abroad.

Terrorist attacks against Americans have been getting progressively more lethal during the past ten years.

Here are some of the more recent and deadly:

Chronology of Terror

- 1993** The first World Trade Center bombing using a bomb in a van. 6 killed, over 1,000 injured
- 1995** Bombing of Murrah Federal Building in Oklahoma City, OK. 168 dead, hundreds more wounded
- 1996** Muslim fanatics explode a truck bomb outside a U.S. Air Force housing complex in Saudi Arabia, killing 19 and injuring hundreds
- 1998** U.S. embassies in Kenya and Tanzania attacked with car bombs, killing 212 and wounding thousands
- 2000** USS Cole attacked with a boat bomb in Yemen. 17 sailors killed.
- 9/2001** Destruction of the World Trade Center, over 3,000 killed, tens of thousands injured, \$640+ billion in economic costs
- 10/2001** Anthrax letters, 5 killed, 10,000 treated for possible exposure.

What's next? A massive smallpox attack?

Terrorists machine-gunning innocent people in shopping malls?

Suicide-bombers blowing themselves up at restaurants, like they do in Israel?

An atomic bomb exploding in the center of Manhattan?

Unfortunately, any or all of these horrors are now credible, no matter how many people are stripped-searched at airports and how many guards patrol our borders.

There are hundreds of groups throughout the world who hate the United States and who are willing to use violence to achieve their objectives – including neo-Nazis, communists, Marxist guerrillas, and radical environmentalists. However, the two greatest threats are:

- 1) Islamic terrorist groups, and
- 2) State-sponsored terrorism – particularly North Korea, Communist China, Russia, Iran, and Iraq.

Jihad: The Radical Muslim War On America

Islamic terrorism: ‘The Great Satan must be destroyed’

To millions of impoverished, angry and desperate Muslims throughout the world, the United States is “the Great Satan” – the enemy of everything decent and holy – that must be destroyed. Osama bin Laden was speaking for many Muslims when he proclaimed on February 22, 1998:

“We...call on every Muslim who believes in God and wishes to be rewarded to comply with God’s order to kill the Americans and plunder their money wherever and whenever they find it.”

“The ruling to kill the Americans and their allies – civilians and military – is an individual duty for every Muslim who can do it in any country in which it is possible to do it.”

How many Islamic terrorists are ready to attack Americans?

On January 29, 2002, in his State of the Union address, President Bush said that at least 10,000 terrorists were trained to kill Americans in bin Laden’s training camps. Many are still at large.

Joseph Farrah, publisher of WorldNetDaily – one of the largest news websites in the world – says that of the world’s 1.2 billion Muslims, at least 10% are extremely hostile to America. That’s over 120 million people!

There is also little doubt that there are millions of Third World Muslim boys who are taught from birth to hate the West and who pledge their lives to destroy the “great Satan” America and the “little Satan” Israel. We indeed have many enemies.

7,000-page Islamic terrorist encyclopedia

As many Americans are beginning to realize, there is no limit to the number of ways terrorists might attack us. In fall 2001, U.S. authorities discovered an 11-volume, 7,000 page “terrorist encyclopedia” – the ***Encyclopedia of Jihad*** – which is “believed to have been the training manual used by Muslim suicide bombers in their attack on New York’s World Trade Center.”

The ***Encyclopedia of Jihad*** teaches how to kill using everything from garrotes and guns, to germ warfare and atomic weapons . . . how to inject frozen food with toxins to create mass death and mass panic . . . how to bring down a plane with a missile . . . how to poison a country’s medical supplies . . . and even worse. These people are serious.

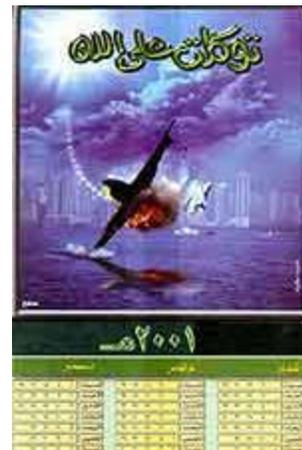
Muslims throughout the world warned in advance of September 11th

On September 27, 2001, Newsmax.com reported that authorities in Almere, Amsterdam discovered a shocking Islamic calendar at an Islamic school. The calendar was printed in Egypt in May 2001 and distributed to Muslim schools *throughout the world* over the summer – months before the World Trade Center attack.

Each month of the calendar had its own picture. What did the picture for September 2001 show? A crashing passenger airliner with New York City in the background! The caption read, “I have the support of Allah to die for Allah.”

The head of the Islamic school, Mrs. Dekker, reportedly had a large number of the calendars as early as May. When confronted with the image of the crashing airliner, Mrs. Dekker allegedly yelled, “How did you get this?” and then refused to answer any more questions.

The same week Dutch authorities were informed of the calendars, the Dutch news agency ANP received a detailed letter warning that terrorists planned to launch suicide attacks during rush hour in four tunnels in Rotterdam and Amsterdam. Dutch authorities closed all four tunnels and arrested a large number of people who had been identified by the anonymous tipster.



The same informant also warned that western countries were being targeted for waves of subsequent terrorist attacks. Our successful war in Afghanistan seems to have delayed, but not necessarily stopped, the second wave of terrorist attacks.

Why many Muslims hate America

According to President Bush and many commentators, Islamic terrorists hate America for *our virtues* – our freedom, prosperity, democratic institutions, religious tolerance, openness, and multicultural diversity.

There is some truth in that. Certainly many poor people throughout the world, including Muslims, envy our wealth, and some religious fanatics can't abide our religious diversity or the freedom our people have, particularly women. However, envy and intolerance alone don't explain why some Muslims are taught from birth to hate the U.S. or why some fanatics are willing to sacrifice their own lives to kill innocent men, women and children 5,000 miles away.

When you ask Muslim's why they hate the U.S., most make it clear that it is the U.S. government that they hate – not the American people in general or even western culture. Consistently, they give three reasons for their antagonism toward the U.S. government:

- 1. U.S. government support for what they view as anti-Islamic and corrupt political rulers** in the Middle East and Asia, such as the former Shah of Iran, who tried to forcibly westernize his country, and the dictatorial House of Saud, which now rules Saudi Arabia.
- 2. U.S. support for Israel.** Since Israel's inception, the U.S. government has been providing that country with billions of dollars each year of military and financial assistance – now as much as half of Israel's entire federal budget. Unfortunately, the Israelis have had to use much of the technology, hardware and money provided by the U.S. to defend itself from its Muslim neighbors, particularly the Palestinians.
- 3. The U.S. government's unending war on Iraq.** Ten years after the “end” of the Gulf War, the U.S. government was still regularly bombing Iraq, prohibited Iraqi planes from flying over 2/3 of their own country, and prevented many goods from entering the country. Tens of thousands of Iraqis – including many children – die each year from malnutrition and lack of medicine caused by the embargo.

Certainly much of the blame for the suffering of the Iraqi people lies with Saddam Hussein, who lives in 40 palaces while his people starve. But when state-controlled media tells you day-after-day that America is responsible for your poverty,

and anyone who dares question Saddam is imprisoned or executed, the survivors quickly get on the anti-American bandwagon and most soon believe his propaganda.

In addition to these three reasons for hatred of America, there is a fourth important reason:

4. There has been a massive U.S. public-relations failure in the Middle East. Few Americans speak Arabic languages and even fewer ever talk to them. As a result, the only viewpoint millions of Muslims hear is the anti-American propaganda of fanatics and despots.

The situation has gotten much worse since 9/11 and the buildup for the war on Iraq. For instance, *Newsweek* magazine reports that before 9/11, perhaps 20% of Mosques in Saudi Arabia taught hatred of America. Now the figure is closer to 80%. Unfortunately, so long as much of the effort in the War on Terror is against Arab countries and Muslim guerilla groups, you can expect the U.S. government and even you and I to be increasingly viewed as “the enemy” by more and Muslims.

The Deadly Threat Of State-Sponsored Terrorism

Independent Islamic terrorists, like members of the al Qaida network, aren't the only people we have to worry about. As destructive as the September 11th attack was, it pales in comparison to the loss of American lives and property that could occur as a result of *state-sponsored terrorism* – which will likely happen during the next phase of Bush's war on terrorism.

In his January 29, 2002 State of the Union speech, President Bush identified three countries as his next targets: North Korea, Iran and Iraq. All three countries have huge militaries. North Korea alone has over 1 million troops. North Korea also has nuclear weapons and missiles. Iran and Iraq are trying to get nuclear weapons and may even have a few already. All three countries have biological and chemical weapons.

‘Explosion of a single terrorist nuclear weapon in a major city could kill over 1 million Americans, and destroy our economy.’

Dr. Cham Dallas, University of Georgia

While the military arsenals of North Korea, Iran and Iraq don't compare to America's 6,000+ nuclear warheads, sophisticated planes, global surveillance

network, and large navy, even a few nuclear warheads would still cause crippling damage to our country.

The explosion of a single nuclear weapon in a large U.S. city, like Washington, D.C. or Los Angeles, would be the worst catastrophe in our history – the ultimate terrorism nightmare. ‘Casualties could easily top a million,’ warns Dr. Cham Dallas of the University of Georgia. “A [single] exploded nuclear device could fill every burn bed in the United States.”

The economic damage would also be mind-boggling. The latest report is that the September 11th attack and its aftermath cost the U.S. over \$640 billion – nearly 7% of our Gross Domestic Product, plus over 600,000 jobs.

The economic cost of a single nuclear explosion, or a major biological or radiological attack, would be far greater and could easily cause the loss of millions of jobs, widespread business bankruptcies, and even the collapse of the U.S. economy.

Who would want to live in a major city if terrorists could destroy it at any time with atomic or biological weapons? Who would invest in U.S. businesses if they could be vaporized at any moment?

Three state sponsors of terror that the U.S. government doesn't want to talk about

Then there are the countries that President Bush didn't mention . . . and nearly everyone in Washington seems afraid to: Russia, China, and Saudi Arabia.

According to the political and media establishment, these three countries are now our friends. The U.S. now has major military bases in Saudi Arabia and nearly half of U.S. imports now come from China. The Russians are such good “friends” that we are “harmonizing” our laws (such as taxes and asset confiscation) with them. We also have an “Open Skies” treaty with Russia, permitting their military aircraft to freely fly over the U.S.

At the same time this public love-fest is going on between Uncle Sam and the world's most powerful communist nations, our “friends,” the Russians still have over 6,000 strategic nuclear weapons targeted at our cities – enough to kill every man, woman and child in America 100-times over. Russia, in fact, remains a brutal totalitarian country that continues to operate slave labor camps and which ruthlessly exterminates anyone who opposes their tyranny – such as the Chechnians.

China also is a major and growing threat to America. The Chinese also have nukes targeted at us, and they are rapidly building more, thanks to Chinese nuclear scientists trained at California Tech and other western universities.

The Chinese Communist government also operates the world's largest remaining system of slave labor camps, and even removes organs from prisoners to keep the power elite alive and healthy. China also tortures and murders its own citizens for crimes like possessing a Christian bible. China teaches its people that the U.S. is "the prime enemy" and in 1999 threatened to launch nuclear weapons at Los Angeles if we interfered with their planned military re-conquest of Taiwan.

Incredibly, the U.S. government continues to allow Chinese students to study nuclear engineering at our colleges and universities, and has sold the Chinese Communists advanced U.S. military and computer technology, which they have used to build highly-accurate intercontinental missiles and nuclear weapons that are aimed at us!

Lenin said capitalists were so obsessed with money that they would sell communists the rope that they would use to hang us. Both Democratic and Republican presidents seem to be doing precisely that.

Most al Qaida terrorists came from Saudi Arabia

The third major state sponsor of terrorism no one in the administration wants to talk about is our good friend and ally, Saudi Arabia. The press has virtually ignored the fact that 14 of the 19 September 11th hijackers were Saudi citizens.

Osama bin Laden was also born and raised in Saudi Arabia, and the Saudi government has been a major financial supporter of the Taliban, the Palestinian Liberation Organization, and many other Islamic terrorist groups.

On January 30, 2002, Newsmax.com also reported that 100 of the 158 Taliban soldiers interred by the U.S. in Cuba are Saudi citizens. However, the Saudis also have a lot of oil, so we look the other way while they finance and train terrorists.

The Terrorists Next Door

Terrorist Cells in the U.S.

Many of the terrorists involved in the 9/11 destruction of the World Trade Center and attack on the Pentagon had lived in America for years, and made sure that they blended in.

They had apartments and jobs. They dressed the same as the people next door. They ate hamburgers, pizza and other American foods. They avoided mosques and other Arabs. They even *deliberately* engaged in extremely unMuslim behavior, such as promiscuously sleeping around, to make themselves appear as American as possible.

These terrorists were following explicit instructions in al Qaida's terrorist-training manual, which calls upon martyrs to "study residents' customs and accents," "avoid visiting mosques and other Islamic places," "rent apartments where people don't know one another," and most importantly "maintain good neighborhood relationships."

That makes it almost impossible to identify and track terrorists, thousands of whom probably are already in the U.S.

According to the Chairman of the Senate Intelligence Committee, Bob Graham (D-FL):

"[T]here are 100 or more al Qaeda operatives inside the United States, some who have been here for a considerable period of time, all of whom went through a training process to prepare them to carry out terrorist plots when they were called upon to do so." ("Senator: Al Qaeda cells inside United States," CNN.com, 2-23-02.)

In addition, Graham said there are "perhaps a dozen or more other international terrorist organizations that also have agents inside the United States."¹

Although there are also South American, African and Asian terrorist organizations, it's clear that in the wake of 9/11 and the U.S. war on terror, the greatest *immediate* threat we face is from Arab and Muslim terrorists.

Let me make it absolutely clear that I am 100% against discrimination, much less arrests or detention, based on race or religion, like the disgraceful internment of some 115,000 Japanese-Americans in concentration camps during World War II. However, if your enemy is overwhelmingly from one religion or race, it is completely

fitting and proper – even essential, as a matter of life or death – to look at members of that religion or race closely, particularly those who have ties to terrorist organizations and those who have publicly proclaimed their approval of the terrorists. Even then, they must be accorded benefit of the doubt, all of their rights should be respected, and they must be treated as *innocent until proven guilty*. But it certainly makes sense to investigate those with ties to Arab terrorism.

So where do Arab-Americans live? The *Detroit Free Press* provides this answer:

“Arab Americans live in all 50 states, but about a third are concentrated in California, Michigan and New York. Another third are in these seven states: Illinois, Maryland, Massachusetts, New Jersey, Ohio, Texas and Virginia.”

“About half of Arab Americans live in 20 metropolitan areas. The top four are Los Angeles County in California; Wayne and Oakland counties in Michigan; Brooklyn, NY, and Cook County, IL.”

(www.freep.com/jobspage/arabs/arab1.html.)

Four areas that are potential hot-beds of terrorist activity:

1-2 The states of New York and New Jersey, home to thousands of immigrants from the Middle East. Up to 80% of the security screeners at metro New York airports are Arabs. Steve Emerson, author of *American Jihad*, who went undercover and lived among Islamic terrorists in the 1990s, says support for Islamic extremists is very high in this area.

3 The San Francisco/San Jose Bay-Area. According to the *San Jose Mercury News* even as late as last winter, mosques in the San Jose-area regularly featured Muslim speakers who praised Islamic terrorists and the 9/11 attacks.

The ultra-liberal Bay Area also has probably more sympathizers for the 9/11 attackers and opposition to the War on Terrorism than any area in the country.

The Bay Area is also home to the country’s largest Afghani population, with up to 300,000 estimated to be living in the area, and over 70,000 in the city of Fremont alone, often called “Little Afghanistan.”

4 Los Angeles, California, also home to many Arab terrorist sympathizers.

How Terrorism Will Change America

It is clear from President Bush's statements that the war on terrorism is just beginning, despite the defeat of the Taliban and Al Qaida in Afghanistan. As *Newsweek* observed:

"Bin Laden is just the first act. Winning America's war on terror will mean overcoming ancient hostilities – at home and abroad."

According to the U.S. State Department, there are terrorist groups in at least 60 countries, including the United States. President Bush has made it clear since last September that the War on Terrorism will be a protracted conflict that will involve U.S. campaigns throughout the world for many years to come. Bush has even been comparing the War on Terrorism to the Cold War, which lasted decades and cost over \$4 trillion and hundreds of thousands of American lives.

According to press reports, a 50-year war is now being planned by Bush. The BBC News cited the same figure as early as October 2001. (See "War on terror may last 50 years," BBC News, 10-27-01.) That will drastically change America.

Even a 5-year war on terror would be a disaster for America and the world. It will mean higher taxes and lower, even negative, growth; a massive shift of resources from civilian to military spending; and disruption of international trade. That means fewer houses, cars, and appliances; a lower standard of living for everyone. In poorer countries with fewer reserves, a protracted War on Terror will probably mean massive starvation and death.

A 50-year terrorist war will also mean greatly-reduced technological progress in most everything except for weapons, and a return to the bad old Cold War days when 75% of all the scientists on earth were working for one national military or another.

It also means escalating tensions between the U.S. and other countries, more foreign military conflict and vastly-increased retaliatory terrorist strikes against the U.S., eventually with nuclear and biological weapons.

It could also mean the end of freedom in America, perhaps in less than five years. Already we're seeing the signs of this, with massive increases in FBI surveillance, military tribunals, ethnic-profiling, detention without trial, expanded confiscation without trial, government spying on conversations between attorneys and their clients, neighbors turning in neighbors to police, and demands for national ID smart-cards and legalizing torture of suspected terrorists

President Bush's latest program is the "USA Freedom Corps, which is to include expansion of several existing organizations such as Bill Clinton's "AmeriCorps" and several new organizations – such as the "Volunteers in Police Service Program", a doubling of "Neighborhood Watch" and "a new Terrorist

Information Prevention System” all controlled by the federal government. At best, that means a massive expansion of government involvement in your life. At worst, it means neighbors spying on neighbors, and a red-white-and-blue version of totalitarian citizen-surveillance networks like the ones in the communist states of China and Cuba.

Make no mistake about it: America will change drastically in the next few years, and not for the better.

10 Crucial Steps to Prepare for Terrorism

In the coming months and years, you will face unprecedented threats to your life, safety and freedom, including . . .

- 1) **More and even worse terrorist attacks**, possibly including biochemical and radiological attacks on America,
- 2) **A stagnating economy** (see Chapter 7),
- 3) **An all-out war on your freedom and privacy by the U.S. government**, including stifling security measures, universal surveillance, and widespread confiscation of property without trial. (Chapter 2 has a detailed discussion of this threat.)

That’s the bad news. The good news is that there are dozens of common-sense steps you can take now that will drastically decrease your chances of becoming a victim of a terrorist attack, or of a government search or seizure.

The even better news is that the on-going terrorist crisis is creating unprecedented opportunities. For instance in Chapter 7 you’ll learn about over a dozen careers that are flourishing because of the war on terror, including one consultant who is now charging \$50,000 a day!

Throughout this book you will find hundreds of suggestions for protecting your safety, your family, your assets, and your community. These suggestions will help you survive not only in the event of another major terrorist attack or martial law, but also in event your area is hit by a serious natural disaster – such as a major hurricane or earthquake . . . if there is a major civil disturbance, like the 1992 Los Angeles Riot or 2000 Seattle Riot . . . or if there is a disaster caused by a collapse of aging

infrastructure (bridges, tunnels, and power plants) or government mismanagement, like the 2001 California energy crisis.

To get started, here are my top ten suggestions to prepare for terrorist attacks:

Survival Principle #1: Don't allow yourself to be overwhelmed by fear

After the 9/11 Attack, there was a widespread and understandable increase in reported psychological problems across the U.S. – particularly depression, paranoia, and fear.

That's understandable and – within limits – reasonable. No one knew what was going to happen next or who would be the next victims. However what is not reasonable is that months after the attack, people thousands of miles away from New York City and Washington, D.C., including some people in rural areas, were still so frozen by fear that they said they were unable to sleep, work, or – in some cases – even leave their homes. Obviously that's self-defeating and tremendously destructive.

Instead of focusing on your fears, take action to alleviate them. That could mean something as simple as stockpiling some emergency food, water and medical supplies. It might mean making sure you have a safe place you can retreat to quickly in an emergency, such as a vacation cabin or a relative's home in the countryside. It could even be as simple as talking your concerns through with others you trust – such as close friends, relatives, a religious counselor, or a therapist. Throughout this book, you will find hundreds of suggestions for reducing your risk of being a victim.

However, whatever you do, don't allow yourself to be paralyzed by fear and use that as an excuse for doing nothing. That only guarantees that you WILL BE a victim, if not of terrorists, then of your own fear.

Survival Principle #2: Stay healthy and fit

If another terrorist attack damages your community either directly from a physical attack or indirectly as a result of disruption in basic services, shortages, or economic hardship, you must be as healthy and fit as possible to avoid possibly-severe repercussions.

Chuck Fenwick of the Medical Corps says that in the event of a biochemical or radiological attack, the weak and sick will die first, while those who are strong and healthy may simply have a mild illness or may hardly be affected.

If there is a national shortage of medicines as a result of a biochemical or

radiological attack, you will be much more at risk if you are sickly. Ditto if there are disruptions in heat, electricity and water and you aren't healthy.

Survival Principle #3: Develop a Warrior Mentality

I've studied martial arts all of my life, and the most important lesson my masters have taught me is that **life is a serious struggle for survival**.

It's easy to forget this principle in 21st Century America where having *too much food* around is a much bigger problem for most people than having too little . . . when you are comfortable night and day thanks to central heat and air conditioning . . . when you have 100 channels of entertainment and music at your fingertips . . . and when excellent medical care is usually just a phone call away.

However, our affluence and conveniences simply camouflage the underlying reality that **any of us can be killed at any time**, by anything from a fall in the bathtub, to a car accident, to a terrorist bomb.

To greatly increase the chances that you will survive serious threats to your life and well-being, such as a violent confrontation with a terrorist on a plane or a biochemical attack on your city, you need to adopt a warrior mentality.

Shale Paul, author of *The Warrior Within*, provides this summary of the way of the warrior:

“To become a warrior is to be totally committed to what you are about in this life – to discover your own truth and live by it.”

“A warrior lives tactically... Tactics are personal and situational; they depend on the person employing them and they can vary according to the situation. Here are seven examples of tactics.”

- **“Make decisions so carefully that nothing can disturb you or cause you to lose your balance.”** (Don Juan) Preparedness and planning are the keys to success and survival.
- **“Become inaccessible or accessible only by choice.”** Throughout the world, Americans are now being singled out for terrorist attacks. By keeping a low profile and camouflaging your identity when necessary, you avoid becoming a target.

- **“Choose your time and turf.”** If you live in or near New York or Washington, D.C., seriously consider moving, at least until the terrorist crisis is over. If you live in or near *any* large city, you should have an escape plan.
- **“Learn the wisdom of non-combating.”** Avoid areas of high risk – for example, travel to the Middle East and Asia. As police-state laws get worse, avoid confrontation with authorities whenever possible.
- **“Know your enemy.”** Realistically assess your risk of a terrorist attack or arrest under martial law – then do what you can to minimize that risk.
- **“Allow (and arrange) the facts to speak for you.”** Your wishes and desires are irrelevant to the harsh facts of surviving a terrorist attack. Your preparation and strength are the keys to your survival.
- **“Don’t allow others to make you part of their problem.”** The greatest danger in the event of a biochemical or radiological attack will come not from the attack itself, but from mass panic: Hundred of thousands of hysterical people will be fleeing into the suburbs and countryside spreading disease and radiation, disrupting essential services, and killing many innocent people. You don’t want to be around when this happens.

Survival Principle #4: Create a personal survival plan

First and foremost, determine what is truly important in your life. If it’s owning the most expensive car and the biggest house in your community, you need to reassess your values. Cars, homes, and other things can be lost in an instant. Courage, strength, and wisdom can never be taken away from you.

Next, assess what threats are realistic in the area where you live. If you live in an exurban or rural area, you may need to do little. If you live or work in a large city, you may need to make major changes. To help you, you will find many preparedness check-lists in Appendix 3, “Survival Checklists and Action Plan.”

By the time you finish this book, you should be able to easily fill them out and answer these questions:

1. **Is my area a safe place to live?** If not, do I need to move or at least create a well-stocked refuge in a safer location. (See Chapter 11.)
2. **How well-prepared is my community for a terrorist attack or disruptions due to martial law?** Would my community survive if there was no electricity or safe water for weeks? Are we prepared to survive a biochemical or radiological attack? (See Chapter 3.)

3. **Will my business or job survive disruption caused by a terrorist attack or martial law?** If not, what skills do I have or could I quickly develop that would enable me to survive and prosper? (See Chapter 6.)
4. **How much food and water does my family need to store to survive without supermarkets for 2 to 8 weeks?** Are there local sources for food and water I can rely upon instead, such as nearby farms, fishing streams, fruit trees, etc.? (See Chapter 5.)
5. **Can I survive if electricity or heat fails in the middle of winter?** Should I buy a generator, propane heaters, or a solar-power system? (See Chapter 6.)
6. **What will my family do for medications if a biochemical attack depletes stockpiles and there are no medicines I need at local pharmacies for weeks or months?** How can I stockpile the medicines my family and I need? (See Chapter 5.)
7. **How can I protect my investments if the stock markets are closed, like they were after 9/11, only this time for weeks or months?** (See Chapter 9.)
8. **Can I turn to neighbors or friends for help in a crisis?** Are they more likely to help or threaten me? (See Chapter 8.)

Survival Principle #5: Assemble essential survival skills and resources now

As a result of America's impending war on Iraq and possible full-scale war in the Middle East, the period of maximum danger will probably occur sometime in the next 12-18 months. So you have no time to waste getting ready for a major attack. As previously mentioned, Iraq alone has some 2,000 tons of anthrax – enough to kill every person in America at least 10-times over.

If you wait until there has been another terrorist attack, it could be too late. Medicine could be diverted to areas that have been attacked, and thus become non-existent in other parts of the country. If the food supply is hit, there could be food rationing. If Iraq hits Middle East oil fields, you could find that skyrocketing prices have bankrupted your business and make it impossible to keep your home warm.

By the time the crisis is apparent for all to see, it will be too late to prepare. Again, getting prepared in advance of trouble may require that you adjust your lifestyle, buy a less-expensive car or make do with your old one . . . not take a vacation this year . . . or delay purchasing a new home. But once you are prepared, you will have the peace of mind that if there is another crisis, you and your family are

ready and will weather it intact – mentally, physically, and financially.

Survival Principle #6. Work with friends and neighbors

Terrorism preparedness is not a job for just one person, but for an entire community.

Is your water supply safe from a terrorist attack? Are there any dangerous chemical plants near you and how well are they protected? If there is a nuclear reactor near you, do you know what your community evacuation plan is if it is hit and starts spewing radiation? Are local emergency personnel prepared to help – or stop – refugees from a biochemical disaster in a nearby city? What community resources do you have in the event of martial law?

You need to work with your neighbors to cope with such all-too-possible emergencies in the age of terrorism.

Survival Principle #7: Create an emergency cash and credit reserve

If you have to move on a moment's notice, you will need as much ready cash and credit as possible. In an extreme case – such as a nuclear or biological attack – you may not even be able to access your bank account for days, weeks or longer. So you will want to make sure you have plenty of cash on hand for lodging, food, medications, consumables, gasoline and entertainment. The absolute cash minimum you should have is \$3,000 to \$5,000, and \$10,000+ is much better. You should also have at least that much available on a credit or debit card.

If your city is evacuated due to a biological or nuclear attack, you might need three or four times that much – at least \$10,000 in cash – since food, hotel, gasoline and other prices would immediately skyrocket. To make sure you can still use your credit or debit card, make sure you have several issued by national banks, such as Bank of America or Citibank. Local banks could be shut down by an attack.

Survival Principle #8: Stockpile emergency food, water & medications

You actually need three stockpiles: (1) One in your main residence, (2) a second stockpile in your emergency retreat, and (3) a portable supply to take with you in your car or RV if you have to evacuate. Also, don't forget about your pets' needs.

Chapter 5 provides detailed advice of how much and what types of food to

stockpile and how to store it. The appendices provide a list of places to buy emergency food that can be stored for long periods of time.

Survival Principle #9: Learn first aid

This can be a lifesaver in an emergency. All adult family members should take at least a basic course offered by such organizations as the Red Cross, fire department, police, and some hospitals. Information about Red Cross courses is available at their web site, www.redcross.org.

Survival Principle #10: Arm yourself

In the event of a major attack or evacuation, crime and looting will skyrocket, and you won't be able to count on police for protection.

The only thing standing between looters, rapists, and killers and your family and business could be you. That's precisely what happened during the 1992 Los Angeles Riots and during many devastating natural disasters.

At the very least, you should have at least one handgun and one shotgun or rifle and plenty of ammunition for both.

In Chapter 8, I discuss the best guns for self-defense.

Chapter 2

The Threat of Martial Law

“I tell you, freedom and human rights in America are doomed. The U.S. government will lead the American people, and the West in general, into an unbearable hell and a choking life.”

Osama bin Laden, October 2001, quoted in *NewsMax.com*, 2-1-02

“Secret military tribunals. A manhunt that has swept up 1,200 men, mostly in secret. Orders to question every young male emigrating from the Middle East for the past two years. Plans to loosen up rules that restrict the FBI from spying on churches and political organizations... Are America’s civil liberties at risk?”

Newsweek, 12-10-01

“My job is to defend the Constitution from its enemies. Its main enemies right now are the Justice Department and the White House.”

Bill Goodman, legal director, Center for Constitutional Rights

At 5 am in the morning on September 12, 2001 – less than one day after the 9/11 attack – a half-dozen heavily-armed federal agents raided the San Antonio home of Dr. Al-Hazmi, who worked as a radiologist at the San Antonio University Hospital.

Without any search warrant, the agents demanded to search his home and proceeded to ransack his property, while his wife, 8-year-old son, and 6-year-old

daughter were held at gunpoint. Finally Al-Hazmi was shackled and taken away by the FBI.

He was imprisoned in a small, freezing cold room at the FBI office in San Antonio, without a bed, and initially naked. All of his personal possessions, including his clothes, his eyeglasses, and his bronchitis medicine were taken away, causing him to get steadily sicker.

Then Dr. Al-Hazmi was taken by plane to New York “where he was greeted by U.S. marshals holding automatic weapons.¹” At the Metropolitan Correction Center, Al-Hazmi says he was repeatedly kicked and beaten while FBI agents interrogated him.

Finally, on September 19th – a week after he was picked up by the FBI – Dr. Al-Hazmi was allowed to talk to a court-appointed attorney. It was only then that he learned why he was arrested: He had a family name *similar to that* used by two of the 9/11 hijackers – Salem Alhazmi and Nawaf Allhazmi. (Dr. Al-Hazmi says his last name is as common in the Muslim world as “Smith” is in the U.S.)

His second “crime”: In the past, he had booked flights on Travelocity.com, which some 9/11 hijackers had also used – along with a few million other people.

On Monday, September 24th – twelve days after he was arrested – Dr. Al-Hazmi was released without his glasses or clothes, and allowed to return home. No charges were filed against him. No apology was offered by the FBI, much less compensation for his pain, suffering, and humiliation.

In the wake of his arrest and imprisonment by the FBI, Dr. Al-Hazmi says he may have to quit his job and leave the U.S. because his colleagues no longer trust him.²

- **With guns drawn, early in the morning on October 31, 2001, thirty FBI agents broke into an apartment in Findlay, Ohio.** They ordered everyone in the apartment – 11 young Israeli tourists, including 22-year-old Liron Arbus – to “Get dressed, and get out.”

Without any charges or explanation, the 11 tourists were imprisoned for over a month, before they were finally ordered released by a U.S. immigration judge in early December. According to *Newsweek*, “At least 60 Israelis have been jailed nationwide, and only Arbus and his friends have gotten out.”

- **On Friday, December 14, 2001, FBI agents seized all of the records and assets of Global Relief Foundation** in Bridgeview, Illinois, which raises some \$5 million a year for poor Muslims. According to CBS News, agents were

“removing furniture and fixtures as well as records.” “Everything in the building is subject to seizure,” commented foundation spokesman Asim Ghafoor, “they are going to take what they want to take.”³

Global Relief is just one of many Islamic groups to have everything they own seized. On December 5th, authorities seized all of the assets of the Holy Land Foundation, which raises some \$13 million a year for relief. The mission of Holy Land is to “find and implement practical solutions for human suffering through humanitarian programs that impact the lives of the disadvantaged, disinherited, and displaced peoples suffering from man-made and natural disasters.”⁴

In all, since September 11th, U.S. authorities have seized or frozen over \$400 million in assets (as of April 2002) from dozens of Muslim groups ranging from small, store-front money changers to large charities like the Holy Land Foundation.

While admitting that most funds handled or raised by these Muslim groups are used for legitimate purposes, authorities also claim that they have contributed *some* funds to terrorists, including Hamas suicide bombers. However, authorities refuse to provide any proof of their allegations.

These massive asset seizures have taken place without anyone being convicted or even charged with a crime, in most cases. They take place without any trial or hearing. Many of the victims are U.S. citizens, yet because the seizures are “civil” rather than “criminal”, the dispossessed have no presumption of innocence, no right to an attorney, and little right to appeal.

Most of the individuals and groups who have had everything they owned seized by the government will never get their property back, regardless of their guilt or innocence. The 39 groups hit so far may just be the beginning of a massive wave of terror seizures aimed at Muslim-Americans and anyone else the government decides is an “enemy.”

These three stories represent just the first, tiny rumblings of an enormous and brutal steam roller of unconstitutional arrests, searches and seizures taking place across America in the wake of September 11th – and the harbingers of a massive assault on your liberty and privacy now being implemented at the highest levels of your government. *The worst is yet to come.*

As you are about to see, all of us now are targets, all of us are now potential enemies in the minds of the people running the government.

Uncle Sam declares war on your freedom and privacy

On the evening of September 11, 2001, President Bush began his first speech on the 9/11 attacks with these stirring words:

“Freedom itself was attacked this morning and I assure you that freedom will be defended.”

A few days later, President Bush demanded that Congress immediately enact the most sweeping attack on your freedom and privacy in over 50 years: The USA Patriot Act (HR 3162). It was signed by President Bush on October 26, 2001 as Public Law 107-56, and is now the law of the land.

The USA Patriot Act vastly expands secret police searches of your home and business *without* probable cause ... expands government monitoring of your computer and Internet use ... allows the government to open your mail . . . creates a whole new class of crimes under which your property can be seized upon mere suspicion... expands detention of foreigners without trial ... and defines terrorism so broadly that political dissent and computer hacking are included.

This law guts your legal protection from out-of-control government, yet incredibly virtually no one in Congress even read it before they voted for it. Rep. Ron Paul of Texas, who voted against it, says:

“It’s my understanding that the bill wasn’t printed before the vote – at least I couldn’t get it. Maybe a handful of staffers actually read it, but the bill definitely was not available to members before the vote.”

Three ways the new terrorism law will affect you

Before getting into the specifics of the new law, there are three key points to keep in mind:

Effect #1: Huge loss of freedom and Constitutional rights

Although the USA Patriot Act was championed as a “tool for law enforcement to combat terrorism,” it takes away freedom and Constitutional protections from every American and every visitor to this country.

To put it simply, the new law makes it much easier for the government to watch you, search you, seize your bank accounts, confiscate your home, and put you in prison based upon nothing more than some bureaucrat’s “suspicions.”

Effect # 2: Lost jobs and falling living standards

As a result of 9/11, the already-sick U.S. economy went into deep recession. Estimated losses due to 9/11 already run over \$640 billion, and are mounting. As many as 1 million jobs have already been lost and massive layoffs are continuing. The travel and tourism industry has been particularly hard hit by draconian (but largely ineffective) airport security measures that have slashed air travel by 20% to 40%, and have caused costs to skyrocket for many industries. That may be just the beginning.

Automotive plants, high-tech Silicon Valley companies and mom-and-pop restaurants throughout America have all seen a decline in business as fearful Americans cut back on travel, spending, and new businesses. Production at many factories was also severely disrupted by supply delays as a result of draconian security measures at U.S. borders and airports. International trade has also been severely affected, and *Reason* magazine says the global economy is now dead.

Effect #3: Detention and deportation without trial

Some 3,000 innocent Americans and visitors were killed by the deadly 9/11 Attack. As tragic as that is, that pales in comparison to the 280 million Americans whose lives are threatened by the new anti-terrorism laws.

Over 8,000 people have already been detained or interrogated by the FBI and police. Hundreds of thousands of travelers have already had their pocket-knives, manicure sets, scissors, “dangerous” belt buckles, necklaces, and in some cases their cash, confiscated by airport security guards. Many thousands will likely be arrested, imprisoned or have their property seized in the coming months.

How bad could it get? On January 2, 1920, Attorney General Palmer raided private homes in 30 U.S. cities without search warrants and arrested over 3,000 people, as part of his campaign against suspected communists and anarchists. Hundreds were deported with little pretense of due process.

During World War II, over 115,000 Japanese-Americans had their homes and businesses confiscated, and were imprisoned without trial in concentration camps because of their race. If the war on terror goes on for 50 years as President Bush predicts, or even for 10 years, the body count of innocent victims will be much higher.

On February 8, 2002, the *Washington Post* reported that the Immigration and Naturalization Service was looking into deporting 314,000 foreign nationals from many countries.⁵ Others are calling for deporting *all* foreign nationals.

Welcome to Fortress America.

USA Patriot Act: Leading edge of a deluge of laws attacking your freedom

Not content with the vast powers conferred upon him by previous national-emergency legislation, and thousands of Executive Orders (EOs) and Presidential Decision Directives (PDDs), just days after the 9/11 attack, President Bush demanded that Congress give him vast new police-state powers in the form of the “USA Patriot Act” – which was quickly passed with virtually no scrutiny or debate.

Key provisions of this draconian new law include:

Secret searches

Under Section 213, FBI agents can secretly break into your home or business if they suspect you’re involved in *any* criminal activity. Technically, that could even include underpaying taxes, gambling, or jaywalking. Once they break in, they can then seize your records, including computer files. They can also alter or destroy documents in your computer at will without even telling you about it.

Under present civil-asset forfeiture laws, if police secretly invade your home or business, they can grab anything and everything they take a fancy to – including your cash, gold, jewelry, family heirlooms, computers, expensive stereos, etc. – and then keep your property for themselves and their departments. Since there won’t even be an official record of the raid that you can access, you will have no way of proving it was police rather than some private criminals who burglarized your home and robbed you, much less recover damages for your stolen property.

Under the USA Patriot Act, notification to you of when and why your home or business was raided can also be delayed indefinitely, effectively insulating federal police from any real scrutiny or responsibility for illegal break-ins, targeting of political opponents, and outright robberies. It’s going to be a field-day for cops like those in LA’s Rampart Division who regularly robbed and assaulted innocent citizens.

Seizure of everything you own to “combat terrorism”

Section 302 of Title III – the International Money Laundering Abatement and Anti-Terrorism Financing Act of 2001 – allows “the forfeiture of any assets in connection with the anti-terrorist efforts of the United States,” as well as seizure of anything involved in a computer crime, or “that can be traced to a computer crime.”

This is an enormous expansion of U.S. civil-forfeiture laws. Now federal and local police will be able to seize anything you own without even claiming that they suspect you of a crime. All they have to claim is that taking your car, home, bank accounts or business furthers their “anti-terrorist efforts.” Then bam, at the drop of a thieving bureaucrat’s hat, you are simultaneously dispossessed of everything you own and branded a terrorist.

This has already happened to hundreds of U.S. businesses small and large, such as the Holy Land Foundation, as I described at the beginning of this chapter, and it can easily happen to you.

This USA Patriot Act does say you can challenge any seizure, but on what legal basis is unclear, since the feds can now take anything for any reason they want. Also, how can you hire an attorney once everything you own has been seized and you’ve been labeled a terrorist?

FBI tracking your e-mail and net surfing

The USA Patriot Act also enables federal authorities to read your e-mail and monitor your net surfing at will. As the Electronic Frontier Foundation warns:

“The government may now spy on web surfing of innocent Americans, including terms entered into search engines, by merely telling a judge anywhere in the U.S. that the spying could lead to information that is ‘relevant’ to an ongoing criminal investigation. The person spied on does not have to be the target of the investigation. This application must be granted and the government is not obligated to report to the court or tell the person spied upon what it has done.”⁶

Police can also now read your mail and spy on all your e-mail and on-line purchases. By simply issuing a subpoena and without court review, they can find out, “records of session times and durations, temporarily-assigned network (I.P.) addresses; means and source of payments, including credit card or bank account numbers.” [Secs. 210, 211]

Huge expansion of definition of terrorism

The USA Patriot Act expands the definition of terrorism to include any illegal activities “relating to computers.” So if you log onto an adult web site or participate in an on-line political debate the government doesn’t like, like millions of other Americans, you can now be classified as a terrorist.

The Act also makes it a crime to give support to any organization which engages in violence. That could include being a member of a labor union which has a scuffle with police, or being a member of an anti-abortion group (or pro-abortion group) which holds a demonstration where property is damaged.

Under section 814, the penalties for such “terrorist acts” include up to 20 years in prison – harmonizing U.S. law with former Soviet Union standards for handling political dissent.

Multi-jurisdictional search warrants

The USA Patriot Act authorizes searches by authorities in many different cities and states with a single search warrant – something that was previously only rarely authorized.

That will make it easier to catch terrorists, but it will also make it much easier for police to monitor citizens and organizations with unpopular ideas, or to seize property they own in different states. It also helps create a national police force – one of the hallmarks of a police state.

Confiscation of the property of foreigners

Under section 317, any foreign citizens who have bank or stock accounts in the U.S. can have their accounts frozen or confiscated upon the simple request of a federal prosecutor.

Any property *in the U.S.* that foreigners own can also now be seized. Once that provision is put into effect, foreign investors – who are already pulling out of America – will flee in droves.

Indefinite imprisonment without trial

“The consequences of being labeled a terrorist are extreme in that one can be detained indefinitely.”

Noel Saleh, VP, Arab Community Center for
Economic and Social Services, Detroit

Under Sections 411 and 412 of the USA Patriot Act, any foreign citizen can be imprisoned for an unlimited number of “periods up to six months” without trial, charges, or even being allowed to talk to an attorney.

There is more – much more – but this gives you an idea of how outrageous this draconian new law is, which spits on everything America is based on, in the name of “patriotism.”

Automatic expiration overrated

One response to critics of the USA Patriot Act by officials and proponents has been: “Don’t worry. It’s only temporary. It will automatically expire in four years.”

In fact, only a few out of dozens of provisions in the USA Patriot Act automatically expire in December 2005. Many of the worst provisions have no expiration date whatsoever, including sections authorizing recording all of your electronic communications ... delay of notification of search warrants ... multi-jurisdictional search warrants ... and, of course, the expanded definition of terrorism which includes all computer “crime” and being a member of or contributing to an organization which either engages in “violence” or which gives any aid to people or organizations accused of engaging in violence.

Further, since there is no requirement that the administration report to Congress how many homes are secretly entered, how many foreigners are summarily dispossessed, etc., “There is no way for Congress to review how ... key provisions have been implemented,” as the Electronic Frontier Foundation observes.

Unless there is massive public protest, we are probably going to be living under the USA Patriot Act for many years, perhaps the rest of our lives. The USA Patriot Act is a giant step forward toward martial law and an American police state.

Toward Martial Law in America

Since September 11th, America has been moving towards martial law at lightning speed.

Martial law means “rule by the military,” substituting the edicts of officials for the rule of law and due process. Under martial law, the edicts of military and government officials – such as the president, state governors, or army generals – replace legislation and the courts.

Under martial law, you have no freedom, privacy, or private property. Anything you own, including your life and home, can be taken at will by police, military troops, federal police, etc. They may be kind or cruel, but make no mistake about it, they are in charge of your life and property, both of which are expendable in their eyes.

Under martial law, there is no such thing as “innocent until proven guilty.” You and your family can be held in prison or detention camps as long as authorities want to keep you there, without trial and for any reason, including having unpopular ideas, having foreign friends, or criticizing political leaders. Martial law is the beginning of tyranny.

The USA Patriot Act was just the first step toward martial law. Here are some other steps that have already been taken, or are now on the fast track to implementation:

Robbing and molesting airline passengers

Under martial law, you have no property rights or privacy. You can be searched at will, and anything you own can be seized by police or military troops without compensation.

This is now starting to happen in America in more and more places. Airports, stadiums, towns in the U.S. close to the border, government buildings, and other public facilities are rapidly becoming “rights-free zones.”

One of the first security steps taken after September 11th was vastly – expanded searches of passengers – including strip-searches – and confiscation of anything deemed “dangerous,” including scissors of any size, razor blades, tools, nail files, electronic devices that don’t operate, and even some belt-buckles and jewelry.

One female columnist for WorldNetDaily reports that her valuable silver necklace, which had an ornament in the shape of a bullet, was seized by a security

screeener shortly before Christmas, then “lost”. As she commented, ‘it was probably already gift-wrapped for his girlfriend.’ Another person wrote into Newsmax.com that a security guard demanded his wallet and tried to distract him as the screener removed his money.

Shortly after September 11th, private employees at airports, with no legal authority to seize anything, were confiscating thousands of items a day from passengers, filling dozens of barrels. Your otherwise-legal property is not being put in a secure area of the plane and returned to you at your destinations, nor is it held for you at the airport for pickup upon your return. It is simply being stolen.

The pictures on TV of this legalized, mass looting reminded me of scenes in the holocaust movie *Schindler’s List*, in which Jews in Nazi Germany were systematically looted of their property, but were too afraid to even raise their voices in protest. Has America become a nation of sheep?

Passengers are also being subjected to extremely intrusive personal searches, some verging on assault. WorldNetDaily columnist Rebecca Hagelin reports that a female airport security guard “ran her hands across my breasts and up my thighs.”⁷ Then her 9-year-old daughter was subjected to the same treatment. WorldNetDaily publisher Joseph Farah reports that his 15-year-old daughter “was told to unbutton her pants and roll them down below the beltline.”⁸

These invasive searches are completely illegal, even under the new regulations (see the next chapter), but that hasn’t stopped them from occurring all across America. There are even growing reports of sexual assaults: On February 7, 2002, 40 women in Atlanta filed suit against the FAA for being sexually molested by male security guards.

So far the thefts may be mostly small, cheap items, and the sexual assaults isolated, but what precedents are they setting? If security guards can appropriate your junk jewelry and petty cash today, what is to stop them from seizing your laptop computer and traveler’s checks tomorrow? If they can publicly fondle your body and strip search your children at will, what is to stop them from taking you in a hidden backroom tomorrow and raping you?

Even worse, these intrusive searches and seizures are rapidly expanding to every public place imaginable – including sports stadiums, government buildings, skyscrapers, and train and bus stations. At the rate searches are expanding, you may soon have no privacy whatsoever the moment you step out of your front door.

One thing you can count on is abusive searches and seizures getting much worse. On February 17, 2002, the federal government officially took charge of *all* airport security, and by November all security screeners are supposed to be federal employees. Unlike civilian employees who can – at least theoretically be sued or criminally prosecuted for misconduct – federal agents have virtually total “sovereign immunity” from prosecution for crimes they commit “in the line of duty.” In Washington, D.C., a federal guard at the National Archives quietly told me that they

already have a separate room in his building for strip-searching and molesting attractive women.

The net effect of these robberies and sexual assaults is to condition you to totally surrender your privacy, dignity and freedom without a fight or even a word of protest – precisely what the police did in Nazi Germany just before the holocaust.

Militarized airports, borders, and shopping malls

One of the clearest signs of a nation under martial law is machine-gun carrying police and troops everywhere. Although you're told they are there "for your safety," a lot of people (including me) get understandably very nervous when they see armies of nervous 20-year-olds authorized to blow you away if they think you're a threat.

Such sights are becoming more and more common in America. Soon after September 11th, President Bush encouraged states to place National Guard troops at airports, and most complied. There is also a large and growing police and National Guard presence at many sporting and civic events, and even in some shopping malls.

Just what troops at airports and stadiums – who are trained to kill, not to enforce laws, much less to protect your rights – are supposed to do has never been made clear. However, it's now clear that these early deployments were just the beginning of the militarization of America.

In February 2002, President Bush announced that 50,000 troops would be used for internal security and up to 5,000 federal police would be hired to patrol airports. Bush also announced that troops would be sent to protect U.S. borders, and that all of these activities would be coordinated and controlled by a U.S. "Homeland Defense" military commander.

Salt Lake City, Utah – the site of the 2002 Winter Olympics – was an armed camp. There were six times as many security personnel as athletes. Residents reported it took hours to drive across town or get to the grocery store. In the skies above, Blackhawk helicopters and F-16 fighters patrolled, with orders to shoot down any private or commercial planes that went off course. And everywhere you went on the streets, there were troops with machine guns. Police snipers were stationed on rooftops throughout the city. Thank God some mischievous 10-year-old kid didn't set off a firecracker. He probably would have been shot on the spot by a dozen cops.

This is the beginning of a militarized national police force under direct control of the President and Executive branch of federal government, a police force unrestrained by state law. It's hard to overstate the ominous implications of this development. This is the first time in American history we have the beginning of a

true national police.

One thing both George Bush and his predecessors have made crystal clear is that his federal agents – including his national police – are not governed by state laws. Virtually all laws against murder, theft, and rape are state laws. On the contrary, federal agents have legal immunity for any crimes that they might commit against ordinary citizens “in the line of duty.”

That’s why it has been impossible to prosecute the FBI agents who shot and burned alive some 87 innocent men, women and children in Waco, Texas in 1993 as documented in my book ***What REALLY Happened In Waco*** and Carol Moore’s excellent book ***The Davidian Massacre***.

Militarized national police are one of the hallmarks of a totalitarian police state. They can be used at the whim of the President to attack political dissidents, unpopular minorities (like Muslims), and even political opponents. Remember during the Civil War, Lincoln had a half-dozen Maryland state legislators jailed to prevent that state from voting for secession. More recently in Waco, 87 innocent men, women and children were shot or burned alive by BATF and FBI troops, after they became a political embarrassment to the government and police.

Particularly at risk today are Muslims, vocal opponents of the administration, religious Christians, home-schoolers, gun owners and dealers, and libertarians.

Massive increase in government surveillance of you

In an article entitled “National Security Becomes National Snooper,” Phil Brennan writing in NewsMax.com states:

“Uncle Sam is besieging the telecom industry with a deluge of subpoenas demanding personal information on subscribers including their credit and financial records, how they use their computers, and even in some cases their photographs.”

“‘The amount of subpoenas that carriers receive today is roughly doubling every month – we’re talking about **hundreds of thousands of subpoenas** for customers records —stuff that used to require a judge’s approval,’ said Albert Gidari, a Seattle expert in privacy and security law.” (Phil Brennan, “National Security Becomes National Snooper,” Newsmax.com, 4-24-02, emphasis added.)

Gidari gives these examples of the kind of information the government is demanding – and getting – about ordinary Americans like you:

- Cell-phone records of your calls.
- Lists of customers who have even requested information from on-line retailers about books on subjects like explosives, poisons, and other sensitive subjects.
- Information on what types of books you withdraw from a library.
- Photographs of customers for later matches against computerized facial-recognition systems.

All this is now taking place without any regard for your constitutional rights and in most cases without any court order. The FBI, CIA, local police, etc., are now simply issuing their own administrative subpoenas and search warrants without any court oversight, on just about anyone they please.

The justification for these unconstitutional searches is the War on Terror and the USA Patriot Act. Any vendors who resist these illegal police demands are called “unpatriotic” and threatened.

“Consumers should know that the information they give to America Online or Microsoft may very well wind up at the IRS or the FBI,” says Jeffrey Eisenach, president of the Progress & Freedom Foundation.

Why should you be concerned? Because if police decide you are suspect, they can use that information to raid your home, confiscate your bank accounts and business, and even imprison you *without* trial for months or even years.

Just ask St. Louis dentist Charles Thomas Sell. He has now been in prison for over four years *without trial* on *suspicion* of Medicare fraud.⁹ Or ask the Holy Land Foundation, which has seen everything they own seized without so much as a hearing.

National IDs and internal passports

Another hallmark of military rule and a police state is national ID cards and internal passports. In a police state, you must register your address with the police and your every movement is tracked and controlled.

In Russia today, internal passports still control everything. Sarah Karush writing for the Associated Press explains:

“Although called a passport, this all-important document is not used for crossing borders. Rather, it is needed for everything from signing a lease to buying a train ticket, and a Russian cannot function in society without it. Its closest U.S. equivalent is the Social Security number, but it’s needed far more often and serves, in addition, as a photo ID.”

“A holdover from the Soviet Union, the internal passport creates a wide field for abuse, critics say. For the country’s most marginalized groups, including refugees, ex-convicts and the homeless, the passport system can keep them trapped, unable, for example, to get jobs or travel to another part of the country.” (“Sarah Karush, “In Russia, internal passports control everything,” Associated Press, *Valley Times*, 3-27-02, p. A13.)

To this day, internal passports ensure that Russians can’t even move to another city without police approval. In the past, in Soviet Russia, internal passports were also used to determine what jobs citizens were allowed to take have.

In Nazi Germany and Stalin’s Russia, internal passports had an even more ominous use: They were used to determine which citizens – such as Jews, Kulaks, Catholics, and gypsies – were targeted for property confiscation, imprisonment in ghettos and work camps, torture, and finally for extermination in death camps.

The U.S. is now rapidly moving toward its own internal passports.

The Trusted Traveler Card: A Backdoor National ID

On November 8, 2001, the Air Transport Association, a private airline industry association, called for the creation of “trusted traveler” ID cards for airline passengers. It has also been proposed that trusted traveler cards be required to board a train or cruise ship, or to rent a car.

Trusted Traveler Cards would be linked to a new, national database now being created, which integrates hundreds of files that local, state and national governments already have on you – including arrest records, employment information, immigration files, and tax and financial data. Some of the data may also be encoded on the card itself.

On November 19th, Trusted Traveler cards were mandated by President Bush. The *Washington Times* reports:

“The trusted-traveler card is part of the Aviation and Transportation Security Act signed by President Bush in November... FBI background checks would disseminate information about the owners to many law-enforcement agencies.”¹⁰

Barry Steinhardt, associate director of the American Civil Liberties Union, warns:

“This is a backdoor national ID. The so-called trusted-passenger card will become essentially mandatory for everyone to use not only on airlines, but also buses, trains and perhaps drivers over bridges and tunnels. The consequences of not having a trusted-passenger card is that you will be immediately suspect.”¹¹

The privacy implications alone of this proposal are horrific. It would give thousands of employees of airlines, Amtrak, cruise-ship lines and rent-a-car companies access to virtually every detail of your life – enabling them to blackmail you or use your credit information for fraud and ID theft. It would also be a goldmine for unscrupulous private investigators, hackers, criminals, and litigious attorneys.

Even worse, for the first time in U.S. history, it would give the federal government and police the power to prevent you from traveling in the U.S. or leaving the country. Who would they stop? Anyone they wanted to, including anyone they might claim owed back taxes or child support, men with beards, people who have political views they don't like, or even people accused of having unpaid parking tickets!

If you think that won't affect you because you don't have any of these

problems, think again. Over 40% of IRS tax deficiency notices sent out by the IRS are incorrect according to tax expert Dan Pilla (www.taxhelponline.com) and at least 20% of the files in Immigration and Naturalization Service (INS) computers contain significant errors. Further, the information in some state DMV and social-services computer banks is years out of date.

Of course, if authorities make a mistake and ruin your career in the process, you can always sue the IRS, INS, or the airlines – providing you have a spare \$100,000-\$500,000, or maybe \$1,000,000, for attorneys, legal research and court costs. After all, this is big businesses and the federal government we are talking about, which have multi-billion dollar budgets.

Even if you're rich enough to sue, you won't have much chance of winning. After all, the airlines can simply claim that they were "relying on government information" and "following government guidelines." And the IRS, INS, etc., can claim they are merely reporting "in good faith" information they have been given "by credit-card agencies and other reliable sources," and in any case, it's the airlines' decision whether or not to let you fly, not theirs'.

The Trusted Traveler card – which is planned for testing later this year – would be an absolute privacy nightmare and a major step toward internal passports. However, regardless of what happens with these cards, the government is already well on its way to mandating national IDs for all Americans, in the form of uniform driver's licenses with social security numbers and biometric identifiers, connected to a new federal databank which will track every person in the country.

Your driver's license is becoming a high-tech national ID card

On November 3, 2001, the *Washington Post* reported that at the urging of the American Association of Motor Vehicle Administrators:

"State motor vehicle authorities are working on a plan to create a national identification system for individuals that would link all driver databases and employ high-tech cards with a fingerprint, computer chip or other unique identifier."

"The group pledged to work closely with the new Office of Homeland Security, the Justice Department and federal authorities."¹²

The ultimate danger of national ID cards

Your new national ID cards will enable the federal government and police to track your every movement and eventually monitor every dollar you spend. That will give the government virtually TOTAL power over your life.

If you're rich and have assets authorities might want to confiscate . . . if you're critical of the government and they might want to keep you from traveling, working, or opening a bank account ... or if you're old and they might decide it's a waste of money to provide you with medical care, your new high-tech national ID card will make it easy for them to reduce you to begging on the street for scraps of bread (providing you have an official "begging license," now required in dozens of cities).

That's precisely what happened in the Soviet Union, Nazi Germany and every other country that that has required their citizens to have national ID cards and internal passports. Israel today gives you a glimpse of America of the near future. On March 29, 2002, the *New York Times* reported:

"Gideon Ezra, deputy Minister of internal security for Israel, said Thursday that he believed the country should set up detention camps for Palestinians caught without proper papers. Those people, he said, are potential terrorists."¹³

Spying on prisoners' conversations with their attorneys

In late November 2001, the Bush Administration also declared they would start monitoring conversations between some prisoners and their attorneys. Attorney General Ashcroft said monitoring would only apply to 1% to prisoners, but there is absolutely nothing in the edict preventing the government from monitoring 100% of prisoners and attorneys.

Government monitoring of your conversations with your attorneys will make it nearly impossible for you to get a fair trial if you're incarcerated. It's like playing poker when the other side can see all of your cards, but you can't see theirs. If prosecutors know your every move in advance, they can destroy your defense strategy, use confidential information against you (in direct violation of your 5th Amendment protection against self-incrimination), and – if they are unscrupulous as many are – they can easily fabricate witnesses and evidence to frame you.

No Congressional approval has been sought or legal justification has been offered for this junking of attorney-client confidentiality – a bedrock principle of our legal system for over 200 years. Rule by decree is a major part of the new political reality.

You are now living under a national “State of Emergency”

On September 14, 2001 – three days after the 9/11 attack – President Bush declared a national state of emergency, which we are still living under. That declaration gives the White House vast powers over your life.

Constitutional attorney William J. Olson warns:

“Once a national emergency is declared, presidents use executive orders to exercise emergency powers. ...whenever a national emergency is declared, Americans enjoy little protection from the prospect of oppressive dictatorial government.*”

What powers does the President have once he declares an emergency? The answer is unlimited, dictatorial power, as spelled out by over 13,300 Executive Orders (EOs) and Presidential Decision Directives (PDDs) issued by past U.S. presidents. These Orders and Directives – issued unilaterally by the president and without Congressional approval – give the White House totalitarian power over your life. For example, EO 12656 “Assignment of Emergency Preparedness,” signed by Ronald Reagan on November 18, 1988, gives the Executive Branch the power to:

- “allocat[e] all usable water from all sources” [Sec. 501(6)]
- “regulate and control exports and imports” [Sec. 401(6)]
- “develop plans and procedures for wage, salary, and benefit caps” [Sec. 1201(2)]
- “control...civil transportation resources and systems, including privately owned automobiles, urban mass transit and intermodal transportation systems” [Sec. 1401(2)]

Other Executive Orders go even farther. Executive Order #11490 signed by President Nixon and published in the Federal Register on October 30, 1969 gives the president the authority to close all banks, freeze stock and bond prices, stop you from moving assets abroad, intercept and read your mail, and confiscate your home, car and business.

Other Executive Orders give the president the power to imprison citizens without trial and draft you and your children for forced labor.

President Bush has now started to use these vast powers. On June 10, 2002, the White House announced it had been holding Brooklyn-born Abdullah al Muhajir, 31 – a U.S. citizen – for over a month on suspicion that he had collaborated with Al Qaida to build a dirty radiological bomb, and that the government planned on *keeping him in a military prison indefinitely, without trial and without allowing him to ever consult with an attorney.*

If they can do that to him, they can do it to you and me. In the best tradition of Stalin’s Russia, all the new American order has to do is brand you a terrorist and you have no rights, no freedom, no chance to prove yourself innocent of their accusations. A mere police accusation and you become “government property,” to be endlessly imprisoned, interrogated and tortured at their discretion. Civil libertarians already plan to challenge Muhajir’s treatment. Let us pray that they succeed. (“‘Dirty Bomb’ Suspect Is an American Muslim,” Newsmax.com, 6-11-02.)

* Sarah Foster, “Executive power grab on tap at White House?,” WorldNetDaily, 9-27-01.

Military tribunals: Attack on independent courts

Last fall, President Bush announced that captured Al Qaida and Taliban fighters would be tried by military tribunals, rather than civilian courts – marking the first time such tribunals have been used by the U.S. since the end of World War II.

Unlike the Nuremberg Trials, in which an international court *publicly* tried just a few *top Nazi leaders*, President Bush's tribunals will be held *in secret*, and hundreds of Al Qaida and Taliban *foot soldiers*, along with commanders, will be tried. Some may even be tried without being told what the evidence is against them! Try establishing your innocence under those circumstances!

Secret military tribunals are something you expect from a third-world banana republic, not from the leader of the free world. President Bush's military tribunals in fact mark a fundamental change in the U.S. legal system – from an *independent*, civilian branch of government, to military tribunals controlled by the White House.

Military tribunals severely stack the deck against defendants and make it difficult or impossible to get a fair trial. I have a book in my library whose title concisely summarizes the situation. It's called ***Military Justice Is To Justice, Like Military Music is to Music.***

Unlike civilian courts, military tribunals have no real independence from the executive branch of the government, calling into question their "justice", since both prosecutors and judges who decide the case, work for the same boss.

There is also no independent jury: Cases are decided by military judges, answerable only to the President. Further, you can be convicted by a majority vote, rather than by a unanimous verdict. (Under pressure, Bush said he *would* require a unanimous verdict to impose *death penalties* in trials of Taliban and al Qaida fighters, if they are ever allowed to have trials.)

You have no presumption of innocence: You are guilty until proven innocent and then forced to prove a *negative*, that you didn't commit the crimes of which you are accused. (Prove you stopped beating your wife, by documenting every transaction you have had with her – in the living room, kitchen and bedroom – for past 22 years, with videotape and eyewitnesses.)

Hearsay evidence can be used to convict you; i.e., what someone said someone else told them. (You must be guilty because an anonymous witness told your nosy next-door neighbor that he saw you using drugs.)

In March, 2002, the Pentagon dropped one more bombshell: Even if found not guilty, the government might still keep accused "enemy combatants" and terrorists in prison indefinitely!

Make no mistake about it: Allowing these kangaroo courts *today* for accused foreign terrorists, sets the precedent for using them against accused domestic terrorists as well as ordinary U.S. citizens like you and me *tomorrow*.

Legalized Government Lying

In early 2002, the Bush Administration announced it was creating a new Pentagon information office, which would *routinely* provide false information to foreign media to further the government's goals in its war on terror.

That resulted in massive protest in the media, causing the Administration to quickly backpedal and announce that it had "reconsidered" and the new information office would only provide *correct* information. (If you believe that one, I have a bridge I'd like to sell you in New York.)

The new Pentagon information office shows the Bush Administration's near-total contempt for both the truth and the U.S. citizens it is pledged to serve.

Do you want more evidence? In March, Bush's Solicitor General Theodore Olson, "officially announced...that when the government chooses to lie, the public's business is none of the public's business."

"The setting was the Supreme Court, and Olson put it this way: 'It is easy to imagine an infinite number of situations . . . where government officials might quite legitimately have reasons to give false information out'."

"The case being argued had to do with the widow, an American citizen, of a Guatemalan guerrilla leader killed during the bloody civil war there. She claimed that her husband might have been saved if the State Department had not lied to her about whether officials knew of his whereabouts."¹⁴

What happens when martial law is declared in the U.S.?

Martial law has been declared scores of times in the United States: In 1794 during the Whiskey Rebellion ... in 1862 during the Civil War ... in 1942 in Hawaii during World War II ... in 1992 during the Los Angeles riots ... and most recently in 2001 in New York City after the 9/11 attack. Usually martial law was only imposed on part of the U.S. – such as the Watts-area of Los Angeles – but sometimes it was nationwide.

We are already living under a national state of emergency (p. 61). Here is what you can expect when the next step is taken, and martial law is declared in the wake of another major terrorist attack or threat:

- **Suspension of your right to trial.** During the Civil War, Abraham Lincoln repeatedly suspended the right to trial by jury. In September 1861, sixteen Maryland state legislators were arrested by the military and imprisoned without trial to prevent the state from seceding from the Union.

During the next year, over 800 people were imprisoned without trial, often based upon nothing more than reports that they had spoken out against the North. Secretary of State Seward said he could “ring a little bell” and imprison anyone in the United States.

- **Concentration camps.** On February 19, 1942, Franklin Roosevelt signed Executive Order 9044 authorizing the roundup and imprisonment without trial of Japanese-Americans.

Over 115,000 men, women and children – most U.S. citizens – were arrested and put in concentration camps surrounded by barbed wire and gun towers with troops ordered to shoot to kill anyone who tried to escape. In some cases, detainees were given a few days to sell their businesses and homes. In other cases, their property was seized by the government. In three separate court cases, the U.S. Supreme Court said all this was legal and Constitutional – setting the precedent for more mass roundups and concentration camps in the future.

- **Wholesale robbery.** During the 1992 Los Angeles riots, some national guardsmen joined in the looting.

According to a police report, when one national guardsman demanded free food from a grocer, the guardsman said, “I am U.S. Army and I don’t want anyone to stop me. Especially you, you fucking Iranian.” The clerk was Indian.

- **A huge increase in crime.** After the September 11th attack, thousands of police and national guard troops were dispatched to secure Ground Zero and New York City. At the same time, businesses *just blocks away* were virtually abandoned by police to looters.

Duane Anzalone’s St. Charlie’s Restaurant was “stripped bare of \$15,000 worth of alcoholic beverages, tables, chairs, oil paintings, light fixtures – even a refrigerator – in the days after the attacks.”* All three businesses owned by Vivia Amalfitano – a deli, pizzeria and restaurant – were looted. Next door at Nayan Contractor’s tobacco store, looters stole cigarettes, tobacco pipes, costly cigars and even a display case.

There are some 2,000 retailers and other small businesses within ten blocks of the site of the World Trade Center. Many are in danger of going out of business due to looting, loss of business and skyrocketing rents.

* Maureen Fan, “New York businesses feeling lost,” *San Jose Mercury News* on-line, 1-20-02.

The USA Freedom Corps: Spy on your neighbor

Another characteristic of a police state is lots of government spies, everywhere.

In East Germany after the collapse of the Berlin Wall in 1989, the true extent of government spying became clear for the first time: It turns out that nearly 40% of adults received some money from the secret police (Stasi) to spy on co-workers, neighbors and even other family members. Thousands of instances were discovered of husbands routinely filing reports on their wives, and wives reporting on their husbands to the Stasi. Based on those reports, thousands of people were arrested, tortured, exiled to concentration camps, and executed.

Universal government spying literally drives a society insane, creating massive (and well-justified) paranoia, forcing everyone to repress their thoughts and feelings, and causing everyone to live in a state of constant fear and distrust of everyone else – literally, hell on earth.

Now President Bush has proposed the same sort of system for the U.S. in the form of the USA Freedom Corps, announced at his State of the Union speech in January 2002.

I quote directly from their website www.usafreedomcorps.gov/volunteer.html:

“The new citizens corps includes initiatives to engage Americans in specific homeland security efforts in communities throughout the country. The volunteer initiatives, led at the local level by new Citizen Corps. Councils, include a Medical Reserve Corps, a Volunteers in Police Services Program, a doubling of Neighborhood Watch, a new Terrorist Information and Prevention System...”

Just like in George Orwell’s **1984**, your children will also be recruited to spy on you. The Freedom Corps allows them to “earn money for college” while serving in Bush’s new Terrorist Information and Prevention System.

President Bush has made it clear that he wants *everyone* to participate in this system by promising to donate 4,000 hours or two *years* of their lives to the USA Freedom Corps. That’s on top of the 50% of your working life now taken from you by the government in the form of taxes, and the new global taxes demanded by the UN.

Your next ID:

Biochips now being implanted in some Americans

On October 30, 2000, Secretary of Commerce Norman Mineta and other government and military officials, as well as private investors, attended a startling demonstration at Ciprianti's of 42nd Street in New York City.

At this invitation-only event, elite guests watched on a large-screen monitor as Dr. Peter Zhou of Applied Digital Solutions (ADS) was tracked walking through the streets of New York via a miniature GPS transmitter in his Digital Angel biochip.

WorldNetDaily says Digital Angel is "an implantable chip that, once injected into a human being, allows it to be tracked in real time via GPS (Global Positioning System), the information then relayed wirelessly to the Internet, where the person's location, movements and vital signs can be remotely monitored and stored in a database."* **Many in government are already pushing to make this your next ID.**

Digital Angel is so small it could be injected in you during a routine vaccination, without your being aware of it. According to Applied Digital Solutions, once injected, Digital Angel is powered by your own movements and becomes "virtually irremovable." The FCC has already given Digital Angel's transmitter licensing approval.

ADS is now aggressively promoting use of Digital Angel for U.S. troops, prisoners, parolees, senior citizens with mental problems, and children (to prevent kidnapping). They have a two-phase program: **Phase 1:** Use of the chip in monitors and smart cards *outside* the human body. **Phase 2:** *Implantation* in as many people as possible, after we have gotten used to carrying external Digital Angels.

Implantation has already begun. In May 2002, six Americans were publicly implanted with biochips in Florida. Also in December 2001, Reuters reported that the state of California had signed a 3-year contract with ADS to use Digital Angel to track parolees. There are also many media reports that some troops, prisoners and mental patients have already been secretly implanted with Digital Angel or similar devices. In Britain, some SAS troops have already had microchips implanted in the back of their necks.** Advanced forms of Digital Angel can also administer medicines and mind-altering drugs at the push of a button from a government office or hospital. Some 2,500 senior citizens and patients in the U.S. have already signed up to have bio-chips implanted in them, once the FDA gives approval.

ADS Chief Technology Office Dr. Keith Bolton says the only real opposition to Digital Angel comes from a "noisy 20%" who are Christians that equate it with the biblical "mark of the beast." "The other 80% wouldn't mind," says Dr. Bolton.

* Sherrie Gossett, "Post-9/11 security fears usher in subdermal chips," WorldNetDaily, 2-4-02.

** Anthonv C. LoBaido. "Soldiers with microchips." WorldNetDaily. 10-1-01.

Torture American-style

On October 22, 2001, the *Times* of London reported:

“American investigators are considering resorting to harsher interrogation techniques, including torture, after facing a wall of silence from jailed suspected members of Osama bin Laden’s al-Qaeda network.” (Damian Whitworth, “FBI considers torture as suspects stay silent,” *Times* of London on-line, 10-22-01.)

Since September 11th, many U.S. authorities – including several U.S. Congressmen and the FBI – have recommended that the U.S. make torture legal, at least for alleged foreign terrorists. One proposal called for official “torture warrants” to be issued by U.S. courts. Others simply recommended that the U.S. extradite suspected terrorists to countries where torture is routinely used.

This last recommendation appears to now have been adopted. On March 12, 2002, *The Guardian Unlimited* states:

“The U.S. has been secretly sending prisoners suspected of al-Qaida connections to countries where torture during interrogation is legal, according to U.S. diplomatic and intelligence sources. Prisoners moved to such countries as Egypt and Jordan can be subjected to torture and threats to their families to extract information sought by the U.S. in the wake of the September 11 attacks.” (Duncan Campbell in Los Angeles, “US sends suspects to face torture,” *The Guardian* on-line, 3-12-02.)

That puts the U.S. government on the same moral level as the Taliban and the Soviet secret police. Note that these are “suspects” being tortured, not even people convicted of any crimes. That means at least some are almost certainly innocent and don’t even have the information they are being tortured to reveal.

This was made readily apparent by a recent article about the “Muslim terrorists” being held by the U.S. at Camp X-Ray at Guantanamo Bay Naval Station. Repeatedly these prisoners have been called “the worst of the worst” by the Bush Administration, which alleged that all were terrorists who don’t even deserve to be treated humanely under the international Geneva Conventions or accorded “prisoner of war” status. Well, it turns out that’s not quite correct.

A recent Associated Press article reports:

“The military has been questioning the 300 detainees at Guantanamo to gain information about the terrorist network blamed for the Sept. 11 attacks.”

“But the process has been difficult because it’s hard to know exactly who the men are, said Maj. Gen. Michael Dunlavey, who oversees interrogations at Camp X-ray.”

“They come to us without ID cards, they come to us without dog tags and they’re trained to be obstructionist in telling us who they are and what they’re doing’,” he said.”¹⁵

The article goes on to explain that some of the prisoners are just young kids “caught up in the excitement of the moment,” at least five are psychotic, and one – 22-year-old Mehdi-Muhammed Ghezali appears to be a Swedish tourist captured by U.S. soldiers.

If it’s OK to torture suspected foreign terrorists, why not also torture U.S. Muslims who might also have useful information? Or criminal suspects, who could be concealing important information about murders, rapes, and other crimes? And how about torturing “evil” drug dealers and users, like your kids and relatives? After all, Bush’s latest anti-drug ads say ‘if you use drugs you’re a terrorist and murderer.’

As has happened in many other countries, torture by U.S. authorities will inevitably expand until it’s routinely used on anyone and everyone.

Summary execution

Shortly after September 11th, President Bush gave four U.S. generals the power to unilaterally decide to shoot down any private or commercial plane that they decide is a threat, including jumbo jets that carry hundreds of innocent passengers.

Although the government hasn’t said anything publicly, it’s also clear that National Guard troops at airports and military troops being dispatched to guard U.S. borders are also authorized to shoot to kill anyone whom they regard as “suspicious” or a “threat.”

Medical Martial Law¹⁶

In the wake of the 2001 anthrax-letter scare, the Bush Administration has proposed a draconian medical-emergency law, now on the “fast track” for passage in all 50 states.

Under his law, the next time there’s an anthrax or other bio-terrorism scare, your state governor could unilaterally declare a “public-health emergency”, giving him or her dictatorial powers, including the power to . . .

... force you to receive medical treatment and drugs,

... seize your medical records,

... commandeer hospitals and doctor’s offices,

... prohibit shipment or sale of food, clothing and guns,

... remove you and your family from your home and quarantine you indefinitely.

It sounds like something out of a sci-fi horror story, yet the people behind this are deadly serious.

The name of this outrageous new law is the “Model Emergency Health Powers Act” (MEHPA). The U.S. Department of Health and Human Services has distributed copies to all 50 states, and is now urging them to enact it quickly.

The threat of a biological, chemical, or nuclear terrorist attack is real. However, draconian medical-emergency laws are at least as dangerous as any terrorist attack.

These laws will not prevent such an attack, in fact they will make things worse if an attack does occur. A bio-terrorism attack is exactly when you need good medical care the most. Yet this law removes control of medical care and supplies from the expert hands of doctors and nurses, and puts it under the control of government bureaucrats.

Unlimited government control of your medical care

Under Section 301 of MEHPA, your state governor can declare “a state of public-health emergency” whenever he decides there is “an occurrence or imminent threat of an illness or health condition, caused by bioterrorism, epidemic or pandemic disease, or novel and highly-fatal infectious agents or biological toxins.”

That would seem to include incidents like the recent mailing of anthrax letters, *as well as* the major outbreaks of flu we have every few years.

Doctors condemn MEHPA

One of the nation's largest groups of physicians, the Association of American Physicians and Surgeons (AAPS) has condemned MEHPA, warning, "no unalienable rights would be recognized. Liberty and property rights could be suspended."

- **Mandatory medical exams and treatment.** Under Sections 502 and 504, you can be forced to undergo medical exams, medical treatment, and vaccinations as prescribed by your governor, not by doctors. No exemptions are recognized for religious objections or objections based upon your Constitutional rights.
- **Seizures of phones, food, homes, businesses, and guns.** Under Section 402, your state governor can "procure, by condemnation or otherwise" and "take immediate possession thereof ... communication devices, carriers, real estate, fuels, food, clothing, and health-care facilities."

The state will also be able to "control, restrict, and regulate by rationing and using quotas, prohibitions on shipments, price fixing, allocation or other means, the use, sale, dispensing, distribution, or transportation of food, fuel, clothing and other commodities, alcoholic beverages, firearms, explosives, and combustibles."

- **The governor can close, evacuate, or destroy any private property without compensation.** Under our Constitution, states are required to provide "just compensation" for any property they seize for public purposes. However, Section 406 of MEHPA states, "Compensation shall NOT be provided for facilities or materials that are closed, evacuated, decontaminated, or destroyed when there is reasonable cause to believe that they may endanger the public health." (Emphasis added.)
- **Bureaucrats can seize your medical records (Sec. 506).** Doctors and pharmacists will also be required to report any patients exhibiting "unusual behavior."
- **You can be quarantined in a government pesthole.** Under Section 503, "the public health authority" can "require isolation or quarantine of any person." That could mean you and your family. Further, as AAPS comments, "with the whole structure of checks and balances abolished, there is nothing to stop a Governor from condemning the property of a political opponent and subjecting him to quarantine [imprisonment] in a pesthouse on an *ex parte* order. His only right would be to a hearing within 72 hours."

- **Rationing, price controls, and quotas may be imposed on any property**, including medical care, food, and fuel (Sec. 405). The model law also grants government agents immunity for any harm such dictatorial control may cause you.
- **Government officials not responsible if they damage your property or kill you.** Under Section 804, “Neither the State, its political subdivisions, nor ... the Governor, public health authority, or any other State official ... is liable for the death of or any injury to persons, or damage to property, as result of complying with or attempting to comply with this Act.”
- **Your doctor can be forced to examine and treat patients.** Section 402 states, “The public health authority may ... compel a health care facility to provide services or the use of its facility.” Section 502 states, “The public health authority may...require any physician or other health care provider to perform ... medical examination[s] or test[s].”
- **Any laws which prevent implementation of this agenda – such as your rights under the federal and state Constitutions – would simply be suspended for the duration of the health emergency**, which could be forever. Section 303 states, “During a state of public health emergency, the Governor may suspend the provisions of any regulatory statute prescribing procedures for conducting State business, or the orders, rules and regulations of any State agency.”

You can read a copy of this incredible, proposed 40-page law for yourself at www.aapsonline.org/legis/msehpa.pdf.

MEHPA could create the very disasters it's supposed to prevent

Ironically, invocation of the Model State Emergency Health Powers Act and declaring “a medical emergency” will likely create the very disasters it’s intended to prevent.

Forcing doctors to provide medical care for free, and commandeering hospitals and health clinics, could cause massive medical shortages. Forcibly examining, treating, and vaccinating people could cause many to flee or resist. Simply declaring a state-wide medical emergency could cause widespread fear, panic, and social chaos.

Unfortunately, given continued massive fear of terrorism and the widespread panic that resulted from a handful of anthrax letters mailed in fall 2001 (which killed exactly four people) MEHPA will probably be passed by many states this year.

According to the Institute for Health Freedom, as of March 1, 2002, MEPHA had been introduced in 16 states: AZ, CA, DE, IL, KY, MA, MN, MO, MS, NE, NM, NV, NJ, NY, PA and TN. It is being considered in 13 more states: CO, CT, DC, HI, MD, ME, NC, OH, OK, SC, TX, VA, and WI.

MEPHA has so far been passed in 3 states: South Dakota, Utah and Florida. The Utah bill has been significantly improved from the original draft. The Florida bill is pretty-much an unmitigated disaster, preserving virtually all of the totalitarian elements of the model Bush Administration law. No word yet on South Dakota law.

Protecting Yourself From Martial Law

“Those who expect to reap the blessings of freedom must undergo the fatigue of supporting it.” *Thomas Paine*

"They that would give up essential liberty for a little temporary safety deserve neither liberty nor safety." *Benjamin Franklin. 1759*

It's clear that America is rapidly descending into martial law and tyranny. George Bush's planned 50-year war on terrorism guarantees that the situation will get a lot worse before it gets better.

At best, we have before us years of diminishing legal rights and growing danger of asset confiscation, arrest, imprisonment, and even torture and summary execution. That won't make us any safer from terrorists, but it will make us much less free. Particularly at risk: religious Christians, libertarians, Muslims and anyone who looks like one, and dissenters.

Resisting and fighting back under these circumstances is very scary and more than a little dangerous. It would be easy to say, just bury your head in the sand, obey any orders rent-a-thugs at airports give you, dutifully line up for your implanted biochip, and for heaven's sake don't say anything against the government no matter how many innocent people are robbed, raped and imprisoned. However, that path only guarantees the end of everything good about America, and would create a hell on earth for all of us.

On the other hand, I also don't suggest you do anything stupid or risk your life and freedom for trivial reasons, like cursing out a brain-dead, minimum-wage airport security screener who seizes your pen or pockets \$100 from your wallet.

What I recommend is a policy of enlightened self-interest and courage, so here are . . .

19 Ways to Protect Yourself From Martial Law

Recommendation #1: Find out the truth from alternative news sources.

You certainly won't get the truth from the new Pentagon Office of [Dis]Information. Establishment news sources – particularly the *New York Times*, the *Los Angeles Times*, *Time* magazine, *Newsweek* magazine, *US News & World Report*, ABC, NBC, CBS and CNN – have become little more than mouthpieces for the government.

Even Fox News – which showed promising independence before 9/11 – has become a cheerleader for war and now condescendingly regurgitates anything the Pentagon has to spew forth. I glance at them mostly for comic relief.

Where can you get another viewpoint? I recommend the following sources:

WorldNetDaily

www.worldnetdaily.com

A terrific alternative news source.

The Cato Institute

www.cato.org

Advocates for Self-Government

www.self-gov.org

The Libertarian Party

www.lp.org

Free-Market.net

www.free-market.net

National Center for Policy Analysis

www.ncpa.org

NewsMax.com

www.newsmax.com

Although very pro-Republican, Newsmax.com nevertheless has lots of insightful articles and some libertarian columnists like me. One-year subscription to NewsMax magazine, \$39

Anti-War.com

www.anti-war.com

Some of the best pieces critical of war and the emerging American police state, and lots of libertarian columnists.

Recommendation #2: Avoid high-surveillance areas – particularly airports – whenever possible.

In these areas, a casual remark, even looking at someone the wrong way, can result in a strip-search, seizure of your possession, detention, arrest, and even prison.

Remember Rick Bizarro, who now faces 20 years in prison for using an airline bathroom? According to a news report, one of the reasons he was arrested is that a stewardess said he looking at her “in a menacing way.”

Other areas to avoid: Washington, D.C. – particularly in and around public buildings, museums and monuments ... electric power and chemical plants . . . water and sewage-treatment plants . . . U.S. border crossings . . . government buildings . . . nuclear power plants . . . army bases and defense department installations . . . police stations . . . bridges and tunnels.

All of these areas now are under heavy surveillance (both obvious and hidden) and many have a heavy police presence.

Recommendation #3: Don't order any sensitive material on-line.

With the FBI and police now monitoring your on-line purchases, don't buy anything on-line that would arouse their suspicions. Instead, if you ever buy books on poisons, explosives, guns, disease, etc., buy in person at a bookstore and pay cash. If you order by mail order, use a postal money order, not a personal check or credit card to pay for your purchases.

Also, don't checkout any such books from your public library.

Recommendation #4: Don't join the Freedom Corps or allow your children to join.

As I warned earlier in this chapter, one major aspect of the Freedom Corps will be the creation of a national network of citizens who spy on their neighbors. This observation was reinforced by a recent *Washington Post* article, entitled “Neighborhood Watch Enlisted in Terror War.”¹⁷

The article quotes Attorney General John Ashcroft who says, “Through the Neighborhood Watch program, we will weave a seamless web of prevention of terrorism that brings together citizens and law enforcement.” The new Freedom Corps guidebook advises that you turn into police any “unfamiliar people” in your

neighborhood. Hitler's secret police, the Gestapo, couldn't have asked for anything more.

Recommendation #5: Watch your children's public schools – they are watching you.

Throughout the country, public schools are assembling lifetime dossiers on your children – and YOU. That's extremely dangerous in light of draconian detention, prison, and confiscation without trial penalties now in force in the U.S.

Do you want proof they're watching you? Consider this item is from the Maple River Education Coalition, 1402 Concordia Avenue, St. Paul, MN 55104, 651-646-0646, <http://www.MREdCo.com>:

"A centralized data collection system under the National Center for Educational Statistics (NCES) has a national standardized system on all students "about the students' background, learning experiences, and performance." It includes their beliefs, detailed medical records, family situations, and on and on."

In the guise of testing, children in public schools throughout the U.S. are now routinely asked extremely intrusive questions that probe their psychology, sexual preferences and motivations. They are also asked questions about parents – such as if you have any guns in the house, if you are a religious Christian, if you ever speak out against the government, if you and your spouse drink, and if you use anything that looks like an illegal drug.

Your children giving the "wrong answer" could result in police surveillance, social workers taking your children away and putting them in foster care (some 1.2 million children a year are now taken by the state for periods ranging from a few days to permanently), confiscation of your home, and your imprisonment under the drug and/or the new terrorism laws.

At a minimum, if you leave your children in public schools, you need to monitor very closely what schools are doing, demand to find out what records are being kept on them and you, and notify the schools that you will not tolerate any intrusive psychological testing. You should also make sure you notify your school in writing that you don't want your children taking any DARE (Drug Resistance Education) programs, which are for the most part still voluntary.

Recommendation #6: Prepay your attorney.

That way, if police confiscate your home and bank accounts or arrest you or another member of your family under the terrorism or drug laws, you will have legal representation to fight back. Over \$2 billion a year in homes, cars, and bank accounts are now seized by police every year – and that doesn't count IRS seizures, which are billions more.

If you have any substantial assets or own a business, it is now absolutely imperative that you have an attorney on retainer with enough money in his account to see you through a serious confrontation with the IRS, police confiscation squads, etc.

Recommendation #7: Secure your home and sign up with a good security firm to protect yourself from secret police break-ins.

Under provisions of the USA Patriot Act, police and federal agents can now secretly break into your home or business, download your computer files, and bug your computer without you ever knowing about it. As a practical matter, they can also take any valuables they find, such as your jewelry, coin collection, and any cash they find. Although the latter is illegal, who do you even complain to – much less file suit against – if the search warrant is secret?

To protect yourself as much as possible, I recommend that you put strong locks on your windows and install solid-metal outside doors secured by several dead-bolt locks. That will slow the legal burglars down considerably, and may even stop them entirely.

Also sign up with a good security service, preferably one that provide “armed response” if your home is broken into. If they catch police in the act, that will at least tip you off, and may enable you to identify who is breaking into your home.

Signing up in the name of a corporation with a different address from your home address, will also pre-empt police from knowing in advance your home is monitored. If you want to keep it secret, make sure and don't post any stickers with the company's name on your doors or windows.

Recommendation #8: Set up hidden security cameras around your home and business.

Hidden security cameras will tip you off if police secretly break into your home or business. These cameras can now be purchased for as little as \$100 each and several can be tied into a single security VCR, which can record up to 960 hours. You can purchase them at Radio Shack and other electronics retailers, as well as through

the Internet.

You should cover all entrances to your home, including the garage and windows, particularly those on the side and back of your home.

Recommendation #9: Encrypt sensitive computer files and financial records.

This will prevent the government from reading your files and using your own personal and financial information against you. It's amazing how much information people store in their computers – including details of their income, spending, etc.

The best encryption program is still Pretty Good Privacy (PGP), available FREE from <http://www.pgpi.org>. Another alternative is Hushmail, which is easier to use, but not quite as secure, available from <http://www.hushmail.com>.

Recommendation #10: Use anonymous remailers to surf the web and protect your e-mail privacy.

Your web surfing and email leaves a paper trail that is easy for hackers, criminals, and police to read. To protect yourself, sign up for and use an anonymous mail service, such as The Anonymizer available from <http://www.anonymizer.com>.

Recommendation #11: Use a separate computer for web surfing.

The FBI has recently admitted that it has secretly been using “Magic Lantern” software, which can be *remotely* installed on your computer over the Internet and then report every keystroke you type to police. If they install this software on your computer, even encryption won't protect your files. About the only way to protect yourself from this new threat is to keep all sensitive files encrypted on a computer that is NOT connected to the internet or even to a phone line. Then surf the web on a separate computer without anything sensitive on it.

Recommendation #12: When contributing to political organizations and causes, use money orders or Western Union transfers rather than checks.

I'm a big advocate of political action. During the next few years, courageous citizens organizing, working together, and fighting back are about the only thing that can prevent a total police state in America.

I applaud many of the activities of groups like the American Civil Liberties Union, the Association of American Physicians and Surgeons (AAPS), FEAR

(Forfeiture Endangers American Rights), the Advocates for Self-Government, Institute for Justice, and the Libertarian Party. However, in the present witch-hunt environment, leaving a paper trail when contributing to political organizations can be very dangerous for you.

To avoid leaving such a paper trail, use untraceable money orders – such as those you purchase (with cash) from the Post Office, 7-11, or check-cashing services.

You can safely buy money orders valued at up to \$2,999 a day from any one source without leaving a paper trail, although policies vary from locale to locale. Five hundred to \$950 per source per day is virtually completely safe. You can also wire cash using Western Union. For amounts under \$900, no ID is usually requested. The fee for Quick Transfer is a flat \$12.95.

Recommendation #13: Support organizations fighting martial law.

Organizations I highly recommend include:

International Society for Individual Liberty (ISIL)

836-B Southampton Road
Benicia, CA 94510-1960
707/746-8796, 707/746-8797, www.isil.org

ISIL publishes a quarterly newsletter ***Freedom Network News*** and over 50 internationally-renowned issue papers on topics such as:

“Is Your Freedom In Danger: The Destruction of the Bill of Rights,”

“The Looting of America: How Over 400 Civil-Asset Forfeiture Laws Allow Police to Seize Everything You Own,” and

“Will You Be Safer If Guns Are Banned?”

You should know that I’m a founder and director of ISIL and author of many of its issue papers.

ISIL also holds annual libertarian conferences throughout the world. The 2002 Conference is in Puerto Vallarta, Mexico on July 28-August 1.

ISIL’s excellent new web site contains copies of all issue papers, sample issue of the newsletters, activist tips, freedom quotes, and links to dozens of other freedom-advocacy organizations. Check it out at www.isil.org.

A one-year membership starts at just \$35 a year.

Advocates for Self-Government

www.self-gov.org

American Civil Liberties Union

125 Broad Street, 18th Floor

New York, NY 10004

www.aclu.org

Forfeiture Endangers American Rights (FEAR)

20 Sunnyside, Suite A-419, Mill Valley, CA 94941

1-888-FEAR-001 (332-7001) www.fear.org

FEAR is a national organization dedicated to reforming U.S. civil asset-forfeiture laws and aiding the victims of forfeiture. They have one of the most popular political web sites on the Internet.

The Independent Institute

100 Swan Way, Oakland, CA 94621

510-632-1366, Fax 510-568-6040, www.independent.org

Libertarian Party

2600 Virginia Avenue, NW, Suite 100

Washington, DC 20037

1-800-682-1776, www.lp.org

Protecting yourself from medical martial law**Recommendation #14: Be very careful what you say to your doctor.**

The Department of Health and Human Services, Medicare, and states medical agencies are now putting enormous pressure on doctors to submit their medical records to a national medical database accessible to police and thousands of government bureaucrats. Explicitly included: The private notes of your physician or psychologist.

Not only could your medical information be embarrassing – such as disclosure you have hemorrhoids or sexual problems – it could result in you losing custody of your children or being arrested – for instance, if your doctor reports you use illegal drugs, have used medications prescribed for someone else, or have had an illegal abortion. That information could also be used to jack up your medical-insurance premiums or cancel it entirely, deny you loans, or put you in a psychiatric hospital.

Recommendation #15: Make sure you have a local doctor you trust.

You need a doctor you trust to keep your medical information confidential. The Association of American Physicians and Surgeons has a list of doctors who have opted out of Medicare and who are fighting for your privacy. Contact them at AAPS, 1601 N. Tucson Blvd., Suite 9, Tucson, AZ 85716-3450, 800-635-1196, www.aapsonline.org.

Recommendation #16: Pay cash and use a pseudonym when you go to a doctor for a sensitive medical condition (such as a sexually-transmitted disease or dependence on illegal drugs).

This is still legal. You won't get reimbursed by your insurance company, but it will keep that information out of your official medical files.

Remember under new Clinton-Bush medical no-privacy regulations, even a doctor's or psychiatrist's private notes have to be turned over to our rulers.

Recommendation #17: Check and correct your medical records now.

With thousands of government bureaucrats and cops about to get legal access to your medical records, the last thing you want is to have erroneous or compromising information in your files. Review your files with your doctor and any hospitals or clinics that you have visited in the last five years. By federal law, you are now entitled to check and correct your medical records.

Also get a copy of your files from the national Medical Information Bureau, which has medical files on millions of Americans garnered from hospitals, insurance companies, and other sources.

You can contact the Medical Information Bureau at: MIB, Inc., PO Box 105, Essex Station, Boston, MA 02112; Tel: 617-426-3660, www.mib.com

Recommendation #18: Keep an emergency supply of medications for each member of your family (and your pets).

During a bio-terrorism attack, hospitals, pharmacies, and health clinics will be quickly overwhelmed. Under MEHPA, state health authorities can commandeer facilities and drugs to treat attack victims. It could be impossible to get your normal medications. In fact, thanks to government regulations, many drugs are already in short supply.

A recent article in the *Wall Street Journal* warns:

“The nation is mired in a drug-supply crisis. Earlier this week, health officials warned that the country faces a severe shortage of childhood vaccines.”

About 40 drugs and vaccines are currently unavailable or in short supply, according to the American Society of Health System Pharmacists, www.ashp.org.

The coming medical-emergency laws, as well as proposals for government to control drug prices, will make this shortage far worse. So stock up now, while you still can.

There are now hundreds of pharmacies selling prescription drugs over the Internet. Nothing about these prescriptions ends up in your regular physician's files.

You can also order your regular prescription medications from overseas pharmacies, including those in Canada.

Finally, you can gradually build up a stockpile of your prescription medications by phoning in refill orders a week or so before you actually run out.

Recommendation #19: Support organizations that are fighting medical martial law.

Groups worth checking out include:

The Association of American Physicians and Surgeons

1601 N. Tucson Blvd., Suite 9
Tucson, AZ 85716-3450
1-800-635-1196, www.aapsonline.org

An organization of medical professionals fighting for freedom in health care. You'll find lots of good information on their web site on bioterrorism, vaccines, and medical freedom. You can sign up for their free e-mail alerts.

Citizens' Council on Health Care

1954 University Avenue West, Suite 8
St. Paul, MN 55104
651-646-8935, www.cchc.mn.org

This fine organization also fights for your medical privacy and freedom. Sign up for their free alerts.

Center for the Study of Bioterrorism and Emerging Infections

St. Louis University School of Medicine
3545 Lafayette, Suite 300
St. Louis, MO 63104

www.bioterrorism.slu.edu/index.html

Unfortunately, this site is funded by the government, so it contains a lot of propaganda. But you'll also find some good research papers on bio-terrorism, if you can wade through all the jargon.

Doctors for Disaster Preparedness

1601 N. Tucson Blvd., #9
Tucson, AZ 85716
501-325-2680, www.oism.org//ddp/main.htm

An organization which promoted civil defense and prudent preparedness for all kinds of disasters, including terrorism. Affiliated with AAPS.

Institute for Health Freedom

1155 Connecticut Avenue, NW, Suite 300
Washington, DC 20036
202-429-6610, Fax 202-861-1973, www.forhealthfreedom.org

Five Disastrous Mistakes That Could Get You Arrested – Or Worse

1. Saying anything that sounds like you sympathize with terrorists.

Hundreds of Muslims were arrested after September 11th mainly because they had made public remarks that authorities claimed were sympathetic to terrorists. In early 2002, an additional 5,000 people were targeted by the FBI for interrogation and possible detention because of their ethnicity and political views.

And it's not just Muslims who are being detained, interrogated and arrested. Dark-complexioned men, Indian Sikhs (who wear turbans as part of their religion), and anti-war activists are at particular risk. There are also more and more reports of people who speak out at anti-war rallies or even in classrooms getting visits from the FBI and police. This will only get worse as the FBI is reorganized into a domestic security agency, cooperating closely with the CIA and NSA.

2. Interfering with a security screener or airline personnel.

This is a federal crime, punishable by a fine of up to \$250,000 and 10 years in prison.

The term “interfere” is now interpreted by authorities extremely broadly. Hundreds of people have recently been arrested for such “offenses” as protesting rough hand-searches by airport security personnel, photographing or videotaping security stations (which is now illegal), and even “hostile looks.”

Anything you do, say or think at an airport, bus station, train station and government building can and will be recorded and used against you. Stay calm and polite.

3. Carrying your prescription drugs in unmarked containers.

Most people don't know it, but under the drug laws, it's illegal to transport your own prescription drugs in anything other than the original container provided by the pharmacy. Since the war on drugs and the war on terrorism have been linked, doing so while you are traveling is now particularly dangerous. Penalties are the same as violation of other controlled-substance laws, and include 5 years to life in prison, unlimited fines, and confiscation of everything you own without trial.

4. Contributing to a Muslim charity.

Since 9/11, dozens of U.S. Muslim charities have had all of their property seized, including their contributor lists. If you are on one of these lists, you are at risk.

Under the USA Patriot Act, contributing to an organization that the government has labeled "terrorist" is now punishable by huge fines and long prison terms.

Authorities don't seem to be the least bit bothered by the facts that (a) virtually all of these contributions were made before the law was even passed, or (b) 98% of the targeted charities' funds were spent on completely legitimate purposes, such as providing food for the poor.

It's disgraceful that Muslim groups – which have been attempting to alleviate pain and suffering, and working for peace – have been targeted in this way, but that's the reality.

The Supreme Court could eventually overturn these unconstitutional arrests and seizures, but I wouldn't count on it. If you still want to contribute to a Muslim group, make sure you do so anonymously. Also, never, never write a check from your bank account. Instead use postal money orders, cash, gold coins, and other anonymous ways of contributing.

5. Driving to an airport with a gun or a can of gas in your trunk.

Despite Supreme Court rulings that police cannot search your car without your permission, police and National Guard troops at airports, sporting events and other public venues are now routinely forcing motorists to open their trunks.

If they find a gun, cans of gasoline, propane gas, fireworks or anything else that could be construed to be an explosive device, you will probably be arrested. If you refuse to open your trunk, you will also probably be arrested and your car will be confiscated.

Chapter 2 Footnotes ***The Threat of Martial Law***

¹ “Justice Kept In the Dark,” *Newsweek*, 12-10-01, p. 41.

² *Ibid*, p. 39.

³ “Feds Close Two More Muslim Groups,” CBSnews.com, 12-14-01.

⁴ “Holy Land Foundation Shut Down,” 12-5-01, www.islam.about.com.

⁵ Dan Eggen, “U.S. gears up for deportee sweep,” *Washington Post*, 2-8-02.

⁶ “EFF Analysis of the provisions of the USA Patriot Act,” Electronic Frontier Foundation, 10-31-01, emphasis added.

⁷ Rebecca Hagelin, “Frisking 9-year-olds,” WorldNetDaily, 10-5-01.

⁸ Joseph Farah, “Whatever happened to common sense?,” WorldNetDaily, 12-11-01.

⁹ “Unlimited forced during of untried suspects OK’d by court,” hengist@attbi.com, 3-10-02.

¹⁰ Tom Ramstack, “ID card for air passengers,” *The Washington Times*, 1-31-02.

¹¹ *Ibid*.

¹² Robert O’Harrow, Jr., “States devising plan for high-tech national identification cards,” *Washington Post*, 11-3-01, p. A-10.

¹³ Joel Brinkley, “Israel Declares Arafat ‘Enemy’,” *New York Times*, quoted in *San Jose Mercury News*, 2-29-02, p. 10A.

¹⁴ Richard Reeves, “The other war . . . on disclosure,” *San Jose Mercury News*, 3-22-02, p. 10B.

¹⁵ Stephanie Gaskell, “Youths likely among detainees,” Associated Press, reprinted in *Valley Times*, 3-20-02, p. A10.

¹⁶ Some of this material was written for “Coming Medical Emergency Laws: A Looming Threat to Your Freedom & Privacy” by Jarret Wollstein and Mike Ketcher, *Financial Privacy Report*, January 2002.

¹⁷ Dan Eggen, “Neighborhood Watch Enlisted in Terror War,” *Washington Post* on-line, 3-7-02, p. A1.

Chapter 3

Surviving Biochemical and Nuclear Attacks

‘The question isn’t IF terrorists will attack us with biological or nuclear weapons, but WHEN they will use them.’

Rep. Christopher Shays (R - CT) Winter, 2001

“With so many possible targets and an enemy more than willing to die, the perfect defense isn’t possible.”

James Pavitt, CIA Deputy Director of Operations, April 2002.

In the fall of 2001, the threat of bio-terrorism in the U.S. became a reality.

Hundreds of people in the Eastern U.S. – postal workers, Congressional staff members, and ordinary housewives – were exposed to anthrax, deliberately sent through the mail by parties still unknown. Five people died, a dozen more were infected, and over 10,000 were treated for possible exposure. However, the horror of this attack pales in comparison to what would have happened in the event of a major biochemical attack.

As CBS News explains, “Experts have been warning for years that the United States is unprepared for [a bio-terrorist] attack, and bodies from Congress to the World Health Organization have conducted studies that suggest hundreds of thousands of people could die in a single attack.”

According to the federal government, twenty-five countries have or are developing chemical, biological or nuclear weapons of mass destruction. Those countries include many fervent enemies of the U.S. – Cuba, Iran, Iraq, Libya, North Korea, Sudan, and Syria.

Bio-warfare Against the U.S. May Have Already Begun

According to Iraq expert Laurie Mylorie, there is substantial evidence that Saddam Hussein was behind the Fall 2001 anthrax attacks on the U.S. Here is what she had to say when I interviewed her for Newsmax.com:

“ABC News reported on October 29th that at least two labs have concluded that the anthrax used in the U.S. was coated with two additives linked to Iraq’s biological weapons program: bentonite and silica. These additives make anthrax particularly lethal by preventing spores from sticking together, enabling them to float, and making anthrax easily inhalable.”

“Bentonite is a trademark of the Iraqi weapons program. Iraq is the only country in the world that uses it.”

“The German newspaper *Bild* also reports that according to Israeli security, Mohamed Atta, who organized the 9/11 attacks, was given a vacuum flask of anthrax when he met with the Iraqi consul in the Czech Republic.”

Preparing For Biochemical Terrorism: Interview with Chuck Fenwick, founder Medical Corps

To find out more about the threat of biochemical terrorism, I interviewed Chuck Fenwick, founder and director of the Medical Corps – a private, all-volunteer organization of medical professionals created in 1995, which teaches combat medicine to doctors and nurses throughout the world – including how to minimize damage to civilians from biochemical attacks.

Techniques taught by the Medical Corps are particularly relevant today, when *any* of us could become a victim of a terrorist attack. Mr. Fenwick says that in Vietnam, navy corpsmen he worked with saved 98% of people injured in combat and at a “dirty” orthopedics medical ward where he worked prior to Vietnam, “we never lost anyone.”

In my wide-ranging interview with Mr. Fenwick, he discussed topics of crucial importance to us all, including how great our risk is of a major biochemical attack . . . how to seal your home if there is an attack in your area . . . and whether or not to stockpile antibiotics.

JW: Thank you very much for agreeing to this interview. I know you must be swamped. Let me begin by asking, how concerned should we be about biochemical terrorist attacks and who do you think is behind the anthrax attacks?

FENWICK: “We need to be very concerned. Although only a few people have been actually infected with anthrax so far, the attacks have just about shut the country down. Congress, the Supreme Court, and major newsrooms have been forced to evacuate. And this was just from small-scale attacks, probably by domestic terrorists.”

JW: Why do you think the people behind the anthrax attacks are domestic?

FENWICK: “As we saw with the World Trade Center attack, the foreign terrorists go for high body counts, and we haven’t seen that with the anthrax attacks.

“Nevertheless, the latest anthrax attacks with airborne spores are much more troubling than the first attacks. To convert anthrax into a form that can be spread through the air, you have to get the spore size below 5 microns and you have to figure out a way to suppress the surface charge that makes them clump together. That takes a lot of skill and knowledge. The first anthrax attacks were Puppy Chow compared to this latest attack – although it wasn’t weaponized in the military sense of being resistant to antibiotics. I think it’s either two different domestic terrorist groups, or one group already in the country that figured out how to get it right.

“But even if the anthrax attacks so far were by home-grown terrorists, the next biochemical attack could easily be something much more massive from foreign terrorists.”

“Anthrax can be transmitted by sex and biting insects.”

JW: What should we expect from foreign terrorists?

FENWICK: “Attacks on major population areas. To kill lots of people, all foreign terrorists would have to do is toss vials of weaponized anthrax in front of moving subway trains. That could infect thousands before anyone even knew what had happened. And anthrax is one of the *least powerful* biological weapons that terrorists can use. Anthrax is hard to propagate and non-contagious in the normal sense, although it can be transmitted through sex, body fluids, and biting insects.

“We know that terrorists may already have lots of other biologicals like – plague, typhus, tularemia, and smallpox – and some of these *are* contagious. We have virtually no defense from them. Because smallpox has been officially eradicated, we have a few million doses of vaccine for a population of nearly 300 million. And we have no good early-warning detection systems for *any* biological weapons.”

“This threat will kill our children.”

JW: What’s the worst-case scenario?

FENWICK: “Terrorists could very publicly release chemical weapons in a large city, causing everyone to flee in panic, without realizing that the city had been ringed with biologicals, like smallpox. That would spread disease to the suburbs, countryside, even throughout the entire country.

“Millions could die, including many children. That’s the worst thing of all, it’s not just soldiers that are going to die but lots of innocent civilians. This threat will kill our children.”

JW: What can we do to protect ourselves?

FENWICK: “First, assess your risk. Do you live in a city, suburb, or a rural area?”

“If you live in a city, you’re most at risk. Cities are prime targets for terrorists who want to kill a lot of people or create chaos. Then suburbs, where people commute to cities. You’re least at risk in a rural area or wilderness.

“Next, do what you can to protect yourself. First and foremost, if there’s been a biological or chemical attack, avoid contact with other people, who can carry infection in their bodies or chemicals on their clothes.

“You will have to decide quickly whether to stay or flee. If you live in a city, it’s particularly important that you have a safe place to flee to – such as friends who live in the countryside – and a way to get there. Always keep your car’s gas tank full and have extra cans of gas.

“Second, if you decide to stay, be prepared to seal your house or apartment. Supplies you can get from a hardware store, like plastic sheeting and duct tape to seal your doors and windows can increase your chances of survival from 10% to 90%. As a last resort, put wet sheets over doors and windows.

“Don’t forget about your air vents. You’ll need to close and seal them fast. Also if you hear about a biological or chemical attack near you, immediately turn off your furnace, air conditioner, fans – anything that sucks air into your house.

“You’ll also need to have enough canned food and bottled water to live on for at least a few weeks. A few months is even better.

“If you have any question about your food or cooking utensils, disinfect them with a bleach solution. Boil your drinking water. Even better, use a pressure cooker at 15 lbs. for 20 minutes.

“Third, avoid all public places, particularly hospitals and ambulances, which are repositories of disease and infection. Most medical people will end up sick or dead.

“Fourth, make sure you have a supply of antibiotics for every member of your family. Get it now. Once disease breaks out, it will be far too late. Even going to the drug store to get antibiotics, assuming they have any left, will put you in extreme danger of exposing yourself to chemical and biological agents, as well as disease.”

“The national drug stockpile is at best inadequate.”

“Finally, don’t expect authorities to protect you. If there’s a major biochemical attack, it’s going to be chaos. FEMA has long claimed to have a huge stockpile of antibiotics, but neither I nor anyone I know in the medical community has ever seen it. Since September 11th they’ve been stockpiling drugs, but at best it’s still inadequate.

“Even if authorities do have enough drugs for everyone, with millions fleeing and thousands sick and dying, there’s going to be no effective way to get medication to everyone who needs it. You have to protect yourself.”

JW: What do you think the likelihood is of a major terrorist biochemical attack?

FENWICK: “My personal feeling is that the anthrax attacks we’ve seen so far are just the beginning, testing our response.

“The good news is that we’re in a holding pattern right now, and have a chance to get ready.”

The Ultimate Terrorist Nightmare: Radiological & nuclear terrorism

About the only weapon terrorists haven't used yet are radiological and nuclear bombs, and that could be next. Russian authorities report that at least 100 nuclear warheads are missing from the arsenal of the former Soviet Union. Some are small enough to fit in a suitcase. At least a few of these weapons are probably now in the hands of hostile nations, like Iran. Some could already be in the hands of fanatic Muslim terrorists.

The explosion of a single nuclear weapon in a large U.S. city, like Washington, D.C. or New York, would be the worst catastrophe in our history – the ultimate terrorism nightmare. 'Casualties could easily top a million,' warns Dr. Cham Dallas of the University of Georgia. "A [single] exploded nuclear device could fill every burn bed in the United States."

A radiological weapon or "dirty bomb" – which uses conventional explosives to release radioactive fallout – would be less devastating, but could still kill tens of thousands.

Is a terrorist biological, radiological or nuclear attack really likely? Perhaps the most knowledgeable person in the U.S. Congress is Rep. Christopher Shays, who heads the House Government Reform subcommittee on national security. He has held 17 hearings on terrorism in the last few years.

His conclusion: "The question isn't IF terrorists will attack us with biological or nuclear weapons, but WHEN they will use them."

Fear of imminent use of nuclear weapons by terrorists has already prompted an urgent alert in the U.S. *Time* magazine reports:

"In October [2001] an intelligence alert went out to a small number of government agencies, including the Energy Department's top-secret Nuclear Emergency Search Team, based in Nevada. The report said that terrorists were thought to have obtained a 10-kiloton nuclear weapon from the Russian arsenal and planned to smuggle it into New York City."

"[D]etonated in lower Manhattan, a 10-kiloton bomb would kill some 100,000 civilians and irradiate 700,000 more, flattening everything in a half-mile diameter."¹

What is particularly ominous about this incident is that only a few high government officials were warned by the Administration of what appeared to be an imminent terrorist nuclear attack. High government officials were spirited away into luxury underground bunkers in the mountains. The rest of us were deliberately left in the dark.

The only “warning” we would have had would have been a mushroom cloud over New York, as tens of thousands of people were vaporized and hundreds of thousands more absorbed lethal doses of radiation.

Adversaries With Biochemical and Nuclear Weapons

Throughout the world there are dozens of terrorist groups who hate America and which have deadly biological, chemical, radiological, and nuclear weapons. Major threats include:

Russia, 4,500 tons of anthrax & 6,000 nuclear warheads.

According to the establishment media, Russia is now our friend, and we have nothing to fear from them. Under our “Open Skies” treaty, we even freely permit Russian military aircraft to fly over U.S. cities! But if Russia is such a good friend, why do they still have up to 5,000 strategic nuclear missiles targeted at our cities?

Before its collapse, the Soviet Union had the world’s largest offensive biological-weapons program, including vast stores of anthrax, smallpox, and plague. According to K. Alibekov, the highest-ranking defector from the Soviet Union’s biological-weapons program:

“Biopreparat developed two thousands strains of anthrax alone, as well as bomb- and missile-ready versions of smallpox, the hemorrhagic fever, Marburg, plague and many more... They produced and replenished ready stockpiles of the most important agents, maintaining a 4,500-metric-ton supply of anthrax at all times.”

That’s more than enough to kill every human being on the face of the earth 20-times over.

Of course, the Soviet Union is now gone and its bioweapons program officially no longer exists. But there are many reports from defectors that many of the bioweapons are still there, hidden in secret storehouses and arsenals, and new weapons are still being developed.

This creates a dual threat for the West: First, as proud and powerful nations with conflicting ideologies, cultures and geopolitical interests, the U.S. and Russia could again become adversaries. Second, and of greater immediate concern: The Russian mafia and financially-desperate Russian scientists may be selling bioweapons to Iran, Iraq and other terrorist states.

Iraq, 300 biological bombs

Saddam Hussein has a vast arsenal of biological and chemical weapons. According to the book ***Living Terrors:***

“At the height of its preparedness, in 1991, Iraq had twenty-five missile warheads filled with anthrax, botulinum toxin, and the cancer-causing agent aflatoxin, as well as some three hundred biological bombs...

“The CIA determined that the Iraqi biological-warfare program produced 85,000 liters of anthrax, 380,000 liters of botulinum toxin, and 2,200 liters of cancer-causing aflatoxin, among other agents, and developed missile warheads, aerial bombs, and aircraft-mounted aerosol spray tanks.”

Iraq’s development of weapons of mass destruction continues. In December, 2001, Iraqi defector Adnan Ihsan Saeed al-Haideri said he “personally worked on renovations of secret facilities for biological, chemical, and nuclear weapons in underground wells, in private villas, and under the Saddam Hussein Hospital in Baghdad as recently as a year ago.²”

The highest-ranking member of the UN panel responsible for weapons inspections in Iraq – Charles Duelfer, former deputy-chair of the UN, says, “The evidence shows that Iraq has not given up its desire for weapons of mass destruction.³”

Equally frightening: Saddam Hussein has already used his biochemical weapons to mass murder his own people, including 180,000 dissident Kurds in 1988. Do you think he’d hesitate for a moment to use his weapons on the “great Satan” America?

Iraq has also been attempting to both build and acquire nuclear weapons for decades, and if they don’t have them already, it is just a matter of time until they do.

Other Hostile States

U.S. adversaries that now have CBR (chemical-biological-radiological) weapons include the states of Cuba, China, Syria, Iran, and North Korea.

China now has over 20 atomic weapons targeting the U.S. and is expected to have up to 100 nukes aimed at us by 2020,⁴ in addition to an arsenal of chemical and biological weapons. North Korea also has a small nuclear arsenal as well as a biological-weapons program. In 1999, the Health Law and Policy Institute, reported:

“A secret federal intelligence assessment completed in 1998 and based on substantial evidence...concluded that Iraq, North Korea and Russia are likely to be concealing smallpox virus for military use.”

Iran, which shares a border with former Soviet Republics, also has a biological-weapons program and may well have already secretly acquired weapons-grade uranium or plutonium, or even some warheads.

Terrorist Organizations

There are hundreds of terrorist organizations throughout the world that hate the U.S. and western governments, and would gladly kill Americans.

In 1995 the Japanese-based organization Aum Shinrikyo released sarin gas in the Tokoyo subway system killing 17 and injuring thousands. At the time, the group had 50,000 members worldwide and their leader, former yoga instructor Shoko Asahara, ordered his followers to acquire and deploy every weapon of mass destruction they could get their hands on – chemical, biological and nuclear.

In Afghanistan, documents uncovered from Osama bin Laden's Al Qaida network reveal that they had some primitive biological and chemical weapons, and were trying to acquire nuclear weapons as well. Al Qaida is believed to have thousands of unidentified operatives throughout the world.

Both Aum Shinkrikyo and Al Qaida were virtually unknown in the West until they attacked. What is most frightening of all is there may well be many more groups like them that we don't know anything about, and some may already have weapons of mass destruction.

Major Bio-Threats

There are hundreds of deadly biological agents that can be used as weapons against humans, livestock and crops. The three bio-weapons most likely to be used in a terrorist attack on civilians are anthrax, smallpox and plague. These bio-weapons are already in the arsenals of a dozen hostile countries and easily obtainable by terrorists.

A major outbreak of smallpox or plague would be 100-times more lethal than the anthrax attacks we've seen so far. And thanks to the automobile and airplane, an outbreak could spread rapidly from city to city, or even country to country.

Anthrax

Anthrax is a dangerous, spore-producing bacteria. It is commonly found in hoofed animals – including sheep, cattle and goats – and can persist in the soil for up to 100 years. Natural transmission to humans in the west is rare, but does occur.

Anthrax can be contracted in three main ways: (1) through the skin, (2) by inhalation, and (3) by eating spores from an infected animal, such as a goat.

Although anthrax is not generally considered contagious, according to Chuck Fenwick of the Medical Corps, it *can* be contracted through sex with an infected person or through other exchanges of bodily fluids, such as blood. Untreated inhalation anthrax is nearly 100% fatal. When introduced through the skin, anthrax is fatal 20-25% of the time. Even a small break in the skin, such as a paper cut, is sufficient to contract cutaneous anthrax.

Symptoms of anthrax infection

Cutaneous anthrax: An itchy red pimple develops first. Then small blisters form and the surrounding skin swells. Unlike insect bites, the sore is painless.

Ingestion anthrax: Symptoms are similar to food poisoning: A distended abdomen, sweating, nausea, vomiting, diarrhea, and some times bluish skin.

Inhalation anthrax: Symptoms are similar to flu and initially include fever, a cough, and mild chest discomfort. That's quickly followed by severe respiratory distress, labored breathing, sweating and bluish or gray skin. According to the Medical Corps, "shock and death follow within 24-36 hours of severe symptoms," even with treatment.

Symptoms typically develop within a week of exposure, although sometimes as long as 60 days later, making anthrax a preferred terrorist bio-weapon.

Treating Anthrax

Anthrax can be treated with oral antibiotics, including doxycycline, tetracycline, ciprofloxacin (“Cipro”), and penicillin.

Smallpox

Smallpox is a deadly, disfiguring, and highly contagious virus that spreads person-to-person, through the air. There is currently no proven anti-viral treatment for smallpox.

In 1977, smallpox was virtually eradicated from the face of the earth. Only two research centers retained the virus: the CDC in the U.S. and a second center in Russia. These remaining smallpox stockpiles were scheduled to be destroyed by 2002. There was just one problem, as Dermadoctor.com explains, “The Russians were manufacturing literally tons of the virus and experimenting with how to disperse the virus in bombs.”

With the collapse of the Soviet Union in 1990, vials of the virus were subsequently sold by financially-desperate scientists to a number of hostile states, including Iraq, which have gone on to weaponize the virus – posing a huge danger to the west. Since vaccinations were ended in 1972 and have long since worn off, every human being on earth is now vulnerable to infection.

Symptoms of smallpox infection

The first symptoms are a high fever and headache, followed by red bumps, blisters and pustules, which can cover the entire body. Severe body and facial disfigurement is common. Death occurs in about 30% of infections.

Treating smallpox

No proven treatment. Patients are often given fluids and antibiotics to prevent secondary infections. The antiviral, Vistide, is a possible but unproven treatment with major, debilitating side-effects. The U.S. has stockpiled 7 million doses, with more being produced. Your best way of avoiding smallpox is by getting a vaccination or a booster from your doctor. However, this is not without risk. In a small number of cases, smallpox vaccinations have lethal side-effects.

☠ Plague

Plague is a gram-negative bacteria that primarily affects rodents, but also spreads to people through fleas. It is one of the most feared diseases in history. It is also a bio-weapon in the arsenal of a dozen nations.

There are three forms of plague: pneumonic (lung), bubonic (black death), and septicemic (blood infection). It rapidly spreads from person-to-person.

In the 14th Century, the Black Plague decimated Europe. Plague spread from China to Europe, where it killed people horribly fast. The Italian writer Boccaccio said plague victims, “ate lunch with their friends and dinner with their ancestors in paradise.”

In the five years between 1347 and 1352 AD, twenty-five million people – *one third of the entire population of Europe* – died from plague. Additional deaths occurred for *centuries* after the initial outbreak, and plague remains a threat today. The latest plague outbreak was in Surat, India in 1994 in which 855 people died.

Plague can now be successfully treated with modern antibiotics, if caught in time. However, some countries, such as Russia, are reported to have developed antibiotic-resistant strains for which there is no treatment.

Symptoms of plague

Pneumonic (lungs): High fever, chills, headache, bloody discharge from the mouth and nose, progressing to labored and harsh breathing, and bluish skin. Death follows onset of severe symptoms (usually 48 hours) from respiratory failure and circulatory collapse. Untreated, pneumonic plague has a 90% mortality rate, within 48 hours of onset of severe symptoms.

Bubonic (Black Death): Rapid pulse, rise in temperature, enlarged lymph nodes with surrounding swelling. The node may turn black from dead tissue. Untreated, bubonic plague has a 60% mortality rate, usually in 3-5 days.

Septicemic (Blood Infection): Septicemia may occur at any time during the course of either bubonic or pneumonic plague. Death is swift once the disease is bloodborne.

Treating Plague

Plague can be successfully treated with antibiotics such as doxycycline, tetracycline, and ciprofloxacin.

Nutritional advice for coping with bioterrorism

Doctors for Disaster Preparedness has this advice:

“1) Avoid red meat, especially beef, because iron can cause a catastrophic worsening of bacterial or viral infections. Also avoid eating within one hour of taking Vitamin C, as it increases iron absorption.

“2) Avoid sugar and all soft drinks. Sugar enhances bacterial growth, lower immunity, and depletes thiamine. Carbonated soft drinks deplete magnesium.

“3) Avoid corn, safflower, sunflower, peanut, soybean, and canola oils, which have an immune suppressant effect; limit fat intake to 25% to 30% of calories, not counting extra virgin olive oil or omega-3 oils.

“4) Avoid processed foods as your system for detoxifying additives will be busy.”

(Doctors for Disaster Preparedness Newsletter, 19:2, March 2002, p. 1.)

For more information see ***Bioterrorism: How You Can Survive***, available from Physician's Preference, Inc., 20214 Briardwood, Suite 180, Katy, TX 77450, 800-579-6545 or online at www.physicianspreference.com.

An Anthrax Treatment for 1/10th the Cost of Cipro

An excellent alternative to ciprofloxacin for treating anthrax exposure is the antibiotic doxycycline.

Doxycycline costs just 10% to 25% of the cost of cipro (\$.74 a pill vs. around \$4.96 for cipro in Arizona, for instance) and has many fewer side-effects. Ciprofloxacin has many common side-effects, including nausea, vomiting, and, among women, yeast infections. In extreme cases, cipro can also cause allergic reactions, blood problems, and liver damage.

Doxycycline can be prescribed for you by your doctor and is also available through many on-line pharmacies.

Chuck Fenwick, Director of the Medical Corps, recommended doxycycline to me as an alternative to cipro in November 2001 – months before it was officially approved for treating anthrax by the FDA.

Bioweapons Detectors

While still expensive, these space-age devices could save your life

Dozens of US companies are now developing advanced biodetectors, which could alert your community to anthrax-laden letters, or biological and chemical attacks. Some systems now in development are as small as a hand-held pager, and use state-of-the-art technology, such as automatic DNA analysis and nanoprisms. They are expected to sell for \$20,000 to \$40,000 each, and could be available in 6-12 months.

Unfortunately, the only systems available *immediately* are the size of a personal computer and sell for \$150,000+. That puts them beyond the reach of most individuals, but certainly is in affordable range for medium-sized or larger companies, as well as for most cities and towns.

Why should you bother trying to convince your community or company to buy one or more biodetectors? Because it could be your only way of getting warning of a biological or chemical attack early enough to protect yourself. If you wait until people are dropping dead, it will be too late.

If you want this early warning, it's up to you to convince your community to buy one. While some post offices are now being monitored for anthrax, there is no national detection system for even a few of the major bioweapons, like smallpox and plague, much less for the hundreds of different biological and chemical weapons that could be used against us.

Here are two industry-leaders in biochemical detection:

CombiMatrix Corporation

6500 Harbour Heights Parkway, Mukilteo, WA 98275

1-425-493-2000, Fax 1-425-493-2010, www.combimatrix.com

Manufacturers semi-conductor chips that can detect a dozen different agents used in biological and chemical weapons.

Nanogen, Inc.

10398 Pacific Center Ct., San Diego, CA 92121

1-877-626-6436, 1-858-410-4600, Fax 1-858-410-4848, www.nanogen.com

Makes the "nanochip." Each chip tests for up to 99 pathogens.

More bioterrorism emergency advice

- “1) Stay away from doctors’ offices and hospitals if at all possible, and from any crowded places.**
- “2) Frequently disinfect surfaces with Lysol or diluted bleach, as viruses can persist there for weeks.**
- “3) Roll up car windows and close vents, if you see a spray truck or low-flying airplane.”**

“In case you have to treat a smallpox patient at home, be sure to have on hand: acetaminophen or (for adults) Advil; antiemetics; grapefruit seed extract to use as a mouthwash (dilute 50:50 with distilled water), or for cleansing skin lesions; appropriate antibiotics for secondary pneumonia; liquid tears to cleanse mucus from eyes; and gentamicin drops to prevent bacterial superinfection if corneal ulcers develop and you have no access to a physician.

“Treat fever with slightly cool towels (not cold – that will cause peripheral vasoconstriction and may actually increase the core temperature). If you can’t keep the temperature below 105° in adults, or 102° in children, with cool towels, treat with acetaminophen. (Ibuprofen [Advil is one brand] may be preferable in adults as it may enhance immunity.)

“Keep a supply of filter masks on hand; the best are from the paint section of the hardware store. They should adhere to form a good seal.”
(Doctors for Disaster Preparedness Newsletter, 19:2, March 2002, pp. 1-2.)

Terrorist Nukes

When I was growing up at the height of the Cold War in the Washington, D.C.-area, I didn’t think I had to worry much about a nuclear attack. Living in the D.C.-area, it was virtually certain that I would be vaporized during the first few minutes of any nuclear confrontation with the Soviet Union, which had a dozen nukes targeted at my area.

Unfortunately things are not nearly so black and white for us today. Unlike the Russians – who had and still have city-destroying weapons targeted at all major U.S. cities, but who faced the same threat from the U.S. – today a small, shadowy terrorist group can wreak havoc with just one or two comparatively-small nuclear or radiological weapons.

Used against even one or two cities, the physical, medical and economic impact of a terrorist nuclear attack would be devastating. Again, Washington, D.C. and New York are the prime targets, followed by Los Angeles and other large U.S. cities.

Instead of instantly vaporizing everyone in a target city, people even a mile or two from ground zero would probably survive the initial detonation of a relatively-small terrorist nuke, and then face the reality of trying to survive in a world transformed by blast, heat, radiation, fallout, and martial law. The main danger to people in the suburbs would be exposure to fallout and hordes of desperate, irradiated survivors.

Do terrorists already have “loose nukes”?

The short answer is that no one knows for sure, or if they do they aren't talking. However, there is massive and growing evidence that they either *already have them* or will have them soon.

A report by former Senate Majority Leader Howard H. Baker Jr. and former White House counsel Lloyd N. Cutler, released in January 2002, reports that *tons* of Russian nuclear-weapons material – called “loose nukes” cannot be accounted for and that it is “entirely possible one or more terrorist groups may have already gotten their hands on enough weapon-grade materials to create nuclear bombs.⁵”

There are also over 80 missing Russian suitcase nukes, according to national security expert Rep. Curt Weldon (R-PA). In May, 1997, Weldon met with Russian General Aleksandr Lebed, who had just stepped down as Yeltsin's top security advisor. Lebed has been assigned by Yeltsin to account for 132 small atomic demolition munitions, commonly referred to as “suitcase nukes.”

Weldon reports:

“I used all the leverage I have as the president's adviser. We could only locate 48. Which meant that there were over 80 small atomic demolition devices with the capacity of one to 10 kilotons that they just could not locate.⁶” [Note: Hiroshima was destroyed by a 20-kiloton weapon.]

Are terrorist nukes already in the U.S.?

It's certainly possible. On December 21, 2001, NewsMax.com warned that a under “coercion,” a terrorist suspect interrogated by Pakistani Inter-Service Intelligence “said that agents of bin Laden had smuggled two portable nuclear weapons into the United States.” ... “The summary did not give the specific dates of

the smuggling, the method or time of entry. The suspect said only that the smuggling had been carried out.⁷

How could bin Laden have gotten the nukes into the U.S.? According to Stefan Leader, president of Eagle Research and a consultant for the Department of Energy, bin Laden is known to own 23 ships registered to companies in various countries. Less than 3% of cargo brought into the U.S. is inspected, and there is no system in place to detect radiation or nuclear devices.⁸

Regardless of whether terrorists like bin Laden already have nukes or not, it is highly likely that they or another of our adversaries, such as Saddam Hussein, *will have them* in the near future. And in the wake of 9/11, once they do, there is little doubt that they will use them. In an interview conducted by Fox News in New York City, former Israeli Prime Minister Benjamin Netanyahu warned in January 2002:

“...they’ll drop it in New York. They’ll drop it right here – right in the place where we sit.”⁹

Here’s what you can expect in the event of a terrorist nuclear attack and what you can do to protect yourself.

Three main terrorist “nukes”

The three main types of atomic weapons most likely to be used by terrorists are:

1) A dirty, radiological bomb. This consists of radiological materials – such as uranium or plutonium – surrounding conventional explosives. When detonated, there is no nuclear explosion, but the conventional explosion spews radioactive materials into the air and over a large area, contaminating people, vegetation, buildings, food and water. Swallowing a single, microscopic particle of plutonium will kill most people within a few weeks.

Main dangers: Radiation, radioactive fallout, contaminated food and water, panic, rioting, looting.

Initial deaths: 10,000+ .

Subsequent deaths: Tens of thousands more from exposure to radioactive particles, contaminated water, lawlessness.

2) Small, kiloton-range nuclear weapons. Hundreds of these weapons, some small enough to fit in a suitcase, are “missing” from the arsenal of the former

Soviet Union. Although small by modern standards, many of these tactical nukes could do damage similar to that caused by the two 20-kiloton atomic weapons dropped by the U.S. on Hiroshima and Nagasaki at the end of World War II.

Main dangers: Blast, heat, radiation, fallout, social chaos.

Initial deaths: 100,000 to 1 million+ .

Subsequent deaths: 300,000 - 3 million.

3) Our own nuclear power plants. There are over 100 nuclear power plants in the U.S. and all are vulnerable to sabotage or an outright terrorist attack.

Fox News warns:

“There are currently 161 million Americans living within 75 miles of a nuclear power plant. . . . Indian Point is located exactly 33 miles north of Times Square.” (Douglas Kennedy, “Nuclear Disaster Evacuation Plan Contested,” www.foxnews.com, 4-20-02)

Even a small, general-aviation plane loaded with explosives could cause a major radiation plume that could kill thousands. But terrorists wouldn't even need to be that sophisticated.

Rep. Edward Markey says, “Terrorists may now be employed at nuclear reactors in the United States.” People even hundreds of miles away from a plant could be injured or die as a result of fallout.

As the Medical Corps warns:

“Unfortunately a Nuclear Power Plant has over 100-times more radioactive materials than an Atomic Bomb that can be released as fallout.

“One of the most abundant components released is Radioactive Iodine 31 that is then carried downwind for hundreds of miles.

“Thyroid cancer attributable to Chernobyl has been documented up to 300 miles from the accident site.

“Very small amounts of inhaled or ingested Radioactive Iodine can do serious damage because it will always be absorbed and held in the thyroid gland. Eventually, by absorbing a large amount of radiation in the thyroid, abnormalities are likely to result, such as nodules in the thyroid, loss of thyroid function, or thyroid cancer.”¹⁰

Four Ways to Survive Atomic and Radiological Attacks

#1. Don't be anywhere in the area

The best way to survive a terrorist atomic or radiological attack is not to be anywhere close to one. Not only will anyone at and near ground zero be instantly killed, but tens or even hundreds of thousands of people miles away – in some cases up to 50 miles away and more – will be in extreme danger of dying from fires, radiation, and desperate mobs.

Depending upon prevailing winds, lethal fallout can settle as far away as 300 miles from the blast site. Anyone living in New York City or Washington, D.C. will remain at extreme risk as long as the War on Terrorism continues. Anyone living in any large city will also be at substantial risk for the duration of the crisis, and the closer you live to a city center, the greater your danger of being caught in an atomic or radiological attack.

#2. Have a secure, well-stocked fallout shelter

Even something as simple as a basement protected by a few feet of dirt, could make the difference between life and death.

As Glasstone and Dolan write in *The Effects of Nuclear Weapons*:

“if some shelter could be obtained, e.g., by falling prone behind a substantial object, within a second of seeing the explosion flash, in certain circumstances it might make the difference between life and death.”

How much protection do you need? The November 2001 issue of *Doctors for Disaster Preparedness Newsletter* advises:

“plan to prepare shelter with a P.F. of 1000, which requires about 10 ‘halving thicknesses of mass, or 3 tenth-value thicknesses. The halving thickness of concrete for gamma rays is 2.4 inches and of packed earth, 3.6 inches. The tenth-value thickness, in inches, for steel is 3.3; for concrete, 11; for earth 16; for water, 24; for wood 38.”

You will also need a good-quality radiation detector, such as a Kearny Fallout Meter, to know when it is safe to come out – plus anti-radiation drugs (see #4 below). Quality, calibrated radiation meters are available for less than \$300 from **www.radmeters4u.com**.

If you already have or plan to build a fallout shelter, make sure you don't tell anyone about it. If all your neighbors know, you can count on them coming to your house in a crisis, perhaps with their guns. Instead, call it a rec room, home office, kid's playroom, etc., and decorate it appropriately to maintain the illusion. Carefully conceal your supplies of water, food and firearms – and make sure your shelter has a solid-steel door and frame.

Detailed, authoritative instructions on how to survive a nuclear attack can be found at the website of the Oregon Institute for Science and Medicine, www.oism.org where you can also download a copy for FREE of their comprehensive manual, ***Nuclear War Survival Skills*** by Cresson Kearn.

#3. Make sure you are in excellent health

As in all disasters, the weak and sick will die first. Levels of radiation that might make a healthy person slightly ill will kill the chronically-sick.

#4. Take the “anti-radiation” pill

The best on the market to my knowledge is Potassium Iodate, available through the Medical Corps. As their web site explains:

“Potassium Iodate tablets are used ONLY at the time of a nuclear emergency; the tablets stop the thyroid gland from taking up Radioactive Iodine (I_{131}), which is released into the environment following a nuclear accident. I_{131} is radioactive and it can kill you – especially children.”

Potassium Iodate: The “radiation pill”

(Information provided by the Medical Corps)

BEFORE YOU TAKE POTASSIUM IODATE (or any Thyroid Blocker)

Are you sensitive to iodine?

Do you suffer from dermatitis herpetiformis (a skin disease)?

Do you suffer from hypocomplementaemic vasculitis (an inflammation of the blood vessels)?

Have you ever been treated for thyrotoxicosis (a condition resulting from an overactive thyroid gland).

Do you have problems with your kidneys?

Do you have, or are you being treated for problems with your adrenal glands?

Are you suffering from dehydration or cramp due to extreme heat?

Are you taking quinidine, captopril or enalapril?

Are you currently taking a diuretic (“water tablets”)?

If you answered yes to any of these questions, talk to your doctor before taking any thyroid blocker.

DOSAGE (85 mg)

The usual recommended “daily dose” is as follows:

Adults (including the elderly) 2 tablets

Children aged 3-12 years 1 tablet

Children aged 1 month-3 years ½ tablet

Newborn to 1 month ¼ tablet

WHERE TO GET IT

Potassium Iodate is available from the Medical Corps

1-740-783-8009 www.medicalcorps.org.

Steps to take immediately in the event of a radiological attack

- 1. Remove your clothing.** Radioactive particles can cling to your clothing, increasing your radiation dose, contributing to illness and death. Throw away your old clothing.
- 2. Shower thoroughly.** This will remove radioactive particles on your body and hair.
- 3. Wear a N-95 face-mask.** This will prevent you from inhaling radioactive particles. These masks look like painters' masks you get at a hardware store, but are much more heavy-duty. You should keep a supply for all family members in your home, office, and car. You can buy these from many suppliers. A box of 20 (in small, medium, or large sizes) is just \$12.95 from:

**Safety-West, Inc., 2500 South Decker Lake Blvd., #9
West Valley City, UT 84119
1-800-533-8565, 1-801-972-5800, Fax 1-801-972-8572
www.safety-west-utah.com**
- 4. Take the anti-radiation pill, potassium-iodate.** (See previous page.)
- 5. Seal your home and stay indoors for at least 24 hours.** This will prevent further radiation contamination. Make sure you have a good supply of duct tape and heavy plastic to seal all doors, windows, and vents. For the next several days, break the seal only long enough to refresh your air.

Chapter 3 Footnotes Surviving Biochemical & Nuclear Attacks

¹ Romesh Ratnesar, "Can We Stop the Next Attack?," Time.com, 3-3-02.

² Judith Miller, "Evidence of Iraqi weapons," *New York Times*, 12-20-01.

³ *Ibid.*

⁴ Patrick Goodenough, "The World's Warheads – Aimed at U.S.," *NewsMax.com* magazine, March 2002, p. 38.

⁵ "Worst Threat: Loose Russian Nukes," *NewsMax.com*, 1-10-01.

⁶ Carl Limbacher and *NewsMax.com* Staff, "Rep. Weldon Details Missing Soviet Suitcase Nukes," *NewsMax.com*, 3-5-02.

⁷ "Feds look for smuggled nukes in U.S.," *NewsMax.com*, 12-21-01.

⁸ *Ibid.*

⁹ "Netanyahu: Terrorists will nuke New York," *NewsMax.com* magazine, 1-15-02, p. 22."

¹⁰ "Nuclear Emergency Preparedness," Medical Corps, www.medicalcorps.org.

Chapter 4

Safe Travel In An Age of Terror

“We’re spending an incredible amount of time and money in an effort to shake-down grandmothers and individuals who pose no threat.” *Rep. John Mica* (R, FL) Chairman, House Aviation Subcommittee, 4-25-02, NewsMax.com

Nightmare at the Airport

When Richard Bizarro (his real name) used the airplane bathroom on a recent flight, he got a rude surprise upon landing. He was arrested and now faces up to 20 years in prison for violating FAA regulations.¹

Twenty years in prison is the maximum penalty under new FAA regulations that ban using the bathroom on a commercial flight during the *first* or *last* 30 minutes. On short intercity flights, which can be as short as 45-minutes, that could make it illegal to use the bathroom at all. That’s going to create a very unpleasant and disgusting situation for some short-distance fliers, if it hasn’t already.

Not all airlines are enforcing the FAA’s bathroom ban with equal vigor. But if you have a small bladder, are elderly or have a particular problem in this area, you’d had better check in advance and get your airline’s policy in writing if possible, to avoid enormous embarrassment.

Getting a longer prison sentence for using the bathroom than for murder is just one of many insane indignities now being inflicted on hapless travelers in this age of terrorism, particularly at airports. Other outrages becoming commonplace include:

- ➔ **Intimate pat-downs and public strip searches.** In February 2002, seventy-two women in Atlanta filed suit for sexual assault by airport security screeners. Women of all ages – including 6-year-old girls, 18 year-old coeds, and 70-year-old grandmothers – are now being forced to pull down their pants, pull up their blouses, allow males to feel inside their bras and panties, and urinate while

airport guards watch.

- ➔ **Endless delays and airport evacuations.** If officials suspect that even a single person has gone through security without being screened, airport terminals are now routinely evacuated and everyone is re-screened – inconveniencing thousands of people, and causing missed connections and delays throughout the country.
- ➔ **Facial recognition scanners.** This is one piece of technology that – if used properly – I have no problem with, so long as it used to identify real criminals and terrorists. Palm Beach Airport in Florida is the first U.S. airport to install the equipment, but many others are planning on following suit soon. However, this technology is only useful if used *very sparingly*.

The problem is, the more people you put in the database, the more false positives you get – innocent people inconvenienced, harassed, threatened and arrested as suspected terrorists. *Reason* magazine warns:

“False acceptance and detection rates combine to mean that one in three people would have to be stopped to catch 90% of the bad guys.”²

That would shut down every airport in the world.

Echoing these problems, on March 1, 2002, the *San Jose Mercury News* reported that “Air India Flight 101 [from London] was intercepted by U.S. and Canadian fighters about 200 miles off the Eastern Seaboard” and forced to land at a remote section of JFK International Airport where a passenger who looked like a suspected terrorist was detained and questioned by the FBI. It turned out to be a case of mistaken identity, based on the man’s looks.³ In early 2002, incidents like these were occurring every week.

Senseless Searches

“On a recent trip to Hawaii at San Francisco International Airport, I observed a lady in a wheelchair who was in her 80’s if she was a day slowly rise on quaking feet, arms extended in a ‘T’ so they could search her with a metal-detecting wand.

“It would have been hilarious if it had not been pathetic.

“Has common sense departed airport security? It seems so.”

RLD, letter to *Valley Times* newspaper, March 17, 2002

- ➔ **X-ray security cameras that strip you naked.** Some airports are now using scanners which displays your naked image to security screeners.⁴ It's supposedly to help them locate concealed weapons. No word yet on whether they'll also be selling your pictures on the Internet.

- ➔ **Interrogations and searches by police and military troops.** If you say or do anything suspicious at an airline terminal or train station, expect to be detained by police, hand-searched or even arrested.

One man was stopped by the FBI for carrying a paperback spy novel he bought at the airport bookstore with a picture of a bomb on the cover. Even mentioning the words "bomb" or "hijacking" could now result in your being arrested – and microphones and cameras are now being installed everywhere at airport and train stations, including in bathrooms.

Knives and guns are still getting through security

It's questionable whether all of this massive security has made us one whit safer. On February 25, 2002, ABC News reported that FAA undercover "Red Teams" – designed to check breaches in airport security – were able to smuggle dozens of guns, knives, and simulated explosives through airport security at a half-dozen major airports. *USA Today* (3-25-02) also reported:

"Screeners at 32 U.S. airports failed to detect hundreds of knives, guns or simulated explosives in tests by government investigators in the months after Sept. 11.

- Investigators carried knives past screeners in more than 70% of tests.
- Screeners failed to spot guns in 30% of tests.
- Screeners failed to detect simulated explosive devices in 60% of tests.
- Investigators either secretly boarded an aircraft or gained access to the airport tarmac in 48% of tests.

"[S]creeners fared better in FAA detection tests during the 1970s and '80s than they did after the terrorist attacks."

It's also questionable whether massive security *can* stop dedicated terrorists. Some 95% of all domestic luggage still isn't checked for explosives and won't be at least until some time in 2003 or 2004. Until then, a suicide bomber will still be able to check in a bomb with his luggage on a domestic flight and then blow up everyone

on the plane, including himself.

Also, how long will it take for terrorists to figure out that all they have to do is put on camouflage uniforms like National Guard troops wear (available at any surplus store) and then plant anything they want on planes, including bombs and guns, loudly proclaiming the plane is now safe. Do you think security screeners or even local cops are going to stop a group of men with M-16 machine guns who appear to be National Guardsmen?

There is also absolutely nothing to stop terrorists from bringing down airliners with Stinger missiles. The Taliban reportedly has about 200 left over from their war with the Soviets in the 1980s. Similar anti-aircraft missiles are also readily available on the black market. According to dozens of witnesses and aviation experts, that's what really brought down TWA Flight 800. So far, the greatest threat of missile attack is in Asia and Europe, which are much more accessible to terrorists than the U.S.

On the other hand, thanks to America's successful war in Afghanistan, this type of threat, while possible, is actually pretty remote; and certainty far less than that of your chances of being intimately searched, interrogated, harassed, robbed, roughed up or arrested at an airport.

Alternatives to flying commercial jets

Delays and harassment at airports are getting so bad, you need to think twice if some other mode of transportation might be better for many trips.

During busy periods at some large-city airports, it can take three hours just to get in and out. This will only get worse as new security measures are put into place, including proposed searches of all cars before they get inside airports.

Driving can be faster than flying

In January 2002, the *San Jose Mercury News* ran a race between three of its employees to see what was now the fastest way to get from the San Francisco Bay Area to downtown Los Angeles – a distance of about 380 miles.

They found it was actually faster to drive than to fly from San Francisco. (Flying from San Jose was slightly faster, although much more expensive.) Taking Amtrak would have also been faster. For trips under 300 miles, driving or taking the train is definitely the way to go.

If you are wealthy or are flying with a large group, another alternative is to charter a private flight. This will also enable you to avoid all or at least most security hassles.

If your destination is too far to drive or take the train, and an air-charter flight is impractical for whatever reason, you can make your commercial flight less obnoxious by observing the following guidelines.

The New Air Travel Rules

Honest security screeners are looking for criminals, terrorists, druggies and troublemakers – so you want to do everything possible to avoid looking or acting like one. That includes avoiding being loud, rude or threatening – good advice anytime. It also means making sure you are not carrying any illegal drugs, weapons, or provocative literature.

Dishonest screeners are looking for easy and desirable prey to humiliate, sexually molest, and rob. So you want to avoid looking weak, dressing sexy or wearing expensive jewelry.

If you are stopped, here is what the FAA's regulations say security screeners can and cannot do to you.

New FAA carry-on-regulations (As of February 2002)

Banned Items

Weapons: firearms, ammunition, mace, gunpowder, tear gas, pepper spray

Knives and all cutting instruments, including pocketknives, carpet knives, box cutters, ice picks, straight razors, & metal scissors

Drain cleaners and solvents

Baseball bats, golf clubs, skis, ski poles, ice skates, & hockey sticks.

Large cans of shaving cream and any large perfume aerosols (over 70 ounces prohibited)

All flammable liquids or solids, including fuel, paints, lighter refills & matches

Pressure containers including spray cans, scuba tanks, propane tanks and CO2 cartridges

All fireworks and signal flares

Allowed Items

Walking canes and umbrellas (after inspection)

Safety razors and disposable razors.

Syringes (if you have a current prescription).

Eyelash curlers

Tweezers with flat tips

Small can of shaving cream and small jars of aftershave (less than 16 oz)

Lighters and matches (that's right, FAA regs both say you *can* and *cannot* carry them!)

What Screeners Can Legally Do

Under new FAA rules, here's what checkpoint screeners are authorized to do *if you set off a metal-detector alarm*:

- Make you stand with your arms and legs spread while they run a metal-detector wand over your body.
- Inspect your belt-buckle and jewelry and confiscate it if it's "dangerous". Screeners are also authorized to unfasten oversized belt buckles for close inspection.
- Pat down your legs, ankles, feet, neck, arms, shoulders and the middle of your back.
- Touch and inspect your hair, if it's long.
- Stick their thumbs inside your clothing.
- Make you remove your outer garments – including your jacket, hat, and shoes – and visually inspect them or run them through an X-ray scanner.
- Swab your carry-on bags or shoes to check for explosive traces.
- Confiscate any dangerous objects – including scissors, razor blades, sharp nail files, and knives.

What Screeners Can NOT Legally Do

- Run a hand wand closer than 1 inch from your body, touch your body with the wand or put it inside your clothing.
- Pat you down, if you request a screener of the same sex
- Place their fingers *other than their thumbs* inside your clothing
- Tell you to open your pants or remove them.
- Force you to publicly disrobe.
- Remove your belt, unless it has a "dangerous buckle"
- Lose anything they take from you during a screening.

You also have the legal right to ask that you not be patted down in public, in which case you will be taken to a back room by police with no witnesses – which is why this is not a good idea.

Despite this official list of what screeners can and cannot do, there have been many reports from throughout the country of violation of these guidelines, and what amounts to sexual assault and robbery of hundreds of air travelers. Even worse, similar “security” is gradually appearing at train and bus stations, sports stadiums, and even some office and apartment buildings.

What can you do if your rights are violated and you’re victimized by a security screener? Unfortunately, very little at this time.

You can complain to the security company’s airport supervisor or to airport authorities. You could also file a complaint with the FAA (which is in charge of supervising screeners) or even file a police report if the incident is serious enough. You can also report the incident to watchdog groups, like the American Civil Liberties Union. And of course you can try to file a law-suit against the screener or airport. (Good luck, since all screeners will be federal employees come November 2002.)

If you do complain or take any action, make sure and record the screener’s name, badge number, and the time and place the incident took place. Also get the names, addresses, and phone numbers of any witnesses who would be willing to testify on your behalf. If you have a pocket recorder, you should also turn it on when you’re going through security, just in case. (A *Sixty-Minutes* film crew is even better.)

Do not attempt to video-tape any security screeners yourself. This has been illegal since September 11th. This doesn’t really make much sense, since airports now are bristling with security cameras taping everything, and lots of people could gain access to those tapes, legally or illegally. However, that’s the law.

If you do file a complaint, don’t expect much good to happen, unless there are a lot of complaints about the same security screener. The screeners’ know there’s not much you can do if they treat you rudely, grope you, or seize inexpensive jewelry, particularly if you want to make your flight.

Your best bet – if it’s worth the hassle – is to file a class-action lawsuit with a lot of other courageous passengers. Until a lot of people do that, you can expect the sexual gropings, harassment and petty thefts to get steadily worse, until either it becomes a national scandal forcing reforms, or the airlines lose so much business they go bankrupt (again).

What happens if you refuse to cooperate with a security screener or walk away? At the very least you will be reported to police or National Guard. You will probably be detained, interrogated and miss your flight. You may also be subjected to a humiliating “body cavity search” and arrested.

Interfering with or assaulting a screener is a federal crime, punishable by up to

10 years in prison and/or a fine. The law is so broad and self-serving that even a loud verbal complaint could be classified as “interference” or an “assault.” On March 3, 2002, comic Kevin Meaney was arrested at San Francisco International Airport after loudly complaining that his wife had been randomly selected for a “pat-down” search and for attempting to videotape the incident. He now faces both felony and misdemeanor charges.⁵

However, if you are harassed by a security screener and simply try to walk away, not only will you probably be arrested, but they may even shut down the entire terminal because of this “security breach” and then try to bill YOU for it.

If you do get into a serious confrontation with any officials either at the airport or on a plane, immediately call your attorney. In fact, pre-program his number into your cell phone and also make sure and have his card with you.

The frightening reality is that airports today are now “rights-free” zones where you can pretty much be pawed, strip-searched, and robbed at will.

How to File An Air Travel Complaint

Contact Air Travel Complaints online – a private organization – at www.airtravelcomplaints.com,

Report the incident to the American Civil Liberties Union, www.aclu.org.

Call the Federal Aviation Administration at 1-800-255-1111. The number you are calling from will automatically be recorded, so you may prefer to use a pay phone.

Contact the FAA’s Aviation Consumer Protection Division (ACPD)
US Department of Transportation, Room 4107, C-75, Washington, DC 20590
Voice Mail 202-366-2220, Email airconsumer@ost.dot.gov.

The FAA requests that you provide your name, address, daytime phone number, name of the airline or company about which you are complaining, flight date, flight number, and origin and destination cities of your trip.

For more information on filing a complaint with the FAA, go to www.faa.gov.

Before You Go Through Security

Before you even go through security, **be sure to avoid these huge RED FLAGS**, which are likely to result in confiscation of your property, detention, and/or arrest:

1. **Paying for your ticket in cash at an airport.** That will likely get you fingered as a probable drug dealer or terrorist. Black gardener Willie Jones did that, resulting in a DEA agent at the airport seizing \$10,600 in cash he was carrying to buy plants (his entire working capital).

A *60 Minutes* crew investigated using a black journalist posing as a passenger and found that at every airport they tried paying for a ticket in cash, an airline clerk told them to wait while he or she checked with his “supervisor.” Then a DEA agent stationed at the airport came out and attempted to confiscate all of the reporter’s cash – until they found out he was from *60 Minutes* and they were being secretly filmed. If you don’t work for **60 Minutes** or another powerful media organization, no one is going to help you. Police will simply keep your money and pay the “helpful” airline agent 10% of what they steal from you.

2. **Buying a one-way ticket.** This will red-flag you as either a potential drug dealer or terrorist.
3. **Traveling without luggage.** Obviously, you must be a hijacker.
4. **Booking a return flight the same day you fly out.** You must be trying to mislead authorities.
5. **Saying anything about guns or bombs, even in jest.** Airports are now bristling with cameras, microphones and undercover agents. By September 2002, for instance, San Francisco International Airport is scheduled to have three-times as many cameras as it did in September 2001.
6. **Saying anything good about terrorists or anything bad about the War on Terrorism or the U.S. government at an airport, train or bus station.** This, of course, is a total abrogation of your First Amendment right to freedom of speech, but neither the courts nor most of the public seem to care.
7. **Looking like a Muslim.** Avoid Middle Eastern dress, turbans, and speaking in *any* foreign language. German or Russian could sound like Iranian to a nervous security screener.

How to Avoid Problems With Security Screeners

There is no way to absolutely guarantee you won't be picked out for a comprehensive body-search. Under current rules, one out of 10 or 20 passengers going through security (depending upon the airport and how busy they are) must be randomly searched – and that includes 7-year-old boys and 70-year-old grandmothers.

However you can minimize your chances of being picked out and victimized by following these guidelines:

- 1. When showing ID, if possible use a passport, rather than your driver's license.** The problem is that your driver's license has detailed personal information, usually including your home address, age, and eye color. A dishonest screener could use that information to target you for identity fraud or your home burglary, particularly if you look affluent.
- 2. Don't wear or carry anything likely to set off a metal alarm.** That includes large metal belt buckles, heavy pendants, metal belts, lots of metal jewelry, and steel-tipped boots. That also includes underwire bras.
- 3. Avoid carrying excess luggage or wrapped packages,** which are subject to inspection.
- 4. Take off your coat or jacket before you go through security.** That way, they can see you have nothing to hide.
- 5. Avoid wearing lots of metal,** for instance a jacket with a lot of metal studs. This is sure to set off the metal detectors and the offending object may well be confiscated.
- 6. Don't wear expensive watches or jewelry** or anything that looks like it. They may be confiscated. Also avoid carrying lots of cash. In general, don't take anything with you that you can't afford to lose or have seized. If you have to carry an expensive laptop, make sure and add it to your insurance policy. Also consider buying extra air insurance for your luggage and other property.
- 7. Dress down.** If you look wealthy or weird, screeners may decide you are a good mark. The idea is to look as nondescript as possible to avoid attracting attention. Avoid bright and flamboyant dress. Instead, wear dull, neutral colors such as blues or greys. Needless to say, do not wear a turban or anything that might identify you as a Muslim.

8. **Don't dress seductively, particularly if you're a woman.** You may be groped or worse. That means no tight dresses, short-shorts, or bright make-up.
9. **Avoid shoes with thick heels.** Since the "shoe-bomber" incident of December 22nd, they are subject to search.
10. **If you are carrying any electronics – such as a cell phone, Palm Pilot, or laptop computer – make sure the batteries are charged and it's working.** Terrorists have used non-working electronics to carry hidden bombs. Any non-working electronics you are carrying may be seized, torn apart, or confiscated.
11. **Avoid drinking or taking any drugs (legal or illegal) that might impair your judgment.** A tense airport is no place to lose control.
12. **Avoid carrying provocative literature, including novels with "violent" covers.** In October 2001, Neil Gordfrey was prevented from checking in for his flight at Philadelphia International Airport because he was carrying a paperback copy of *Hayduke Lives!* by Edward Abbey which had a picture of a time bomb on the cover.⁶

Protecting Your Checked Luggage

Your checked luggage is now subject to much more intrusive X-ray and other searches than in the past. Before 9/11, numerous investigative exposes revealed that baggage checkers at major airports would often loot expensive-looking luggage of cameras, electronics, jewelry and any other valuables they could find. Expect it to get much worse now that many more bags are being checked and opened – creating endless opportunity for theft.

To protect your checked luggage and its contents, follow these guidelines:

1. **If at all possible, avoid checking any luggage.** If carry-on luggage won't suffice, ship your excess luggage well in advance by UPS or Federal Express.
2. **Don't put aerosol bottles in checked bags.** That includes shaving cream and spray deodorants. If your bags are X-rayed, they may look like a bomb to a screener – in which case your luggage may be searched, confiscated or destroyed.
3. **Advise your airline well in advance if you plan to pack any knives, guns, weapons or ammunition – and make sure and get their permission, preferably in writing.** Also contact your travel agent for advice.

4. Secure any checked luggage with at least two luggage strips and a good lock. That makes it much less likely that your luggage will be open and looted. Also make sure you leave a separate list of any valuables you are carrying at your home or office.

Fighting Back Against Hijackers

The chances of you actually be on-board a flight that terrorists attempt to takeover is very slight. After all, even on September 11th only six flights – out of thousands in the U.S. that day – were targeted by the terrorists.

However, as Bush's global war on terrorism heats up and the U.S. sends troops to more and more countries, the danger that you will be caught up in a terrorist incident will continue to increase.

Also as security gets ever tighter and more intrusive at airports, the danger of violent confrontations between irate passengers and iron-faced authorities becomes greater and greater. As flight delays, jewelry seizures, and sexual assaults of female passengers grow, so will air rage and "terminal rage," increasing your chances of getting caught up in a violent incident.

Here are my suggestions for dealing with violence and terrorists at the airport:

- 1. Be observant.** Avoid distracting yourself with alcohol, drugs, or CD players or radios with earphones.
- 2. Promptly report any potential threats, suspicious behavior, unusual packages, etc., to authorities.**
- 3. If a violent confrontation occurs near you at a screening station, get out of the area** even if it means giving up your place in line or missing your flight. One National Guardsman has already shot himself in the butt. The next violent confrontation could leave a passenger like you dead; in fact it's probably just a matter of time. Ask yourself: Is making your flight worth your life?
- 4. Dress for survival.** When traveling wear leather clothes or at least a leather jacket, which will deflect many knives. Alternatively, wear Kevlar clothing, which can deflect most bullets, and is now available in fashionable jackets, vests and pants. Also wear comfortable shoes, such as tennis shoes, in which you can move quickly.

5. **Decide in advance how you want to respond to a terrorist attack or other violent situation you can't avoid.** Shortly after 9/11, some 80% of men and 40% of women said they would now fight back or at least try to, if terrorists tried to take over their plane. You also need to think about what you would do if you're caught up in the middle of an air-rage incident or if a security screener takes the cash from your wallet. Such incidents are becoming more and more common, and you need to plan your strategy in advance.
6. **If you are strong or very fit, sit in an aisle seat.** This will enable you to get up quickly to help out if there is an attempted hijacking on your plane. In general men are much larger and stronger than women, and should sit on aisle seats.
7. **If you don't plan to fight back, see what you could use as a shield to protect yourself.** A metal briefcase or even your airline seat (which is removable) could save you from a bullet or knife.
8. **If you do decide to fight back, try to get others to help you.** For instance, yell "Let's get the SOB terrorist now!" before charging. Alternatively, if you are in the back of a plane and the terrorists are in the front, quietly organize an assault. Having others help greatly increases your odds of success.
9. **Look around for potential weapons the moment you board a plane.** Even under new airline rules, there are many objects around you that could be used as devastating weapons, including:
 - **Your belt.** Swung over your head and above airline seats, it has a longer reach than any knife, and snapped into an eye, the buckle can be devastating. Practice outside, striking on wooden or metal poles.
 - **A broken bottle.** Many airlines still serve drinks in glass bottles and beverages in real glasses in first class. A broken bottle or glass is more lethal than many knives.
 - **An aluminum can torn in half.** It makes great "hand claws." Even the pull-off tab makes a good short knife.
 - **Canes & umbrellas.** With some practice, these can be devastating weapons. The hook on a cane can also be used to choke or restrain. Umbrellas are more flimsy, but they can be used effectively in a whipping motion or piercing with the tip. Short travel umbrellas make good bludgeons.
 - **A high-heel shoe.** Some of those heels can be really lethal when used to attack the face.

- **Clipboards & laptop computers** can be used as both shields and weapons, striking with the thin edge. Broken-off clips can also be used as knives.
- **Aftershave and perfume.** Sprayed into the eyes, they can temporarily blind.
- **Pens, pencils and combs.** Good weapons to use against the eyes, nose, throat, male genitals, and stomach. Even plastic combs wielded with force can be used to cut the carotid artery (under the left ear) and throat.
- **Airplane fire extinguisher.** It can be used as a battering ram or bludgeon.
- **A sock filled with change.** Makes an excellent blackjack.

Other items you can use as weapons or shields include briefcases, backpacks, rolling fold-up luggage carriers, even a book. Just use your imagination.

Five Keys To Successful Self-Defense

I've practiced and taught martial arts of one variety or another for over 40 years – including European fencing, jiu-jitsu, Tang Soo Do (Korean Karate), Kung Fu, and over 30 different weapons. I have seven black belts, and during the past two years, I've won a dozen major martial-arts tournaments, usually competing against people less than half my age.

I've also been in a number of street fights, including one in New York City where a mugger grabbed me from behind and put a knife to my back. The mugger ended up unconscious and I didn't have a scratch on me – so I know what I'm talking about when it comes to self-defense. Here are the most important lessons I've learned about combat over the years:

📌 **The first key to winning a fight is determination.**

You must have an iron will and be absolutely determined that you will win.

📌 **The second key is to protect yourself.** While you should attack like a tiger, you also don't want to take any foolish chances that will enable an opponent to seriously harm you. So one of the first things you need to learn is how to block. Some of the most effective martial-arts moves start with a block.

Also make sure you protect your groin. Many of the 9/11 hijackers had martial arts training, and they will see your groin as a legitimate target.

⚡ **The third key is striking hard and fast.** If you plan to take on a terrorist or any vicious thug, you need to come at them with everything you have: Full power, full strength, full speed – particularly if he is threatening to kill you or wielding a deadly weapon.

Remember: It's your life or theirs'!

Before attacking, do whatever you can to build up your adrenalin fast, such as quickly tensing your muscles and taking a few, rapid breathes. Then don't hit your opponent once but a dozen times, until you have them restrained or they're unconscious.

Don't be afraid to "fight dirty," including kicking their groin or knees. Few fighters protect these areas effectively. They're also much easier to hit with a kick than the face or even stomach.

⚡ **The fourth key is training and practice.** No one becomes an effective fighter by reading books or watching videos. To fight effectively, you must practice, practice, practice.

Quality is also much better than quantity of techniques. A few devastating moves, practiced hundreds of times, are effective. Dozens of different moves practiced a few times each are not.

I saw one tournament match where all that the victor did was protect himself and block, and then did a single kick devastatingly fast. It was so fast that the first time he did it, neither I nor any of the judges knew what had happened, yet his opponent was instantly on the ground. The second time he did it, he was just a tad slower, and I saw his incredible kick to the groin. It turns out that was an illegal move and the man was disqualified. But in a real fight, it would have been devastating.

At another tournament the victor did just two moves – extremely powerfully, accurately and fast: A punch to the stomach immediately followed by a chop to the back of the neck. It was so fast it looked like one move.

Practice also applies to learning to use a weapon. I particularly recommend learning how to use a wooden cane, which you can carry with you anywhere. A cane can be used to block, strike, thrust, throw, grab (with the hook) and even immobilize your opponent, by using locks and pressure points.

If you are serious about self-defense, sign up for a martial-arts course that emphasizes combat and self-defense, and then practice at least twice a week, pretty

much forever. Yes, it's hard work, but it could save your life in a violent confrontation like it's saved mine twice so far. At the very least, study self-defense for at least a few months, and then practice at least once a week with a partner.

⚔ **The fifth key is physical fitness.** You cannot be an effective fighter if you are weak or slow. Avoid junk food and booze. A healthy diet combined with a simple exercise routine consisting of two sets of sit-ups, pushups, deep-knee bends and stretches at least twice-a-day for ten minutes each time, will make you amazingly strong and flexible in a few months. I more than tripled my upper-body strength in three months with the routine listed below and I was soon able to do a full split.

Avoid gimmicks. If someone tells you that their exercise gadget enables you to get strong without breaking a sweat, it's a fraud. Also make sure you also get *regular aerobic exercise*, such as walking, dancing, swimming, or bike riding.

Here's the 10-minute routine I do 2-3 times a day (when I'm not on a tight deadline or sick). It requires no special equipment and can be done in your bedroom, at an office, in a hotel room, or just about anywhere.

I even occasionally do it during breaks at meetings. (Although people do look at me funny sometimes.)

1. **Warmup** – 1 minute: Jumping jacks, running in place or other aerobic exercise.
2. **Push-ups** – as many as possible. (30 sec. rest)
3. **Sit-ups** with bent-legs – at least 50 and as many as possible. (30 sec. rest)
Note: I do several types of sit-ups including with bent legs, with straight legs at a 45 degree angle, and bringing my knees to my chest.
4. **Stretches and bends** (20 each): Squats, runner's stretch, deep-knee bends (at least 10), splits. (1 min. rest)
5. **Push-ups** – as many as possible. (30 sec. rest)
6. **Sit-ups** – at least 50 and as many as possible.

Optional: Dips (2 sets) – support your full weight with your arms only between two chairs, and with back straight, lower knees to the floor and back up again.

When I started this routine, I could only do 20-30 push-ups. After three months I was able to do between 100-150 push-ups each time. Similarly at first I

could only do 5 dips. Eventually I was able to do 50.

Your progress will be slower or faster, depending upon your physical condition and body type. Women generally progress slower than men.

If you are unable to do regular pushups, start with “knee-pushups” with your knees touching the ground. Whatever type of push-ups you do, make sure and use good form with your back straight, and lower yourself all the way until your chin touches the ground on each repetition.

Consult with your doctor before you start any regular exercise program.

How to Demolish a Knife-Wielding Terrorist

The first thing you need to realize if you get into a fight with someone who is armed, is that there is no completely safe, guaranteed way to defeat them – unless *they* have a pocket knife and *you* have a machine gun. There is always the risk that you will be injured, severely maimed, or even killed.

Therefore, you should never, never use the techniques I’m about to reveal unless: a) your life (or the life of another innocent person) is in danger, b) you can’t run away, c) you are in good physical condition, and d) you have no other alternative.

That being said, it is possible to overcome and even demolish a knife-wielding enemy if you are strong, fast, and practice a lot. Even then, you must be prepared to “take a cut” in your arm or leg.

Here are four techniques I’ve found to be extremely effective, including one that saved my life. You should practice them over and over again, scores of times, until you can execute each sequence in *a few seconds* without fumbling or mistakes. In fact, you must be able to execute each movement without thinking, like a reflex action, for the techniques to be effective. That means practicing many, many times, so the techniques become imprinted upon your subconscious mind.

Six knife-defense basic principles

Principle #1 – Redirecting the other person’s force.

All four knife-defense techniques shown in the following pages are based upon **redirecting** the other person’s force, rather than directly opposing his force. By redirecting another person’s force, you can overcome a much larger and much stronger opponent – once you have mastered these techniques.

Principle #2 – Intense concentration

Your entire mind and body must be focused on your attacker, and you must always be aware of where the knife is and how he is moving, so you can follow his movements and respond to whatever he might throw at you. Keep track of his free hand as well as his legs, since he could also attack with these, in addition to his knife.

Principle #3 – Minimal movement

The second principal is moving *just enough* to avoid being hit by the knife. The reason for using minimal movement is that a small movement is faster than a large one, and it's also much harder for the other person to follow than a large movement.

You actually have to move very little to avoid a knife or club. For instance, your face is just 5" or 6" inches wide, so if your assailant is aiming a knife at the middle of your face, you only have to move your body about 3" to avoid being hit.

Precise timing, of course, is critical.

Principle #4 – Protect yourself

In each of these knife-defense techniques, I protect myself by grasping my opponent's wrist firmly and twisting it.

Twisting your opponent's wrist as shown in these defenses is very painful for your attacker, and makes it difficult or impossible for him to continue his attack if the pain is intense enough.

However, it is vital that once you grasp the wrist, you never release your grip, until you have disabled and disarmed your attacker. Releasing your grip *even for a split-second* could enable your opponent to turn the knife back against you. If you break your attacker's wrist, so much the better. (In practice, however, be very gentle.)

Principle #5 – Control your attacker

Once you move out of the way of the knife, redirect his force, and grasp the attacker's wrist and twist. Now you are in control.

By painfully twisting his wrist, you can control where your attacker goes, disarm him, and throw him to the ground, until you have disabled or killed him.

Principle #6 – Move like lightning

In real life, I execute each knife-defense technique you are about to see in two seconds or less, from start to finish. My attacker has no chance to ever figure out what I am doing, fight back effectively, or regain control.

Technique #1: Outside forearm knife-strike defense



- 1** Terrorist slashes at me with a forearm knife-strike. I turn sideways and raise my hands to protect myself.



- 2** I take control by grabbing the terrorist's wrist from the inside and pinching his windpipe with my other hand.



- 3** I overpower the terrorist by twisting his wrist more and forcing his head back.



- 4** I take the terrorist all of the way to the ground.



- 5** Still holding the terrorist's wrist, I stand up and crush his windpipe with the edge of my foot.

Technique #2: Backhand knife-strike defense



- 1** Terrorist attacks with a backhand knife-slash. I move to the outside of his body, protecting myself by blocking the wrist of his knife-hand.



- 2** I control the terrorist by grasping his knife-hand with both of my hands.



- 3** Using my full body weight, I redirect the knife toward the terrorist



- 4** Shifting my body-weight forward, I plunge the knife into the terrorist's heart.

Technique 3: Straight thrust knife defense



1 Terrorist prepares to thrust knife into my heart. I turn sideways and raise my hands to protect myself.



2 I turn to the side catching terrorist's wrist in both of my hands and continuing his forward motion.

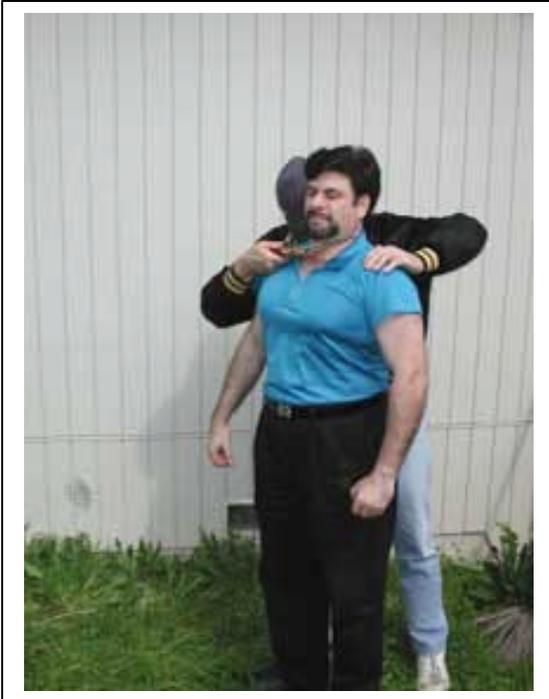


3 Using leverage, I reverse direction on his wrist and turn it to the outside.



4 Continuing to turn his wrist with my left-hand, I take away the knife with my right-hand, and slash terrorist's carotid artery.

Technique #4: Throat slash knife defense



1 Terrorist grabs me from behind and hold's knife across my throat.



2 Using both hands, I twist his wrist downward and pull his knife-hand away from my throat.



3 I turn under terrorist's knife-arm, and, continuing to turn his wrist down, redirect the knife toward him.



4 I plunge the knife into his heart.

Chapter 4 Footnotes
Safe Travel In An Age of Terror

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Chapter 5

Stockpiling Necessities

Food, Medicine, and Clothing

Stockpiling could be a matter of life or death

Last fall's wave of anthrax letters, and the growing danger of future bio-terrorist attacks, creates the possibility that normal deliveries of food, medicine and water could be disrupted – for days, weeks or even months. **If you don't have at least a few weeks supply of necessities, the consequences could be life-threatening for you and your family – particularly for those who are very old, very young, or sick.**

In this chapter, you'll learn what and how to stockpile, so you will be able to survive a major terrorist attack – as well as disruptions due to natural disasters such as earthquakes, floods, and hurricanes. If we live long enough, all of us will have to survive at least one such disaster. Indeed, in many areas of the country, earthquakes, floods, blizzards or hurricanes are yearly occurrences. So stockpiling at least a 2-3 month supply of essentials makes sense, even if there isn't a major terrorist attack in your area.

Your most essential commodity

A portfolio of stocks and bonds, and oodles of paper money are useless during a severe or protracted disaster. If there is a major terrorist attack on the U.S. – particularly one in which tens of thousands of people die, the resulting panic and chaos could disrupt normal supply channels for weeks or longer. During that period of chaos, food will become the most important single commodity.

Stockpiling food also makes sure you survive in the event of a natural disaster such as an earthquake, hurricane, or flood.

The US Office of Civil Preparedness suggests that every family have at least a 14- day supply of food and emergency supplies, for natural disasters such as earthquakes, floods and hurricanes. However in most emergencies that is not going to be nearly enough. Fourteen days doesn't allow enough time for damage repair and

time to get the food supply line moving again. Just look what happened when Central America was hit by Hurricane Mitch in late October 1998.

According to the Associated Press (11-1-98), at least 1,000 people were confirmed dead and thousands more missing. Some 200 towns were without electricity, food or water for months. Over 11,000 people died from dehydration, disease, and starvation. An incredible three million people were rendered homeless or injured. The President of Honduras, Carlos Flores Facusse, estimates it will be 50 years before the area fully recovers.

A more prudent approach would be to have at least a two-month supply of food, water and medicines. Sam Andy, which has been a leader in the family food banking industry for more than three decades, recommends a three-month supply for emergencies. Their web site lists extensive emergency food supplies. Web site: foodbank@cash.freeservers.com) Corporate Office P.O. Box 1141741, Irving, Texas 75014.

If you are ultra-conservatives and want to have TOTAL self-sufficiency, plan to have a one or two year supply.

Why You Should Befriend Mormons

If you are serious about disaster preparedness, consider making friends with the Mormons in your community. The Mormons are among the best-prepared people on earth when it comes to disasters and emergencies. Church doctrine dictates preparedness, including storing food, and laying in emergency heat, light and cooking sources. At the very least, they can teach you a lot about preparing for disaster.

There are many fine survival stores in Utah such as

Emergency Essentials

362 S. Commerce Loop, Suite B, Orem, Utah 84058

Order line 1-800-999-1863, www.beprepared.com

This is a good source of food, tools, and books. \$2.00 for a catalogue.

Monthly sale flyers.

Other sources include:

The Survival Center

P.O. Box 234, McKenna, WA 98558

1-360-458-6778, Fax 1-360-458-6868, Order Line 1-800-321-2900

web: <http://zyz.com/survivalcenter>

A good source for food, tools, books, etc. \$2.00 for 72-page catalogue.

Alpine Aire

4031 Alvis Court, Rocklin, CA 95677

1-800-322-6325, Fax 916-824-5020, Web www.alpineairefoods.com

Carries emergency foods including "gourmet" dinners, natural foods with no preservatives, dyes or MSG. Dinners are available in foil suitable for backpacking.

A good book on the subject is ***Making the Best of Basics, Family Preparedness Handbook*** by James T. Stevens, Published by Peton Corp. P.O. Box 11925, Salt Lake City, Utah 84111. The Red Cross also has booklets, as well as most camping and hardware stores.

Obtaining Safe Water

But even more than food, everyone needs water. You can live for weeks without food – but usually only for a few days without water. One gallon of water (or juice) per person per day is the bare minimum required for survival.

Water can be safely stored indefinitely in plastic containers with tight-fitting lids. However, since water is heavy, and large quantities require a lot of storage space, it is impractical to store enough to last for an indefinite period of time. Therefore it would be prudent to store water-treating chemicals.

There are actually many sources for clean drinking water around your house, providing you *treat them with chlorine, filter, and/or boil*. They include:

- **Your hot water tank.** Many contain up to 50 gallons – enough to keep one person alive for nearly two months. Keep the water heater drained of sediments and rust so that the water is available and fit for human consumption.
- **Toilet tanks.** Most older toilet tanks hold 3.5 gallons of water.
- **Water beds.** A king-size waterbed can hold up to 30 or 40 gallons.
- **Hot tubs.** Many hold up to several hundred gallons.

- **Swimming pools.** Most contain between several hundred and one thousand gallons.

One of the simplest ways to keep an emergency supply of food is to simply add a few waterbeds or a swimming pool to your house. Many department stores – such as Target, K-Mart, Sears and Wal-Mart – sell inexpensive, above-ground swimming pools for at little as a few hundred dollars. Make sure and change the water regularly and keep it chlorinated so it stays free of bacteria and fungus. Then filter or boil before drinking.

Another excellent emergency source for water is the roof of your house. Your roof will serve as a rain collector if you hook all rain gutters up to 50-gallon plastic or metal drums. The first rain of the season will wash dirt and sediment from your roof. Rains from then on will provide pure water. Drums are available from emergency supply stores, earthquake stores (which as common on the West Coast), and some army surplus stores.

Make sure and test any drums you buy to make sure they don't leak.

How to purify water

Water can be purified by boiling it for one-to-three minutes, to destroy bacteria. Pouring the water back and forth between two clean containers will add oxygen and improve the taste of boiled water.

Bleach solutions with 5.25% sodium hydrochloride can be added to kill bacteria. Use 2 drops per quart if clear and 4 drops if cloudy. For a gallon of water use 8 drops if clear and 16 if cloudy. If you have a five-gallon container, use 1/2 tsp. for clear and 1 tsp. per cloudy. Allow the treated water to set for thirty minutes before tasting or smelling. If you can't taste or smell chlorine, add a little more.

A 2% tincture of iodine can also be used to purify water. Add 3 drops to each quart of clear water, 6 drops if cloudy. Water-purification tablets are inexpensive and easily obtained from drug stores and any stores that carry sports and camping equipment. One tablet per quart of water is the usual dosage, and double if cloudy.

Another source of cheap water purification is wine-making suppliers catering to home wine-makers. There you can buy Sodium Metabisulphite tablets. Add two of

these tablets to each five-gallon container of water. These tablets are extremely inexpensive.

How to build an emergency water purifier

Captain Dave's Survival Guide (www.survival-center.com/guide) gives the following advice:

“Pour-through filtering systems can be made in an emergency. Here's one example that will remove many contaminants:”

1. Take a five- or seven-gallon pail (a 55-gallon drum can also be used for a larger scale system) and drill or punch a series of small holes on the bottom.
2. Place several layers of cloth on the bottom of the bucket, this can be anything from denim to an old tablecloth.
3. Add a thick layer of sand (preferred) or loose dirt. This will be the main filtering element, so you should add at least half the pail's depth.
4. Add another few layers of cloth, weighted down with a few larger rocks.
5. Your homemade filter should be several inches below the top of the bucket.
6. Place another bucket or other collection device under the holes you punched on the bottom.
7. Pour collected or gathered water into the top of your new filter system. As gravity works its magic, the water will filter through the media and drip out the bottom, into your collection device. If the water is cloudy or full of sediment, simply let it drop to the bottom and draw the cleaner water off the top of your collection device with a straw or tube.

“If you have a stash of activated charcoal, possibly acquired from an aquarium dealer, you can put a layer inside this filter. Place a layer of cloth above and especially below the charcoal. This will remove other contaminants and reduce any unpleasant smell or taste.”

We also strongly recommend treating any suspect water with iodine or chlorine water-purification tablets, in addition to the above procedures.

Collecting rainwater from your roof

According to Gary North, each square foot of roof surface produces 0.6 gallon of run-off per inch of rain. A 2,000 square-foot roof produces 1,200 gallons of water per inch of rain.

Dr. North recommends the following method of water collection from your roof:

“One very key element of [this] system is the very effective and simple roof washer. Obviously a roof surface will collect things you really do not want in your drinking water such as bird droppings and other dust and dirt. The way to deal with this is to not collect the first part of the run-off, allowing the rainfall to ‘wash’ the roof surface.”

“The way to accomplish this is to run the rain gutter down-spout into a 4” PVC ‘T’ (there are adapters designed for this) turned on its side. The side junction of the ‘T’ goes to the storage tank and the bottom junction goes to a 4” section of PVC pipe we’ll call a ‘standpipe’.”

“At the bottom of the standpipe, install a threaded cap that is removable. The first runoff will enter the ‘T’ and fill up the standpipe before any is diverted to the storage tank, accomplishing our intended ‘roof washer’ purpose.”

“Drilling a small hole in the cap at the bottom of the standpipe will allow it to automatically drain between rainfalls. The cap is removable so that the collected debris can be removed as needed.” (From www.garynorth.com), *Personal Preparations*, “Rainwater from a Roof.”)

Water filters

Water filters are widely available from hardware stores, home-improvement stores, kitchen-supply stores and other suppliers. Carl Styles has this recommendation:

“The filters available from Home Depot are made by Omni Corporation, 2500-165 Th Street, Hammond, IN 46302-2909, 1-800-937-6664, Fax 219-844-0819, www.omnifilter.com. Their model #CB3 only filters to a 0.5 micron rating and will not handle viruses or all Cryptosporidia, Giardia, or Cyclospora [bacteria]. It [will] *reduce* these contaminants, except for the viruses, and it will reduce rust, sediment,

bad tastes, odors, lead and chlorine. It is one of the best filters available on the DIY market, and they do have their place, but please do not make the mistake of depending on them 100%.”

“These are good filters, and I have 6 of them now as well as the housing, but they are not 100% effective. This is the ONLY filter that I would trust that came from a hardware store, having studied them. The CB3 filters are the ones to get and the best housing to get is the model number OT32 with the double element chambers.”

The “Mercedes-Benz” of water filters

Survival expert Kenneth W. Royce (a.k.a. “Boston T. Party”) recommends the Swiss-made Katadyn, which will even purify “muddy or algae-ridden water” as well as get rid of most bacteria and cysts.

The Katadyn is used by the UN, Red Cross, and many armies. It uses a 50-psi hand pump to push contaminated water through a silver-impregnated, ceramic element.

Katadyns have two problems: First, they’re expensive. They cost \$185 from Nitro-Pak. Second, they’re fragile and will break if dropped.

Storing Food

Once you have a good water supply, you can move on to the job of securing and storing foods. If you plan to use a food-banking plan from Sam Andy, or another survival-food company, you will use their guidelines. However, if you choose to develop your own plan, you will have to consider the storage times of each individual item.

These storage times are based on keeping your food at temperatures of 70 degrees or less. Higher temperatures tremendously cut these storage times. Lower temperatures can extend. Consequently, you will want to store your foods in the coolest, driest place possible. For many homes, this will be the basement.

If your house doesn’t have a basement, you may be able to use or modify the crawl space under your house for food storage, and make it simultaneously private and accessible with a hidden trap door from within the house

Food storage times at 70° or less

MILK - dry or evaporated, dry keeps up to 2 yrs. if stored in air-tight containers, canned keeps 6 months to 1 year.

MEATS - canned such as Spam, hams, beef, etc. 18 months

FISH - canned such as mackerel, salmon, tuna, sardines 12 months

BERRIES, CITRUS FRUITS AND JUICES will keep for 6 months

OTHER FRUITS & JUICES will keep for 12 months

JAMS AND JELLIES will keep for 18 months or longer

DRIED FRUITS keep for 6 months

READY-TO-EAT CEREALS keep only 1 month in original carton, 12 months if sealed in tins

UNCOOKED CEREALS will keep 2 yrs. in metal or 1 yr. in paper

HYDROGENATED OILS will keep for 1 year without refrigeration

SUGAR & SALT will keep indefinitely in moisture-proof containers

HARD CANDIES & GUM will keep for 18 months

CANNED NUTS will keep 1 year

COFFEE, vacuum-packed, keeps 18 months

TEA, in airtight tins, keeps for 2 years or more

BOUILLON PRODUCTS keep for a year if kept dry

PEPPER keeps for 2-plus years

SODA & BAKING POWDER stored in tins, 1 year

RICE keeps for 3 or more years

WHEAT keeps indefinitely, but flour is good only for a year, so if you store wheat you will need a grinder

HONEY also keeps indefinitely, but may sugar out.

SEEDS will store for 2 years if kept from sprouting.

These storage times are based upon storage at 70 degrees or less. Higher temperatures will cause quicker deterioration. Items stored at cooler temperatures (below 60 degrees) will keep even longer. In fact, the cooler the storage place, the longer the life of the item.

Your Emergency Food Pantry

Stockpiled foods should be in cans, jars with lids, or other sealed containers. Recommended amounts of essentials are:

MILK: *Dry*, 3 to 3 1/2 ounces per person per day.
 Canned, one can per person per day.
 Formula for infants, according to doctor's recommendation.

CANNED MEATS, POULTRY, & FISH:
2 to 3 ounces, per person, per day.

SOUPS containing meat, fish, beans or peas: 1/2 of a 10½ ounce can per person.

FRUITS & VEGETABLES: 4 to 6 ounces times 3 servings per person per day.

CEREALS, CRACKERS, CANNED BREADS: 3 to 4 one-ounce servings per person per day.

PASTAS: dry 3/4 oz. cooked or 6 oz. Canned, per person per day.

FATS & VEGETABLE OILS: 2 tablespoons daily per person.

SPREADS FOR CRACKERS: cheeses, peanut butter, jellies, etc.

Sprouts for health!

In a severe crisis, fresh fruits and vegetables will be unobtainable. Therefore survivors will need multi-vitamins. Another source of multi-vitamins can be obtained by the addition of fresh sprouts to the diet. Seeds take little storage space and provide a lot of food value with little time and effort.

The only equipment needed is a quart jar, a piece of fabric such as gauze, nylon net, or even a piece of an old stocking, and a rubber band. Simply place the seeds in the jar with two cups of warm water. Soak for 6 to 8 hours or overnight. Secure the fabric over the top of the jar with a rubber band and pour the water out.

Place the jar in a warm, dark place. Rinse the seeds 3 times daily, always drain well and just remove the sprouts when they reach the desired length. Chill to retard growth. Sprouts are useable after 48 hours, but are best if they do not exceed 60 to 80 hours. Using several jars, starting on different days will assure a steady fresh supply.

Almost any seeds can be used, but avoid tomato and potato seeds as the sprouts are poisonous. Also, do not sprout seeds treated for agricultural purposes as they may have been treated with insecticides. Untreated seeds are available from your local health-food store. The best seeds for sprouting are alfalfa, barley, legumes, mung, soybean, and wheat.

ALFALFA seeds are tasty and easily sprouted. Use 1 tablespoon per jar. Soak in water 10 to 15 minutes, drain, and place in a dark warm spot. Rinse three times daily until mature. Rinse daily with cold water during storage to prevent mold. They should sprout in 3 to 50 days and are best harvested at 1 to 2 inches in length.

BARLEY is also easy to sprout. Use 1/2 cup to a jar and rinse often. Barley sprouts in 3 to 4 days and is best at only 1/4 inch in length.

LEGUMES, such as beans (kidney, lima, navy, pinto, white, black) and corn, will sprout in 2 to 3 days. Use 1/2 cup to a jar and rinse often. They are also best if harvested at only 1/4 inch.

GARBANZO BEANS & PEAS also need only 1/2 cup to a jar and sprout in 2 to 3 days, but they are best when harvested at a 2" length.

MUNG is one of the most popular beans. They sprout in 3 to 4 days and will grow up to 3" maximum before harvesting. Use only 1/4 cup per jar, and pre-rinse to remove the hulls.

SOYBEANS are even more popular. They sprout in only 2 to 3 days and are harvestable up to 4" in length. Use 1/2 cup per jar and rinse often, but do not over-sprout.

WHEAT become bitter when over-sprouted. Use only 1/4 cup per jar. It will sprout in 2 to 3 days, but must be harvested at only 1/4" in length.

Foods that heal

After a major terrorist attack, it may be impossible to obtain medicines to treat illness and injury. Fortunately many ordinary foods can be used instead. Here, in alphabetical order, are the most important.

BARLEY: Keeps well and is useful for improving bowel function and relieves constipation. See:

Odes, H. S. "Pilot Study of the Efficacy of Spent Grain Dietary Fiber in the Treatment of Constipation." *Israel Journal of Medical Science* (Jan. 1986) 22 (1): 12-15.

BEANS: Dried beans keep well and are good at regulating insulin. To prevent excess gas, soak in boiling water for 4 hours and pour off the water, add fresh water for cooking.

Fleming, S. E. "Influence of Frequent and Long-Term Bean Consumption on Colonic Function and Fermentation." *American Journal of Clinical Nutrition* (May 1985) 41:909-918.

BLUEBERRY also kills viruses and combats diarrhea. See:

Konowalchuk, J., et al. "Antiviral Activity of Fruit Extracts," *Journal of Food Science* (1976) 41: 1013-1017.

CHILI PEPPERS, TOBASCO, & MUSTARD: Hot spices help with pulmonary problems such as bronchitis...clears airways and sinus. For information see:

Henry, C. J. K. "Effect of Spiced Food on Metabolic Rate," **Human Nutrition: Clinical Nutrition** (March 1986) 40(2): 165-168.

"Hot Peppers and Substance P." *Lancet* (May 28, 1983), p. 198.

CRANBERRY: Antibiotic nature works well for the urinary system by increasing Hippuric Acid in the urine. See:

Der Marderosian, A. H. "Cranberry Juice." *Drug Therapy* (Nov. 1977) 151-160.

Moen, D. V. "Observations on the Effectiveness of Cranberry Juice in Urinary Infections." *Wisconsin Medical Journal* (1962) 61:282-283.

Papas, P. M. "Cranberry Juice in the Treatment of Urinary Tract Infections." *Southwestern Medicine* (Jan. 1966) 47(1) 17-20.

Sobota, A. E. "Inhibition of Bacterial Adherence by Cranberry Juice; Potential Use of the Treatment of Urinary Tract Infections," *Journal of Urology* (May 1984) 131:1013-10117.

FISH OILS (Omega 3s) contain anti-prostaglandins - anti-inflammatory properties. Makes blood less viscous, prevents lupus and relieves arthritis. See: Carroll, K. K. "Biological Effects of Fish Oils in Relation to Chronic Diseases." *Lipids* (1986) 21(12): 731-732.

Harris, W. S. "Health Effects of Omega-3 Fatty Acids." *Contemporary Nutrition* (August 1985) 10 (8).

Kinsella, J. E. "Food Components with Potential Therapeutic Benefits. The n;3 Polyunsaturated Fatty Acids of Fish Oils." *Food Technology* (Feb. 1986) 89-97.

Lands, W. E. M., **Fish and Human Health**, Orlando, Fla: Academic Press Inc., 1983.

Podell, R. N. "Nutritional Treatment of Rheumatoid Arthritis. Can Alterations in Fat Intake Affect Disease Course?" *Postgraduate Medicine* (May 15, 1985) 77(7): 68-69, 72.

Robinson, D. R. "The Protective Effect of Dietary Fish Oil on Murine Lupus." *Prostaglandins* (July 1985) 30(1): 51-75.

GARLIC: In 1858 Louis Pasteur put garlic in a petri dish and found that the bacteria died. Garlic was the antibiotic of the ancient Egyptians. It also thins the blood, kills fungus and parasites, and is an anti-coagulant.

For more information on the healing properties of garlic, see the following sources:

Block, E. "The Chemistry of Garlic and Onions." *Scientific American* (March 1985)

Delaha, E. C., et al. "Inhibition of Mycobacteria by Garlic Extract (*Allium Saativum*)." "Antimicrobial Agents and Chemotherapy" (April 1985) 27(4): 485-486.

Srivastava, K. C. "Evidence for the Mechanism by Which Garlic Inhibits Platelet Aggregation." **Prostaglandins, Leukotrienes, and Medicine** (1986) 22: 313-321.

Tsai, Y. "Antiviral Properties of Garlic: In Vitro Effects on Influenza B, Herpes Simplex and Coxsackie Viruses." **Planta Medica** (October 1985) 5: 460-461.

GINGER: For motion sickness, try 1/2 tsp. of powdered ginger root. Health-food stores carry it in gelatin capsules. The recommended dose is 500 mg.

Dorso, Charles R. "Correspondence." *New England Journal of Medicine* (Sept. 25, 1980) 303(13): 7566-757.

HONEY: Kills bacteria. Spread on open wounds and sores. It also alleviates sore throats, calms the nerves and relieves coughing. It also reduces the growth of germs such as salmonella, E coli, and germs of the intestinal tract. However, do not feed it to infants under one-year of age as it can carry botulism spores that could germinate in the immature digestive system.

Armon, P. J. "The Use of Honey in the Treatment of Infected Wounds." *Tropical Doctor* (April 1980) 10(2): 91.

Haffejee, I. E. "Honey in the Treatment of Infantile Gastroenteritis." *British Medical Journal* (June 1985) 290: 1866-1867.

MILK: Powdered milk is full of antibodies which fight the rota viruses. See:

Yolken, R. H. "Antibody to Human Rotavirus in Cow's Milk." *New England Journal of Medicine* (March 7, 1985) 312: 605-610.

NUTS & SEEDS: are good protease inhibitors – inhibit viruses. This group includes soy beans and chic peas. See:

Senter, S. D. "Comparative GLC-MS Analysis of Phenolic Acids of Selected Tree Nuts." *Journal of Food Science* (1983) 48: 798-800.

Wood, A. W. "Inhibition of the Mutagenicity of Bay-Region Dio Epoxides of Polycyclic Aromatic Hydrocarbons by Naturally Occurring Plan Phenols: Exceptional Activity of Elegiac Acid." *Proceedings of the National Academy of Science USA* (Sept. 1982) 79: 5513-5513-5517.

OATMEAL: Lowers blood pressure and cholesterol. Oatmeal can also be used to soothe the skin. Place in cloth bag and wash affected areas.

For information on the healing properties of oatmeal see:

Degroot, A. P., et al. "Cholesterol-lowering Effect of Rolled Oats," *Lancet* (1983) 2: 203-204.

Kirby, R. W. "Oat-Bran Intake Selectively Lowers Serum Low-Density Lipoprotein Cholesterol Concentrations of Hypercholesterolemic Men," *American Journal of Clinical Nutrition* (May 1981) 34: 824-829.

ONIONS: Also highly recommended ever since Ancient Egypt for treating heart disease. It raises levels of HDL. Lowers blood pressure and revs up the blood-clot dissolving process. It is best eaten raw. For further reading, consult bibliography under "Garlic," listed above.

RICE: Lowers blood pressure, fights diarrhea (rice water is particularly good for infants) prevents kidney stones, preserves blood insulin and keeps glucose on an even keel. Rice water can be made with two handfuls of rice, 1 tsp. salt, and one liter of water. Boil until the liquid is cloudy, drain off the water and serve. See:

Ohkawa, T., "Rice Bran Treatment for Patients with Hypercalciuric Stones," *Journal of Urology* (Dec. 1984) 132: 1140-1145.

Rahman, A. A. M. M. "Mothers can Prepare and Use Rice-Salt Oral Rehydration Solution in Rural Bangladesh." *Lancet* (Sept. 7, 1985) 539-540.

SOY FLOUR: Soy powder, soy milk, etc. contains some estrogen and promotes contraception. See:

Grundy, S. M. "Comparison of Actions of Soy Protein and Casein of Metabolism of Plasma Lipoproteins and Cholesterol in Humans." *American Journal of Clinical Nutrition* (Aug. 1983) 38: 245-252.

SUGAR: Acts as a natural tranquilizer, kills bacteria and heals wounds. 2 1/2 tablespoons will relieve mental anxiety and stress. Sugar generates a brain chemical by triggering triptophan, which causes the brain to produce serotonin. To treat external ulcers, burns, wounds, etc. mix four parts sugar to one part beladine ointment

until it is the consistency of peanut butter. Do not apply until the wound stops bleeding.

Bollenback, G. N. "The Sweet Story of Sugar's Amazing Healing Powers." *Nutrition Today* (Jan.-Feb. 1986) 25-27.

Spring, B. J. "Effects of Carbohydrates on Mood and Behavior." *Nutrition Reviews* (Suppl.) (F May 1986) 44: 51-60.

TEA: Contains tannic acid, which is effective for treating epithelial cells of eyes, skin, stomach, etc. Effective as eye drops, and heals burns, scalds and skin eruptions. The tannic acid in tea is a potent enemy of viruses including the Herpes Simplex Virus (cold sores). Tea is also a good source of fluoride, which hardens teeth and fights cavities. See:

Friedman, M. "Fluoride Concentration in Tea. Its Uptake by Hydroxyapatite and Effect on Dissolution Rate," *Clinical Preventive Dentistry* (Jan.-Fed. 1984) 6(1): 20-22.

John, T. J. "Virus Inhibition by Tea, Caffeine and Tannic Acid." *Indian J. Med. Res.* (April 1979) 69: 542-545.

YOGURT: Active ingredient is lactobacillus acidophilus and is effective against yeast infections and diarrhea. See:

Goldin, B. R., "The Effect of Milk and Lactobacillus Feeding on Human Intestinal Bacterial Enzyme Activity." *American Journal of Clinical Nutrition* (1984) 39:756-761.

Niv, M. "Yogurt-In the Treatment of Infantile Diarrhea." *Clinical Pediatrics* (July 1963) 2(7): 407-411.

About herbs

Many herbs have medicinal properties. If you know how to use various herbs and preparations, be sure to purchase them from a reliable health-food store.

Do not attempt to gather wild herbs yourself. There are many regional variations and herbs look different at different times of the year. Even experts are sometimes fooled. Many wild herbs are poisonous under certain conditions; or may be contaminated with insecticides, molds, spores, etc.

Your Essential Medicine Chest

In addition to a well-stocked larder and knowledge of how to use it, you will need to stockpile medicines needed by each member of the family. Ask your doctor for an emergency-supply prescription for needed medicines. Once you have an emergency supply, be sure to rotate the medications to avoid exceeding the expiration date.

A well-stocked emergency medical supply should include alcohol, antiseptics, aspirin and other pain relievers, band aids, bandages (or torn strips of sheeting) tape, ear drops, safety pins, sanitary napkins, shampoos, thermometers, toothbrushes, toothpaste, tweezers, scissors, shampoos, calamine lotion, diarrhea medicines, hot-water bottle, hydrogen peroxide, ipecac syrup, razor blades, tourniquet, snake-bite kit, etc.

The most important thing you can do for your family to protect your health in an emergency is to take a first-aid course and learn CPR. Be sure to keep a first-aid book on hand. Learn to be creative: a rolled-up magazine can serve as a splint in an emergency for a broken arm, for example. Don't depend upon the Red Cross to come to the aid of your family, they may be swamped . . . the best and only person you can truly depend on is yourself.

For more information on self-sufficient medical care:

Do-It-Yourself Medicine: How to find and use the most effective antibiotics, painkillers, anesthetics, and other miracle drugs...without costly doctors' prescriptions or hospitals by Ragnar Benson, Loompanics Publishers, 1997, 113 pp. paperback, \$20.00. This book explains how to get antibiotics, painkillers and other drugs from non-traditional sources; including veterinary centers, foreign suppliers, and dentists.

Red-Alert Food Planning: Preparing wild fish and game

In a worst-case situation, you could have to provide food for your family from non-conventional sources for anywhere from six months to several years. That means learning to hunt and fish.

Many people are familiar with preparing and cooking raw fish. Wild meat, however, is a horse of a different flavor.

There is an abundance of wild animal food available for the taking, even in cities, but only if you overcome any squeamishness about capturing it, killing it, gutting it, and preparing it. That includes squirrels, raccoons, possums, birds, snakes, and horses, dogs, and cats.

The following advice comes from a friend of mine who is an avid survivalist:

Cat meat is comparable to rabbit and should be prepared the same way. Cat, rabbit, hares, woodchucks and squirrels can be used as substitutes in most chicken recipes. Larger animals such as elk, deer, moose, etc can be substituted for beef.

Dog meat is sweet and more suitable in pork recipes, along with wild pig, boar and possum.

CAUTION: Never handle any wild game without wearing gloves, since there is a danger of tularemia infection.

ALWAYS cook wild meat thoroughly as any warm-blooded animal may be harboring trichinosis.

DRESS the carcass as soon as possible. That means removing skin, entrails, gonads, sweat glands, musk glands, etc. Also be careful not to puncture these organs since they will contaminate the meat.

RINSE all dressed wild meat inside and out with an acid water, such as one or two tablespoons of vinegar in a quart of water, before cooking.

Suggested reading

The Wild and Free Cookbook by Tom Squier, Loompanics Press, 1996, \$19.95, 306 pages, paperback. Contains recipes for cooking rattlesnake, possum, and other wild animals.

How to Develop a Low-Cost Family Food Storage System by Anita Evangelista, Loompanics, 1995, 120 pages paperback, \$10. Includes information on * how to preserve and store foods, including freezing, smoking, water- and pressure-canning, salting, brining, jerking, pickling, cellar-storing, and brandying. * sources for inexpensive bulk grain and how to store it, * recipes and techniques for cooking with stored food, * how to store food.

Cooking with the Sun by Beth and Dan Halacy, 1992, Loompanics, paperback, 128 pages, \$9.95. Explains how to build your own solar cooker, and how to use it to cook lasagna, chicken curry, chocolate-chip cookies, and much more.

The Joy of Cooking (pre-1997 editions) also contains information on cooking wild game.

When The Lights Go Out . . . Batteries, Matches & Generators

Second only to loss of safe drinking water, the most calamitous consequence of a major terrorist attack would be loss of power. Within a few hours during winter, your home would be cold. In a few days at any time of the year, refrigerated food would spoil.

Make sure you have a good supply of candles and matches, enough to last at least two weeks. You should have at least several battery-operated clocks, and at least one wind-up clock.

For light, flashlights are fine. But be sure to also have lots of extra batteries, or they will go dead in a few days. If you have a generator, rechargeable flashlights can last indefinitely.

For sanitation purposes, you should also have a large pail or suitable container with a tight-fitting lid for body wastes. Plastic bags with rubber bands to seal for solid

wastes (with kitty litter added to each bag before disposal) will be convenient and can be buried.

Other emergency items should include a portable radio (battery-operated with backup batteries), butane stove for cooking and heating water, matches in water-proof containers or Butane lighter, and a flint striker. These items can be purchased from a camping-supply store. Think "CAMPING" and prepare as if going on an outing in the wilderness.

Your best source for heat and light is a fireplace and wood stove.

For cooking, purchase a camp stove, hibachi, or propane grill.

A gasoline generator will supply power to recharge batteries, power a few 25-watt bulbs, and power your TV for short periods (30 minutes to an hour). However, be sure your generator provides 110-volt power and also has a 12-volt recharging system for battery-operated devices. A 2000-watt generator will run a TV, a couple of lights and a microwave at the same time.

You should also lay in an emergency supply of tools, including a shovel, an ax (for chopping firewood), hammer, mallet, sledgehammer, crowbar, nails, screwdrivers, pliers, and wrenches.

Communications is discussed in more detail in Chapter 8 (Protecting Your Home and Community) and Appendix 2 (Bargain Hunter's Guide to Emergency Survival Gear), but you should have several of the following vital communications devices:

- **A mobile or cell phone**
- **A citizens-band radio**
- **A short-wave radio**
- **A battery-operated and rechargeable AM/FM radio**
- **A battery-operated TV.**
- **A laptop computer with wireless Internet access (and plenty of batteries), and a battery-operated printer**

Also pens and paper for communication and notes; a manual typewriter; a light-weight, battery-powered printer for your laptop; sewing kit for repairs to make clothing last as long as possible. Blankets, towels, soaps, disinfectants, etc.

Pack sensible clothing for each member of the family including an extra pair of comfortable walking shoes, extra socks, underwear, etc. Layered clothing works best as it makes for more flexibility. Sweat suits make good pajamas for everyone.

Extra clothing can be purchased inexpensively at second-hand stores, garage sales, and thrift shops. Children's clothing should be purchased with "room to grow." Cuffs can be rolled, sleeves rolled up or pushed up. Straps should be adjustable. Camping and sports clothing will be most practical and comfortable. Don't forget to include some waterproof outer clothing for bad weather and emergencies.

Plastic bags can be slipped over shoes to keep little feet dry. When storing shoes and socks for children and teens, be sure to store the next-larger size.

Freeze-Dried Foods

Having a stock of foods that requires cooking won't do you much good if the power goes off and you have no alternative way to cook. Therefore, it's wise to have some preserved foods that are ready-to-eat from the package.

The "Rolls-Royce" of preserved food systems is the AlpineAire Food System. If you don't want to bother with designing your own food storage system, and you have the substantial budget, this system is for you. Their meals offer exceptional variety and flavor. They are pre-packaged into daily meals that provide at least 1,800 calories per day.

AlpineAire's systems are based on both size and contents. Their Premium system is 100% no-cook foods. They also offer a Superpak System which is 81% no-cook foods, which will feed two people for a year. And there are the Versatile System (56% no-cook) and Primary Systems (21% no-cook foods) for economy. The lower-priced systems include larger amounts of uncooked grains and beans.

The various systems come packaged for 1 month, 3 months, 6 months, and 1 year. A sampling of the prices is:

SuperPak System - 2 people for 1 year: \$5,390.

Premium System - 1 year for 1 person: \$2,652.

Versatile System - 1 year for 1 person \$1,797.

Primary System - 1 year for 1 person: \$938.

For six months for one person: Premium \$1420, Versatile \$959.

For 3 months for 1 person: Premium \$749, Versatile \$549, Primary \$295.

For 1 month for 1 person: Premium \$349, Versatile \$284, Primary \$155.

Mormon Canneries

The Mormons are experts at preparing for disasters, and have been canning and storing food for decades. If you call or visit your local Mormon cannery, they will give you free software that you can use to determine exactly how much of each food item you need for a sensible, long-term preparedness program.

To locate the LDS cannery nearest you, call 1-800-453-3860, ext. 4164.

The Mormons also have more specific lists based on 52-week purchases or monthly purchases. Here is their official list:

Mormon 52-Week Purchase List Food & Essentials

- 1 Nuts. 2 lbs per person [Buy them after Christmas. Drug stores are often a good source. Dry-roasted keeps best.]
- 2 Detergents, bleaches, cleansers. Bleach, 1 gallon per person, laundry soap 20 lbs per person
- 3 Medicine chest: Feminine products, Pepto Bismol, Cough Syrup, Tylenol, Calamine Lotion, Kaopectate, Ipecac, Sunscreen, etc. [Dispose of all outdated medications]
- 4 Canned Meats: Tuna, Spam, Dried Fish
- 5 First-Aid Supplies: Band-Aids, Antibiotic Ointment, Ace Bandages, Steri-strips, etc.
- 6 Fill your water jugs
- 7 Peanut Butter. 10 lbs. per person
- 8 Solid Vegetable Shortening. 12 lbs per person
- 9 Juice. [Avoid watered products. Get 100% juice.]
- 10 Toothpaste, Floss, Razors, Shaving Cream
- 11 Mixes: Cake, Pancake, Muffin, etc. [You need an annual total of 300 lbs. of grain products per person. Purchase or make your own. Counts for part of grain requirement.]
- 12 Spices and Herbs. [Look for bargains at health-food stores or ethnic-food stores.]
- 13 Rice. Buy 10, 15 or 20 pounds. [Count toward grain total.]

- 14 **More First-Aid: Gauze, Patches, Swabs, Cotton Balls, Tape, etc.**
- 15 **Pasta. [Select a variety. Counts toward grain total.]**
- 16 **Dry Milk. 100 lbs. per person per year.**
- 17 **Sewing Kit: Thread, Pins, Needles, Buttons, Snaps, Zippers, Tape Measure, Scissors.**
- 18 **Flour. 50 lbs per person. Counts toward grain requirement.**
- 19 **Dry or Canned Soup.**
- 20 **Gelatin or Pudding Mixes.**
- 21 **Garden Seeds. [Buy locally, if you haven't mail-ordered them. Get only what you will plant and eat. Consider what you can preserve and eat.]**
- 22 **More Flour. 50 lbs. per person. [Counts toward grain.]**
- 23 **Cord, Twine or Light Rope: Flashlights and Batteries.**
- 24 **Cheese. [Grate and freeze for casseroles or soups.]**
- 25 **Paper Towels, Aluminum Foil, Garbage Bags, Freezer Bags, etc.**
- 26 **Vinegar. [If you make pickles, have several gallons on hand.]**
- 27 **Condiments: Mustard, Mayo, Relish, Worcestershire.**
- 28 **Jams and Jellies. [Buy what you will not make yourself.]**
- 29 **Canned Goods: Vegetables, 150 lbs/ person, Fruits: 80 quarts per person. Buy what you eat.]**
- 30 **Canned Milk. 100 lbs per person per year.**
- 31 **Back-to-school and office supplies.**
- 32 **Baking Powder, Soda, Cornstarch, Baking Soda: 2 lbs per person, each item.**
- 33 **Tomatoes: Juice, Sauce, Whole or Paste. [Buy or make it. Counts as part of vegetables.]**
- 34 **Canned Fruit: 80 quarts per person. [Buy or can it yourself.]**
- 35 **More Canned Fruits & Vegetables. Vegetables: 150 lbs per person, Fruits: 80 quarts per person**
- 36 **Sugar, extra 100 lbs. per person total. Buy an extra 25 pounds.**
- 37 **Vegetables: 150 lbs per person per year. [Can or freeze from garden or purchase.]**
- 38 **Dried Beans, Peas. 100 lbs. per person.**
- 39 **Sweeteners: Honey, Molasses, etc. – counts toward sugars**

- 40 Iodize Salt. Ten or more containers. [For canning, get canning salt.]
- 41 Personal Products: Soap, Deodorant, Toilet Paper, Shampoo, etc. – 15 per person. Toilet Paper – one roll per week
- 42 Canned Soup. [Counts toward vegetables.]
- 43 Can something with apples.
- 44 Hard candy for Halloween. [Leftovers make a good addition to your 72-hour emergency kit.]
- 45 Vitamins – 365 vitamins per person. Get extra C and Calcium.
- 46 Baking Items: Cocoa, Coconut, Nuts, Chocolate Chips, etc.
- 47 Rolled Oats, Corn Meal, Cream of Wheat. Counts as grains.
- 48 Sugars: Brown, White, Powdered – Counts toward 100 lbs per person total.
- 49 Vegetable and Olive Oils: 12 lbs per person. [Get good quality.]
- 50 Candles and Matches. [Put in a sturdy box – preferably fireproof.]
- 51 Popcorn. Purchase large bags. Counts toward grains.
- 52 Merry Christmas! Give yourself a great gift – security.

Chapter 6

What If the Lights Go Out?

Providing your own power, heat and light

“Electrical power is the Big One. This is the heart of Western Civilization. If the power-generation plants fail . . . it’s literally over for the West. ... no public utility will survive if the power goes down and stays down. No business will survive.”

Gary North

During the spring and summer of 2001, electrical blackouts and brownouts swept across California, particularly in the northern part of the state.

High-tech Silicon Valley industries – the heart of the New Economy – were forced to periodically shut down. In San Francisco high-rise apartment and office buildings, some people were trapped in elevators for hours when power failed unexpectedly. Restaurants were forced to close at night due to rotating blackouts. Chocolate shops saw their inventories literally melt away. Traffic was grid-locked for hours as people struggled to get home. Hospitals were forced to perform surgery by flashlight, and several people died when back-up generators failed.

Even small towns with their own power plants, like Alameda, miles from San Francisco, were virtually shut down when they experienced rolling blackouts after their power was “claimed” by the state.

At the same time that power was failing across California, electricity prices skyrocketed throughout the west. Utilities were forced to buy electricity at up to 100-times normal rates just to keep the lights on. Homeowners saw their utility bills double and then double again. Seniors were forced to choose between eating and keeping warm.

The increases were even steeper for commercial customers, rising by as much as an incredible 1400% for those without long-term utility contracts. For instance, one

commercial greenhouse owner in Santa Rosa, California was warned by Pacific Gas & Electric in November 2000 to expect his winter electric bills to increase from \$19,000 a month to over \$300,000 a month. Not surprisingly, he shut his doors and laid off all 17 of his employees.

Business customers with long-term contracts saw more modest (but still substantial) increases. On the other hand, during the emergency they were subjected to rolling blackouts with little or no notice – as provided by their contracts, shutting them down for days at a time.

This was a disaster for some high-tech plants, where it can take days to restart an assembly line. Even the *San Francisco Chronicle* newspaper was shut down several times, forcing them to miss several editions. Statewide, thousands of businesses were forced to close either temporarily or permanently, and hundreds of thousands of people were eventually laid off or fired because of the California energy crisis.

The California energy crisis is now over, and – for the present – rolling blackouts are history. A half-dozen new power plants have come on-line in Northern California alone, and electricity rates have come down a little from their astronomical levels last year. However, what happened in California in 2001 could well happen across America tomorrow, particularly if terrorists attack the power grid.

Even before 9/11, the power grid was in bad shape in many parts of the U.S. And California wasn't the only state to experience blackouts and brownouts in 2001 as a result of overtaxed utilities. There were also blackouts in Arizona, Oregon, Washington, Texas, New York, and other states. Some of my elderly relatives in the Washington, D.C.-area were without power or heat for five days, in the middle of a winter snow-storm. Now, of course, we face the added threat of deliberate and potentially- devastating attacks on power plants by terrorists.

Nation's Power Grid Extremely Vulnerable to Terrorist Attacks

Nationwide, the power grid is extremely vulnerable to deliberate destruction and sabotage. Despite beefed-up security, the grid can still be disrupted at many points – including power plants, transmission lines, and substations.

Louis Mizell, a security expert and former State Department intelligence analyst says, America's power grid is "easily in the top five" targets for terrorists "because of

the total damage it can do economically, politically and militarily.” (Ryan Alessi, Nation’s power grid vulnerable,” Scripps Howard News Service, 11-15-01.)

Why we could soon see nationwide blackouts

Incredibly, the federal government’s “solution” to the vulnerability of the power grid to terrorist attacks could, for the first time in U.S. history, create *nationwide* blackouts.

At the present time, the U.S. is divided into ten regions with multiple power brokers called “Independent System Operators.” If an Operator in, say California, needs power, he can negotiate to buy power from Nevada or Oregon.

Under the proposed new system, the Federal Energy Regulatory Commission would allow *nationwide sharing of power* to help prevent shortages like those experienced by California in 2000 and 2001. But there’s a BIG problem.

“[T]hat leaves them subject to a great deal more risks for terrorism,” says Jack Cassaza of the Institute for Electrical and Electronic Engineers. “If you knock out a control center and backup control centers simultaneously, you would be able to knock out up to a third of the power in the United States.”

“There’s no question in my mind that intelligent terrorists already know this,” Casazza said. “We need to rearrange the system to shorten lines. Increase the number of operating controls. But nobody is studying these ideas.” (Ryan Alessi, Nation’s power grid vulnerable,” Scripps Howard News Service, 11-15-01.)

Nuclear power plants at high risk

Security at even the most sensitive facilities in the country – nuclear-power plants, which supply about 20% of our country’s power – remains so lax that in March 2002 the Nuclear Regulatory Committee was unable to tell Rep. Ed Markey (D-Mass) how many foreign citizens work at nuclear plants, prompting Markey to warn:

“There is little comfort to be found in the agency’s response to my questions. Black hole after black hole is described and unaddressed.”

“In short, it appears that al-Qaida operatives such as Mohamed Atta or Marwan al Shehhi could pass the narrow nature of the criminal screening still in use at U.S. nuclear power plants and gain unescorted access to the controlled area of the plant, just as they obtained student visas to attend flight school.” (“Hijackers Qualified to Work at Nuke Plant,” NewsMax.com, 3-26-02.)

Even if the plants are eventually secured, there is no simple way to secure thousands of miles of unprotected power towers, transmission lines, and electrical substations. These could easily be blown up by any terrorist with a few sticks of dynamite “borrowed” from a construction site. The U.S. power grid is also so interconnected that if even a handful of towers or substations were destroyed, lights would go out across entire states or even groups of states, for weeks or even months.

Imagine what it would be like to live even a few weeks without electricity. No lights at night. No ventilation for closed office buildings and no power for computers or elevators. No refrigeration to preserve food. No electricity to pump water from plants. No power to run gasoline pumps at service stations. No traffic lights, no ATMs. No power to run your furnace or air-conditioning. No power to cook. No power for security systems or street lights.

However, you don’t just have to imagine it. You can learn what it was like when it actually happened.

When Power Failed in New Zealand’s Largest City for Two Months

On February 20, 1998, power in Auckland – New Zealand’s largest city – went out and stayed out *for nearly two months* when the last of four major cables supplying the city with power failed. The failure occurred during a long hot-spell when air conditioners were running full tilt. The power lines supplying the city were long known to be woefully inadequate for a metropolis of 1 million, and the city had been plagued by brown outs and blackouts for months.

What happened when the power fails for two months? Thousands fled and were forced to stay with relatives and friends outside the city. Emergency generators were trucked in. Small businesses used kerosene lanterns and candles for light.

“On Crisis Day 5, council minions were out ticketing generators for being parked on the sidewalk without permits. ...Within days, Queen Street, the main drag that anchors this city of a million people, resembled a Third World capital.”

“Storefronts were shuttered, litter started to gather in drifts in the windward gutters. Graffiti bombers emerged like rats from the sewers, comfortable in the knowledge that no power meant no security cameras to inhibit their tagging.”

“Police announced increased patrols to counter looting, pedestrians didn’t linger as dusk settled in the city. All that was needed to complete the picture of a 20th century ghost town was the tumbleweed.”

“It was like the world had changed instantaneously,” said Bernard Griffin, who was in a downtown shop when the power failed. “People looked stunned; the lights went out, there were no computers, no tills, no scanners, no lights.” (“Auckland Unplugged,” World News Story Page, CNN Interactive, March 27, 1998.)

You Can Generate Your Own Power

The obvious alternative to relying upon a fragile power grid, which is subject to disruption at any time, is to generate your own power.

There are many proven technologies ranging from inexpensive gasoline generators, to whole-house solar power systems, to more exotic alternatives such as windmills and fuel cells. Not only does generating your own power protect you from terrorist attacks, it also protects you from disruption due to natural disasters and infrastructure failures.

Millions of people throughout the world now generate their own power, and so can you.

One word of caution: Despite technological advances, generating your own power in most parts of the country is still more expensive than buying it from the utilities – at least in terms of “up-front” cost of equipment. Also, the price of popular fuels – such as propane – will go sky-high in a crisis. Therefore, it is highly beneficial for you to do anything you can to slash your energy consumption – for instance, substituting fluorescent lights for incandescent, and buying new, energy-efficient appliances, such as a refrigerators and air conditioners with the “Energy Star” label. That can radically cut your power demands.

In any event, depending upon the type of power system you buy, you will either pay more “up front,” in the form of more generating equipment (such as solar-power panels), or “as you go,” in the form of expensive fuel.

Ironically, one of the best places in the country to generate your own power now is California. In California, thanks to sky-high power prices and a 50% state rebate (through utilities) on solar and other alternative-energy systems, many home and business owners can actually save money by installing an alternative power system.

For most people, the most practical systems are either:

(1) gasoline or propane generators, or

(2) photovoltaic (direct sunlight to electricity) power systems.

You can now buy either a propane generator or a photovoltaic system that supplies all of the energy used by the average family in a 2,000-square foot house for under \$10,000.

Photovoltaic systems are particularly desirable if you live in a warm state with lots of sunshine. They have no moving parts, require virtually no maintenance, last for up to 40 years, and consume free fuel in the form of sunlight.

The photovoltaic systems we describe later in this chapter now pay for themselves in 6-10 years in California thanks to the 50% state rebate.

That means you then get free electricity for up to 30-years, plus complete independence from price increases, blackouts and brownouts.

If you live in a very cold area of the country (such as Northeastern states), you will need a lot more power for heat in the winter and hence a correspondingly-more expensive solar or propane system if you plan to generate your own power. Expect to spend \$20,000 plus.

However, even if you are on a limited budget, it still makes sense to at least have an inexpensive backup-power system – such as a gasoline or propane generator. These systems cost as little as \$1,200 installed and can take care of your basic power needs for a short period of time. (For constant operation, you need more expensive systems.)

How Much Power Do You Need?

That's the first question you need to consider before you buy any power system.

While each family's power needs are different, a typical modern home with two adults and two children will use between 1,000 and 3,000 kilowatts hours of power a month, depending upon the size of the home and lifestyle.

Peak energy requirements – typically in the early evening when everyone is home and active – are from 2,000 to 5,000 kilowatts. All those stereos, TVs, washing machines, refrigerators, lights, air conditioners, and furnaces really rack up the kilowatts.

How do you find out how much power you use? The simplest way is to just look at your utility bill. Your utility company will also provide you with a more-detailed analysis, probably for free, and tell you your peak usage.

By turning off lights you aren't using, being careful not to simultaneously run the stove and the computer and the TV, you can cut your peak energy usage by 30% to 50% with little pain, *greatly reducing the size of the independent energy system you need.*

If you get an alternative-energy system and start using too much power at one time, you'll find out fast when your lights dim or circuit breakers turn off the juice.

Six Economical Ways To Generate Power Without The Utilities

There are dozens of ways of generating electrical power and heat without utilities – including such things as fuel cells (which will probably be economical within 5-10 years) and even pedal-powered generators.

However, if you are not either extremely wealthy or an Olympic-class biker, you'll find one of the following six energy alternatives to be the most practical:

- 1. Gasoline and diesel generators**
- 2. Active solar-power systems (photovoltaics)**
- 3 Windmills and wind turbines**
- 4 Propane generators**

5 Wood and Pellet Stoves**6 A combination of the above five systems**

I discuss each in turn.

Energy Solution #1: Gasoline-Powered Generators (Best for short-term use.)

Small, affordable generators are great for providing up to several thousand watts of power for short period of time – anywhere from a few hours to a few days. Two thousand watts is sufficient in emergencies for most homes. It will simultaneously run your TV, stove, an emergency heater, and a few lights.

However, trying to run your entire house with a generator for weeks or months is extremely expensive, on the order of 5-15 times as expensive as buying power from the power company, and much more expensive than some of the other alternatives you'll learn about later in this chapter.

A second problem with generators is safely storing sufficient fuel to run them longer than a few days. Gasoline, diesel, propane or methane are all highly-flammable and – unless stored *very carefully* – they can even explode and take a sizable chunk of your house with them. If you want to store enough fuel to last even a few months, it's best to have a double-walled metal tank buried underground. In fact, it's legally required in most areas. Underground storage will also make your fuel less obvious to looters or vandals.

A third problem is that most generators are both extremely noisy and produce toxic fumes, even worse than those from cars without emission-control devices. So you will need to house your generator outside (well-covered, to protect it from the elements) or in a well-ventilated space inside.

\$500 vs. \$3,000 gasoline generators

Many companies make and sell electric generator. You can buy a basic Honda 3,000-5,000 watt generator, from hardware chains like Home Depot, for as little as \$500. However, while these inexpensive generators are fine for backup power during outages that last a few days, they will wear out quickly if you try to use them day-after-day, month-after-month. They're also very noisy.

For long-term use, you at least need a heavy-duty system with an excellent muffler, such as the two generators described below available from **Discount Electric Generators** (www.electric-generator.com). Discount ships globally and has service centers throughout the world.

Heavy Duty Gas Generators

Available from Discount Electric Generators

www.electric-generator.com

A30 Survivalist. Heavy-Duty Commercial Electric Generator. \$1,299

- 2,500 watts (3,000 watts maximum), 60 hertz
- Net weight: 85 lbs
- Honda GX160 Four Cycle OHV Engine.
- Waterproof enclosure.
- Maintenance-free brushless design
- Jumbo Fuel Package (up to 46 hours per tank)
- Automatic low-oil shutdown
- Super low-tone muffler for quiet operation
- Heavy-duty steel welded roll cage
- Rubber vibration isolator mounted
- 36-month warranty.

LV-70 Heavy-Duty Commercial Electric Generator. \$2,795.

- 6,500 watts (7,000 maximum) 60 Hertz
- Honda GX 390 Four-Cycle OHV Engine
- Net weight: 210 lbs
- All-balanced, full-pressure lubricated engine
- Electric-key start and EZ spin recoil pull start
- Waterproof enclosure
- Full power 120/240 volt twist lock plugs
- Ground fault interrupter
- Automatic idle-down package
- Automatic low-oil shutdown
- Super low-tone muffler for quiet operation
- Jumbo fuel package
- Rubber vibration isolator mounted
- 36-month warranty

Energy Solution #2: Solar Power Systems

Solar-power systems for home use have improved tremendously over the last 10 years, and costs have fallen dramatically. In sunny areas of the country, these systems are the most-affordable alternative for most people.

There are two main types of solar-power systems: Passive and active.

Passive solar systems use the sun to heat up water in tanks, then either pump that hot water through the walls of a house for heat or use steam to drive a generator. Passive solar systems can get extremely complicated and expensive, involving pipes, compressors, turbines and more. They are generally not suited to the average person or many parts of the country, so I won't cover them here.

The second major type of solar-power system is an **active or photovoltaic system**. These systems offer an economical alternative to the power company in many parts of the US.

For instance, one solar-power system sold by SunWize provides a generous 23.6 kilowatts per hour (more than enough power for most homes) for \$15,000 – plus shipping and installation. If you pay \$150 a month for electricity, this system will pay for itself in about 9 years.

When you factor in lost interest on your \$15,000, your cost is still well above the price of utility-supplied electricity in most of the U.S., but at least you won't have to worry about being without electricity if your power goes out.

How photovoltaic systems work

A photovoltaic (PV) system directly converts sunlight into electricity, so these systems are best suited for sunny areas of the country, such as southern and western states.

A PV system consists of banks of flat glass panels (generally mounted on a roof or in a sunny area of your yard), which generate DC current when struck by sunlight. Another device, called an inverter, then converts the DC current generated by solar panels into the AC (alternating current) used by most household devices (lights, TV, oven, etc.).

To make sure you have power at night and during cloudy days, power is stored in batteries or (in more sophisticated systems) in another storage device, such as a fly-wheel or fuel cell. Another alternative is grid-tied systems, which I discuss below.

Grid-tied systems: Your photovoltaic system can also be tied directly into the electric grid, which you draw on during the night and winter as a backup.

In sunny states, during the summer and spring your system will produce more power than you use, which you may be able to sell back to your local utility. (California has such a plan.) When that happens, your electric meter actually runs backwards and the utility credits you.

If you're fortunate enough to live in a state that has a lot of sunshine, you can actually end up with a zero net cost for electricity for a year, if you have a large PV system.

WARNING: Make sure you get permission *in writing* from your local utility before you tie a PV system into their power lines.

Failure to do so could cost you big-time. One Santa Cruz, California resident found that out the hard way a year ago when he tied his huge, 20,000-watt PV system into power lines without permission.

His system – which supplied electricity for five large houses in the mountains – generated so much power that it actually burned out utility electric lines! Not only was he forced to disconnect his system, he also got a bill from PG&E for over \$250,000 in repairs.

Is a solar power system right for you?

Photovoltaic systems work best in places that get a lot of sunlight, such as Arizona, California, Florida, New Mexico, Southern California, and Hawaii. In places that are cloudy for months at a time, these systems are only practical for use part of the year, and you need to look elsewhere for alternative power.

Space for a PV system is usually not a problem if you own a house. Most single-family homes have more than enough room on the roof for collectors and the other electronics only take up about as much space as a circuit panel.

Another big plus for solar-power systems: They have very few moving parts, and maintenance is minimal. The major components of the system can last up to 40

years with minimal maintenance. Since the sun is your fuel, with a solar-power system you don't have to worry about buying or storing propane, gasoline, diesel or other volatile fuels. Your major expense is your initial purchase of the system.

Your solar power options

There are dozens of manufacturers and distributors of solar-power systems. We investigated four: Atlantic Solar Products of Baltimore, Maryland . . . SunAmp of Arizona . . . SunWize Technologies, Inc. of Kingston, New York . . . and Siemens Solar, with offices throughout the U.S. and Europe. All four offer a broad range of PV systems. Here are some representative prices for different-size systems.

Backup systems: The Sunwize Portable Power Generator is a battery-charging system. It is designed to provide modest DC to AC power for lights, TV, stereos, small power tools, computers, and communications equipment. This system is designed to handle power interruptions of a few hours to a couple days. Can be installed by the user - essentially a "plug and play" system. Retail for \$1,400, plus shipping.

Atlantic Solar Products sells their similar RPS-1-DC that generates 12-volt DC power at a rate of 106 watts (expandable to 318 watts with add-on solar panels). The battery bank holds 2,604-watt hours. Retail is \$1267 plus shipping. A version with a centralized control and load center (easier to install and maintain) retails for \$1,622.

Moderate home system: Sunwize Standby Power Systems are designed to handle a home's essential power requirements - including lights, refrigerator, TV, furnace fan, and sump pump, etc. These systems provide from 3.9 kilowatt hours (KWH) to 23.6 KWH. Prices range from \$3,000 to \$15,000. Installation by an electrician should run about \$700-\$1,000.

Atlantic Solar Products RPS-2-DC system produces an average of 240 watts and has a 5,208 watt-hours of battery capacity. Price is \$3,059. Their deluxe DC system with 50% more capacity sells for \$4,452.

Atlantic's AC systems start with the RPS-2-AC that can power stereos, computers and small AC devices at 240 watts and 5,208 watt-hours of battery capacity. The RPS-3-AC runs for \$6323, and the beefier RPS-4-AC runs \$8989. The deluxe AC

system runs \$19,679, and generates at a rate of 600 watts and has a 20,832 watt-hour battery bank.

Determining your energy needs

Atlantic Solar Products has helpful downloadable worksheets on their website (<http://www.atlanticsolar.com>) to help you determine how large a system you need. The process is rather complicated.

Alternatively, simply look at your electric bills for the past year and note how many kilowatt-hours of power you use each month. In most areas, you can also call your electric company and ask them to do an “energy inventory” of your home to help you reduce your power consumption.

When a representative comes to your home, you can explain how you run appliances and lights and ask him or her to estimate your peak energy needs. With those two figures in hand, you can determine how large a system you need.

Be sure to buy a significantly larger system than you think you need, to allow for peak energy usage and future increases in energy consumption.

Other factors that will help you determine the size and features of the system you buy include:

- (1) **Calculating power consumed by the bare minimum** of lights and equipment you need during a power cutoff, when you are on backup system.
- (2) **Getting some DC lights and appliances.** The more lights and equipment you can run on DC, the better. Inverters lose 12% of power efficiency in converting from DC to AC. Major solar distributors can supply you with DC lights and converters.
- (3) **Take into account both days with bright sunlight and cloudy days in your area.** “Insolation” (the amount of sunshine) varies widely from area to area, and month to month. Suppliers like Atlantic have detailed insolation maps to help determine your expected power output and system needs. Even during slightly cloudy days, solar panels still produce 50% to 70% of their maximum output. However under dark clouds, output drops to about 10% of normal.

You can also purchase larger solar power systems for office buildings, community and industrial use, as well as specialized applications like pumping water. Searching under the key word “photovoltaics” on the World Wide Web brings up dozens of sites.

Five major solar-power distributors

Check out these solar suppliers to get started

Atlantic Solar Products

9351-J Philadelphia Rd. Baltimore, MD 21237-6060, USA

Tel: 1-410-686-2500, Fax: 1-410-686-6221

E-mail: mail@atlanticsolar.com

Web: <http://www.atlanticsolar.com>

BP Solar

630 Solarex Court, Frederick, MD 21703

800-521-7652, 301-698-4555

SunWize Technologies, Inc.

90 Boices Lane, Kingston, NY 12401

1-800 817-6527

E-mail: sunwize@besicorp.com

Web <http://www.SunWize.com>

Siemens Solar GmbH – the world's largest manufacturer of solar equipment.

Frankfurter Ring 152, D-80807 Munich, Germany

Tel: +49 89 636 59 158, Fax: +49 89 636 59 173

Web www.solarpv.com

Siemens has distributors all over the world. You can find one closest to you through their website.

SunAmp

2020 West Pinnacle Peak Road, Phoenix, Arizona 85027-1214

1-800-MR-SOLAR, (623) 580-7700. Fax (623) 587-5714

www.sunamp.com

Sample Prices for SunAmp Systems Residential Photovoltaic Solar Power Grid-Tied Systems with Battery Back-Up

These systems provide up to 100% of a home or business' power needs, plus power during blackouts, brownouts and natural disasters, such as earthquakes.

Actual price will vary depending upon a variety of factors including energy consumption, insulation & weather-proofing, climate, weather conditions, elevation, shade, roof slope and type; plus taxes, permit and installation costs in your area.

Estimated lifetime of PV systems: 30-40 years. Battery lifetime: 10 years.

Example #1: 3.6 Kw System for a typical 3,200 sq. ft. house

Approx. \$18,500 or \$224.44/month for 10 yrs @ 8%
(\$31,500 minus \$13,000 state rebate in California)

24 BP210 BP SOLAR 150-Watt Solar Modules	17 MIC#10/2-26"-21C Module Interconnect
17 MIC#10/2-26"-21C Module Interconnect	7 IPON Electrical Connector
4 U-LP/120-3 Low Profile Roof/Ground Mount	3 U-LP/160-4 Low-Profile Roof/Ground Mount
7 RGM MAT&HNDG Mount Materials & Handling	200 PV Cable #10/2 System Cable THHN-R
1 TC810 Trace Combiner Box with Fuses	1 LA-302DC Delta Lightning Protection
1 LA-302AC Delta Lightning Protection	1 PVGFP4 Ground Fault Protection
2 PPO-C40 Trace PV Controller	1 TM500 Trace Monitoring Meter
2 PPO-DC60 Trace 60 Amp Circuit Breaker	2 PPO-BC 10-4/0 Trace Battery-to-Inverter Cable
7 BIC#1/0-13B-2L Battery Interconnect	1 GRK Ground-Rod Kit (Rod, Cable, Clamps)
1 PP-SW4048/D Trace Power Panel w Dual 4000 Watt Sine Wave Inverters	
8 PVX-6220 Concorde Deep-Cycle Batteries 220-Amp Maintenance Free	

Example #2: 2.6 Kw System for a 2,000 sq. ft. house

Approx. \$10,700 or \$129.81/month for 10 yrs @ 8%
(\$21,700 minus \$11,000 state rebate in California)

Parts & Materials: Same as 3.6 Kv System above, except quantities of some items reduced by 30%.

Energy Solution #3: Windmills and Wind Turbines

The wind is another excellent source of “free”, clean, independent energy that’s available everywhere. The Dutch have used the wind for centuries to drive water pumps. Wind-driven water pumps were also widely used on American farms before the advent of electricity, and they’re still used on some farms to this day.

Modern windmills and wind turbines (we use the terms interchangeably here) are composed of light-weight metal or composite materials, and are increasingly used today by power companies, remote farms, and rural homeowners. East of San Francisco, a bank of high-tech windmills in the Altamont Pass powers entire small cities.

Obviously, windmills work best in places where there is plenty of wind, such as the rooftops of high buildings in cities, hilly areas, and mountain passes. However, most areas have enough wind to at least make a windmill a useful supplement to other power systems. Windmills work particularly well in conjunction with solar-energy systems, since dark, stormy, rainy days also tend to be windy. As you’ll see, costs are in the same range as solar-power systems.

The biggest problem with windmills . . .

. . . is that they’re difficult to use in suburban neighborhoods where lot sizes are less than 1-2 acres. Trees and nearby houses block much of the wind. They can also be surprisingly noisy and look somewhat unsightly. To compensate for obstructions to the wind, you have to install your windmill on very high poles.

How high do the poles have to be? Anywhere from 50 to 100+ feet. Poles that high also require guy wires, so if you have a 1/10 to 1/4-acre lot, they’re going to take most of it.

Also your neighbors aren’t going to be exactly thrilled about a 100-foot tower with rapidly-spinning, noisy blades suspended over their homes and children. In urban and suburban areas, you also need approval from the local zoning board, which probably won’t be too thrilled either. In fact, you can pretty much count on them turning you down flat – if you aren’t laughed out of their office first.

So who should consider windmills? Bergey Windpower, which has been in the business for over 20 years, provides a concise answer:

“A wind turbine is a relatively large device and it is not suitable for urban or small-lot suburban homes. We recommend a property size of one-acre or more. The economics of a wind system are very sensitive to the average wind speed in the area and to a lesser extent, the cost of electricity.

“As a general rule-of-thumb, we recommend that you have at least a 10-mph average wind speed and be paying 10 cent/kilowatt-hour or more for electricity.

“Residential wind turbines have been installed in all 50 states. The majority of the units have been installed in the Northeast and Midwest.” (www.bergey.com)

Why you'll need a backup for your wind turbine

Another problem with wind turbines is that all of them periodically stop working, typically at least several times a month. After all, their moving parts are subject to corrosion, blockage by dirt and grit, deterioration from weather, and severe damage from birds flying into them.

Thanks to modern metals and composite materials, wind turbines now being manufactured will break down much less often than older systems. However something will eventually shut down even the best system you can buy.

Therefore, you should be at least somewhat handy with mechanical devices (or very wealthy) before you even consider relying upon a wind turbine for power. Also since even the best system will break down and no turbine will produce power when there's little or no wind, you will need another alternative power system – such as a generator – for backup.

Sample wind-turbine prices

Modern wind turbines from companies like Bergey Windpower and Southwest Windpower (described below), are available in kits, which you can either put together yourself, or hire a contractor to do it.

In addition to the turbine and mounts, you will also need poles to raise the windmill high above your house, an inverter (to convert DC to AC used by your house), and electrical panel and wiring to connect to your home system. Needless to say, electrical installation should be done by a qualified electrician, and in most areas you will need permits to put up the windmill and connect it to your home or business.

Many wind-turbine suppliers also sell kits including everything you need to generate power: turbine, metal towers, inverters and electronics to tie the turbine into your home system.

Here are details on two of the wind turbines available from Southwest Windpower – another large supplier (www.windenergy.com):

Whisper H80 Turbine \$1,795

Peak power: 1,000 watts – enough to run a heater, a few lights, and small TV or computer.

The Whisper H80 is designed for low to moderate wind speed averages (less than 12 mph). The H80 features a 10 ft rotor diameter and an 80 sq. ft. swept area.

“The H80 has a permanent magnet alternator powered with an advanced airfoil, thus capturing the most energy in its class as compared to other competitive wind turbines. The H80 will deliver 6.3 kilowatt hours per day.”

“The H80 comes with the standard EZ Wire controller. Turbine and controller are included in the price of the system. Optional towers are available.”

Specifications:	Rotor diameter	10'
Whisper H80	Weight	65 lbs.
	Mount	2.5" Schedule 40
	Start-up wind speed	7.0 mph
	Voltage	12, 24, 32, 48 VDC
	Peak Power	1000 watts @ 24 mph

Whisper H175 Turbine \$5,455

Peak power: 3,200 watts – enough to run the lights and most appliances in an average home, providing you don't turn on everything at once.

“The 3,000-watt rated turbine will deliver in excess of 500 kwh per month in a 2 mph wind. This machine has a 14-foot rotor diameter, providing 175 sq. ft. of swept area. The 175 has been redesigned, incorporating a stronger, larger yaw shaft, new blade stabilizer straps and a third spindle bearing for increased reliability.

“The 175 features a hand-laid fiberglass and foam core blade for smooth, high-efficiency operation and low wind start-up. It also incorporates the patented ‘angle governor’ design for quiet operation in high winds. The 175 is an excellent machine for village power projects, farms, ranches, back-up power and remote homes with large energy demands.”

Specifications:	Rotor diameter	15'
Whisper H175	Weight	175 lbs.
	Mount	5" Schedule 40
	Start-up wind speed	7.1 mph
	Voltage	12, 32, 48 VDC
	Peak Power	3000 watts @ 27 mph

Many other wind turbines are also available from the suppliers listed below, including systems for small cabins, boats, and even recreational vehicles.

Wind turbine suppliers

Bergey Windpower

2001 Priestley Avenue, Norman, OK 74069

1-405-364-4212, Fax 1-404-364-2078

www.bergey.com

E-mail: sales@bergey.com

Sierra Solar Systems

563-C Idaho Maryland Road, Grass Valley, CA 95945

1-888-ON SOLAR (1-888-667-6527)

1-530-273-6754 (Local and Technical Calls)

Fax 1-530-273-1760

www.sierrasolar.com

E-mail: solarjon@sierrasolar.com

Southwest Windpower

2131 N. First Street, Flagstaff, AZ 86004

1-928-779-9463, Fax 1-928-779-1485

www.windenergy.com

E-mail: ino@windenergy.com

Windstream Power Systems, Incorporated

P.O. Box 1604, Burlington, VT 05402-1604

1-802-658-0075, Fax 1-802-658-1098

www.windstreampower.com

E-mail: info@windstreampower.com

Energy Solution #4: Propane Generators

Propane (C_3H_8) is the principal component of natural gas, one of the most widely-used fuels in the western world. Propane is readily available throughout most of the world and can be used to power everything from stoves to lights and heaters, to refrigerators, and even cars and trucks (with a modified carburetor and fuel tank).

Propane can also power your home or business, and modern propane generators are among the lowest-price units you can buy *for long-term use*. For less than \$3,000, you have a system that will provide all of the power you will ever need for your home, totally independent of the power grid.

The advantages of propane and natural gas are:

- 1) It's competitive in price with power and heat supplied by utilities, particularly if you shop around or purchase through a neighborhood or community buying club.
- 2) Propane and natural gas are widely available from gas-stations, heating companies, hardware stores, and marine-supply outlets.
- 3) It's a clean-burning and efficient source of heat and light.
- 4) Stoves, lights, furnaces, and even refrigerators that run on natural gas are available everywhere.

The disadvantages of propane & natural gas are:

- 1) Like gasoline and diesel fuel, it's highly flammable and combustible, and VERY dangerous unless stored properly. (Underground storage is usually best.)
- 2) Leaks in furnaces, stoves and other appliances that use natural gas can be deadly if not detected quickly. (Make sure you have several leak detectors.)
- 3) These generators are much noisier than solar power systems (which are silent).
- 4) If your home is struck by a natural disaster, like an earthquake, there is a substantial risk of fire or explosion. (Fortunately, you can easily prevent this by also purchasing an automatic shut-off gas valve, available for less than \$50 at many hardware and appliance stores.)

- 5) Prices will instantly skyrocket in a crisis, and supplies could become unreliable or non-existent.

Propane generators – your most cost-efficient backup power source

Propane generators provide a huge amount of power at very-affordable prices. While propane generators do require more maintenance than solar systems, your upfront cost is much less – three or four thousand for a propane generator, storage tanks, accessories and installation – vs. \$10,000-\$20,000 for a solar-power system.

On the other hand, your long-term cost with propane will be higher than for solar, particularly if you don't have a large fuel storage tank or buy when fuel prices are going up rapidly. And you also have to be very careful in storing highly-flammable propane fuel. (Again: Proper installation, maintenance, and safety systems – such as automatic gas shut-off valves and leak detectors – are a must with propane systems.)

Overall, you can't beat propane generators for whole-house back-up systems.

Excellent-quality propane generators are now available at many large hardware stores such as Home Depot, marine-supply outfits, and specialty dealers – as well as by mail and through the Internet.

Sample propane systems

One distributor we found through the Internet is Master Sales of Grand Rapids, Michigan. They have both excellent prices and HUGE discounts for Internet orders. Of course if you don't live in Grand Rapids, you may have a lot of trouble returning a system if it doesn't work. So you may want to buy locally, even if it costs you a bit more. However, the prices below will give you a comparison and a good lever to bargain with local dealers

Below are a few representative **VOLTmaster Propane Generators** sold by **Master Sales**, 1251 Mound Avenue, NW, Grand Rapids, MI 49504, 1-888-917-2244, 616-457-1584; fax 1-800-791-8595, 616-791-8270, www.mastersalesonline.com.

Any of the systems listed below would provide more than enough power to run everything in most houses up to 4,000 sq. feet, including your air conditioning, with power to spare. Prices do NOT include shipping, installation, storage tanks and

electrical equipment you'll need, which will add about \$1,000 to \$2,000 to your total cost.

Propane and Natural Gas Generators From Master Sales

www.mastersalesonline.com

PROPANE GENERATORS

Model LR80E-LP 7,125 watts 16 HP Electric Start 30"x24"x25" 227 lbs.
List Price: \$2,987. Internet Price: \$2,189.

Model LR105E-LP 9,000 watts 16 HP Electric Start 30"x24"x25" 245 lbs.
List Price: \$3,179. Internet Price: \$2,319.

NATURAL GAS GENERATORS

Model LR80E-NG 6,750 watts 16 HP Electric Start 30"x24"x25" 227 lbs.
List Price: \$2,987. Internet Price: \$2,189.

Model LR105E-NG 8,550 watts 16 HP Electric Start 30"x24"x25" 245 lbs.
List Price: \$3,179. Internet Price: \$2,319.

All of the above units would even provide enough power for many small businesses – and even larger units are available.

Propane appliances

Propane-powered stoves, refrigerators and lights are available from hardware stores, department stores, camping outlets, army/navy-surplus stores, earthquake stores, and many other sources.

PROPANE GRILLS

For emergencies, propane grills and burners are an efficient and convenient way to cook your food, with prices starting at under \$30 for one-burner systems. Backyard propane barbecue grills are available from \$100.

During sales, you can get fancy models with grills, two burners, preparation rack and more for \$200-\$250. Top-of-the-line, professional models made of stainless steel or built into your patio start at around \$1,200.

PROPANE REFRIGERATORS

Refrigerators are the biggest energy-hogs in most homes – particularly if yours is over five years old. Not only do they consume large amounts of power, they're on 24-hours-a-day.

Propane refrigerators have two BIG advantages:

- 1) It significantly reduces your home power needs, freeing power for other uses and lowering your utility bills.
- 2) Propane refrigerators are self-powered with their own propane generators, so if your power goes out they still work. That also makes them ideal for RV, remote locations like mountain cabins that have no electricity, and backups during an emergency when power is cut off.

The main disadvantages of a propane refrigerator are:

- 1) They are much, much more expensive than electric refrigerators. (Even a tiny 2.7 cubic foot propane refrigerator can set you back \$730 and a 7.5 cubic foot unit will cost over \$1,200. That same \$1,200 will buy you a top-of-the-line, brand new, energy-efficient, 30 cubic foot electric refrigerator.)

- 2) Like all propane devices, it uses highly-flammable fuel, so you must monitor for leaks and keep it in tip-top condition.

PROPANE REFRIGERATOR PRICES

Here are some representative prices for **Norcold Propane Refrigerators** from RV Mobile, 11715 Hwy. 99-S, Everett, WA 98204; 425-355-1170, Fax 425-348-3473, www.rvmobile.com.

Shipping is additional.

Model N260 2.4 cu ft \$549. Propane, 120 volt

Model N300 2.7 cu ft \$729. Propane, 120 volt

Model N641 6.3 cu ft \$1,069. Propane, 120 volt

Model N641.3 with icemaker. 6.3 cu ft \$1,289.
Propane, 120 volt, 12 volt

Model N841.3 with icemaker. 7.5 cu ft \$1,419.
Propane, 120 volt, 12 volt

Energy Solution #5: Wood & Pellet Stoves

If you have access to firewood, wood stoves are an efficient way to provide heat, cook food, and even provide hot water. Although there are many versions, a typical wood stove looks like the cast-iron unit your grandmother used, and they are usually attached to a chimney or placed in a fireplace for exhaust.

New wood stoves provide as much as 80% fuel-efficiency, up from an average 30% for the wood stoves of 20 years ago. This means you get more heat from less wood, and your neighbors get much less air pollution from your smoke. New wood stoves start at around \$500, or you can pick up old ones through newspaper classified ads for \$50 to \$200.

Pellet stoves are a high-tech variation on the wood stove, and one of the most efficient heating devices available at any price. Pellet stoves use concentrated wood pellets – which look like rabbit food – and usually have sophisticated electronics to control burning of the pellets at the optimum rate, making them extremely energy-efficient. Most also used a forced-air system to distribute heat, so you waste little.

Some pellet stoves models are so efficient that they don't even need a chimney but just a small hole in the wall for exhaust. *This can dramatically reduce your installation cost.* Pellet stoves typically cost from \$1,200 to \$2,000.

Both wood stoves and pellet stoves put out tremendous heat – enough to warm even an entire house, depending upon your interior architecture.

Both wood stoves and pellet stoves are now available just about everywhere. In recent years, wood stoves have made a comeback and become a *big business*. Hundreds of different models are available through department stores, hardware stores, camping-supply stores, and fireplace-specialty shops. Styles range from antique to ultra-modern. Materials range from wrought iron, to stainless steel, to exotic woods, steel with marble and gold facing.

We found a wide selection of wood stoves and reasonable prices at StovesDirect.com, 3840 West Seltice Way, Post Falls, ID 83854, 800-395-9509, E-mail info@stovesdirect.com.

Here are two illustrative prices:

Breckwell Freestanding Stove. \$799. Heats up to 1,800 square feet. 29 ½" high, 21" deep. 430 lbs. Accepts logs up to 18".

StovesDirect Model SD3500. \$1,200. Heats up to 3,500 square feet.

29" high, 26" deep. Accepts logs up to 24". 515 lbs.

Energy Solution #6: A Combination Energy System

As always, it's good to have options and alternatives, and a combined-energy system gives you just that.

For instance, a grid-tied solar system plus a windmill gives you power on both sunny days and cloudy. You won't need batteries because the utility company acts as your battery, and actually pays you for any excess power you produce.

A propane generator plus a wood stove gives you power if the grid goes down, plus heat and cooking even if there is no propane. Even better, wood stoves last just about forever – your great-grandmother's probably still works fine.

Many of the companies listed in this chapter sell a variety of power systems, including some we haven't mentioned such as hydro-electric, which is worth considering if a large stream runs through your property or if you live on a river.

Chapter 7

Will Your Job and Business Survive?

Social and economic crises – like the economic and terrorist threats we face today – both destroy many old jobs, businesses and careers, and create tremendous new opportunities. To put it simply, in any crisis, there are both winners and losers.

Prohibition devastated legitimate liquor stores and made Joseph Kennedy one of the richest men in America. Wars devastate entire populations, yet arms merchants become billionaires. Hurricanes are a tragedy for their victims – and a financial bonanza for hardware stores, construction workers, and movers. The advent of the automobile devastated the blacksmith industry – and created millions of new jobs for autoworkers, oil companies, and car-parts dealers.

More recently, the invention of the personal computer in the 1970s broke IBM's near-monopoly on business computers. The result was massive layoffs at IBM. Mid-level executives who thought they could count on "their" \$70,000 to \$150,000 incomes for life, suddenly found themselves unemployed and, in some cases, nearly unemployable. Many suffered "reverse-sticker shock" when they found the best new jobs they could find paid one-fourth their previous salary.

One acquaintance of mine, Frank, was caught up in this wave of IBM layoffs. Since he was nearly 50 at the time, he found it doubly-difficult to find a new job in California's computer industry, which is intensely youth-oriented. After having dozens of doors slammed in his face by people half his age, he gave up even trying to land another job in his field.

But Frank was no quitter. He had always liked to tinker, and did all of his own home repairs. He started offering his services as a handyman. In a few months, he was working nearly full time. After a year, he had a backlog of work and was making almost as much as he did when he was working for IBM. Today, Frank is his own boss and sets his own hours. He has several assistants and enjoys the freedom of being able to pick and choose his assignments. He turned a potential tragedy into triumph, and so can you.

The terrorism crisis and the government's reaction to it, are radically changing the face of America. If you and your business are going to economically survive, it's imperative that you take stock of your job, career, and financial situation.

It's time to heed the old adage: "Prepare for the worst and hope for the best."

The absolute worst would be a serious terrorist attack with nuclear, biological or chemical weapons on a major U.S. city – particularly New York and Washington, D.C. In addition to a horrific toll in human life, such an attack could destroy Wall Street and the headquarters of the country's biggest banks and government, throwing the nation into chaos and depression. There would be massive flight from all large cities, causing catastrophic losses for urban businesses and real-estate markets.

Even a much smaller attack – such as a new series of anthrax attacks or the explosion of a dirty radiological bomb in which a few thousand people died, would probably be enough to bring border traffic to a screeching halt, and cause martial law to be imposed – plunging our country into depression.

At the very least, the War on Terrorism will be very expensive for our economy, as a result of huge increases in military and homeland-security spending, expensive new security equipment and personnel for many businesses, and much higher taxes. The city of San Francisco alone has been spending \$500,000 *a day* just to station National Guard troops on a few bridges. All of these costs will draw resources away from product development and wealth creation, causing many businesses and families to go bankrupt.

The Hidden, Global Depression

And this all comes on top of a deepening global depression (although no one wants to call it that). Japan is already mired in a full-blown deflationary depression, with the unheard-of unemployment level of 6% in a country that has had full employment and lifetime jobs for 50 years. Consumer spending is at virtually a standstill, the banks are insolvent as a result of billions of bad loans made during their bubble of the late '80's. The Nikkei 225 stock index has fallen under 10,000 – a decline of 75% since its record high in 1990. Real-estate prices in some areas have fallen over 80%. Government debt is 140% of GDP – the highest ever recorded in the modern era in a major country during peacetime.

Europe also has major economic problems. Economies are slowing down, with unemployment heading back to double-digit figures in France, Germany and most

other countries. Manufacturing output was down 8% in Germany in the latter part of 2001. Major stock markets across the continent are down about 30% from their record highs of a few years ago. Although Europe runs trade surpluses with the rest of the world, export volumes are dropping.

Asia's Tigers are struggling. They were able to partly bounce back from the 1997 crash because of strong exports to the booming United States. But U.S. imports of computers and other electronic goods have dropped sharply, causing a growing depression in South Korea, Taiwan, Singapore, Malaysia and even China.

Latin America has been hurting since the Asian crash, both because of drops in raw-materials exports, and because of the flight of Western capital from the region. The spectacular crisis in Argentina may be grabbing the headlines, but other major countries like Brazil and Venezuela are not far behind. The widespread loan defaults sweeping Latin America could easily take down many U.S. banks, which have massive loans in that region.

The U.S. itself has been in recession since the summer of 2000, after the sharp declines in the stock markets and the hikes in oil prices. The NASDAQ 100 stock index is still down over 60% from its peak of about 5000 in March 2000. The combined losses of these tech companies for the first three quarters of 2001, was \$82.5 billion! Over 800 dot.com companies have vanished, with thousands of layoffs in Silicon Valley. Home prices in Palo Alto – the heart of Silicon Valley – dropped by 67% between February 2001 and February 2002.

Layoffs are mounting elsewhere. Ford is cutting 22,000 jobs and closing nine car plants. General Motors is closing the venerable Oldsmobile division, and continues its 0% financing deals in a desperate attempt to clear its inventory. K-Mart has filed for Chapter 11 bankruptcy, and is closing 284 stores and cutting 22,000 jobs. If the company goes under, another 200,000 jobs will be lost.

Airlines, already losing money before 9/11, have cut over 100,000 jobs, and are still bleeding millions of dollars a day. US Air lost \$1 billion in the 3rd quarter of 2001 alone, and United and American each lost over \$2 billion for the year. Midway Airlines closed last fall, and America West is in bankruptcy. In Europe, Swissair and Sabena have shut down. Hotels and cruise ships are reporting drops of 20% to 80% in business.

America faces yet another serious financial threat. Thanks to decades of massive trade deficits (now running nearly half a trillion a year!) foreigners now own over \$7 trillion in U.S. stocks, bonds and real estate. Nothing is wrong with that, *per se*. However, if a slowing U.S. economy or serious terrorism attacks cause foreign investors to hit the panic button and sell their dollar holdings, it will crush U.S.

financial and real-estate markets. Imports like oil (the U.S. imports 60% of its consumption) will become rapidly more expensive, and the Federal Reserve would jack up interest rates to try to stem the outflow of funds. That would further depress the U.S. economy. It is not impossible for American consumers to suffer the same fate as Asians a few years ago or Argentines today!

The world will not end. But the likelihood of the global depression getting worse before it gets better is overwhelming. The bad investments made by businesses in excessive factories, offices, hotels, computer and fiber-optic equipment, etc. that were made under the credit bubble and stock-market mania of recent years have to be liquidated. The mountain of shaky consumer and government debt has to be paid down before the unemployment bottoms out and a sustainable recovery can begin.

Under normal circumstances, a recovery would probably begin in two to three years. But now we face the ever-present threat of a crippling terrorist attack. So one must stay prepared at all times.

Will Your Business And Career Survive?

The terrorism threat and deepening depression will be terrible for many individuals and businesses. But others are thriving in this environment.

Will your business or job survive? And if not, what are your practical alternatives? The following list of financial casualties from the last great financial meltdown - the crash of 1929 and the ensuing Great Depression - provide a guide to what might happen in the coming months.

Lessons from the past: Casualties of the Great Depression

A good survey of the economic effects of the Great Depression of the 1930s was provided by Jim Davidson and Lord William Rees-Mogg in their 1993 book ***The Great Reckoning***. Particularly hard-hit were:

Banks & Investment Firms. After the stock market plunged 89% between 1929 and 1932, 90,000 businesses went bankrupt, and 15 million people - 25% of all workers -

lost their jobs. There was massive default on both personal and business loans, and hundreds of banks were forced to close.

In 2001, there were a record 1.8 million personal bankruptcies in America. Default rates on credit-card debt has reached 15% for major issuers like Provident. The leading commercial banks today are more over-leveraged than were the Savings and Loans during the 1980s when many failed. In the coming months, banks in the U.S. will be forced to write-off billions in bad loans due to defaults. Thousands of Wall Street bankers and brokers have been shown the door, and the survivors have had their bonuses eliminated.

Real estate. Housing prices fell 90% in the Depression. Facing massive unemployment and bankruptcies, demand dried up and destitute homeowners sold their property for whatever they could get. A new home could be bought for less than \$3,000.

Today, the speculative real-estate bubbles in Japan and other Asian countries have burst. Some Tokyo real estate has fallen 80% since it's peak. Recently, real-estate prices in Hong Kong fell 50% in just a few weeks.

The same is now happening in overpriced areas of the U.S. In Manhattan, some rental prices dropped 70% in the three months after 9/11. By February 2002, commercial real-estate vacancy rates hit 16% in Atlanta, 17% in Los Angeles, and a whopping 30% in Dallas. [Maureen Fan, "N.Y. rents plummeting," San Jose Mercury News, 2-18-02.]

There is now over 50-million square feet of commercial rental property sitting vacant in the San Francisco-area, all abandoned in the space of a single year. Overpriced real estate in many parts of the U.S., particularly in large cities, could easily experience similar plunges if the economy gets even a little bit worse.

The Automotive Industry. Sales fell 50% in the 1930s, and dozens of US car companies – including famous brands like Pierce-Arrow and Stutz – went out of business.

Today, auto manufacturers worldwide have an estimated unused capacity of 20%. In Asia, financial problems have pushed car sales down as much as 90% in some countries.

U.S. auto sales staged a resurgence in the 4th quarter of 2001, thanks to zero-percent financing deals – in effect enormous price reductions, which even auto executives admit came at the expense of future sales, not to mention profits.

Expect a big shakeout and consolidation of the world auto industry and its suppliers in the next few years.

Durable goods. In the 1930s, sales of furniture, appliances, and musical instruments fell 50% to 80%.

Today, after years of economic boom, there is a glut of consumer durables and also huge overcapacity among retailers. The depression will create a veritable bloodbath in the durable-goods industry. K-mart is a sign of things to come. Expect to see many shopping centers and malls sitting half-empty for months or even years.

Clothing. Sales fell 50% in the Depression. This is another very risky area. Apparel sales were down 10% during the 2001 Christmas season.

Import-Export & Shipping. Both suffered badly in the 1930's. High tariffs and a general lack of demand killed off over 90% of international trade.

Before 9/11, shipping and air-cargo companies were already suffering from shrinking global demand. Huge delays due to heightened security measures have increased the misery. Now on top of that, President Bush has set off an international trade war by imposing tariffs of up to 30% on foreign steel. As *Reason* magazine put it, "the global economy is dead."

17 Areas of the Economy That Are Soaring

The silver lining in the War on Terrorism and the global depression is that areas of the economy listed below are soaring. They're listed in no particular order.

#1. Self-Defense Classes. Classes in martial arts in every form – from boxing to Kung Fu – have been booming since 9/11. My informal observation of local karate classes found at least 2-3 times more people taking classes now than they did a year ago, including many more women. Teachers are charging 20% to 50% more.

However, I don't know of any classes more pricey than Jerry L. Peterson's SCARS (Special Combat Aggressive Reaction System) program.

Peterson offers intensive seminars which promise to turn desk jockeys into killing machines in just days. His three-day seminars cost \$1,800 per person.

The price for a one-day, one-on-one training session with Peterson: \$50,000!
(Source: Seth Lubove, "What if It's You?", *Forbes*, 10-15-01.)

#2. Guard Services. Services providing private security guards report that they were swamped after 9/11. Demand from everything from malls to nuclear-power plants remains high. Some services have increased prices by as much as 50% since 9/11.

#3. Air Charter Services. The *New York Times* says “Charter companies report business across the board has surged since September 11th.”

Jacque Rosser – flight operations manager for the National Air Transportation Association which represents over 800 charter operators says, “It’s up about 40% for new inquiries, mostly in the East and West Coast and also some of the major Midwest areas.” (Davidson Goldin, “People chartering planes for travels,” *New York Times*, 2-24-02.)

#4. Home & Business Security Products.

Sales are up 20% to 70% since 9/11.

#5. Electronic Security. Skyrocketing demand from both business- and homeowners concerned about their safety. Airports alone will spend billions in the next few years on security screening technology. Thus, shares of Invision Technology, which makes airport security detectors, increased 90% between March of 2001 and March 2002. Dividends went up a whopping 17-fold, from 1¢ a share to 17¢. (Source: KRON 11 O’Clock News, San Francisco, 4-23-02.)

#6. Defense Industries. Bush wants to spend a record \$411 billion on defense and defense-industry revenues and shares are soaring. Cepheid – a small Silicon Valley company that produces a DNA-based bio-weapons detector – saw its shares rise 86% in a single day, and a total rise of over 435% in a few months.

Shares of American Access Technologies of Lake Mary, Florida – which makes special chemical alarms rose over 450%. There are many similar examples. (“Defense stocks rise on Bush budget,” *The Wichita Eagle*, 2-1-02; Adam Shell, “Once obscure bio-defense stocks soar,” *USA Today*, 10-10-01.)

#6. Bio-Tech. This remains one of the bright spots in the New Economy. As you might imagine, bioterrorism-related stocks have benefited particularly well, some going up several hundred percent in the months after 9/11.

#7. Medical Care. The average age of our population continues to increase, resulting in growing demand for medical services of all types.

#8. Psychiatry & Counseling. Surging demand after 9/11. Continue fears of terrorism in the U.S. highlighted by the wave of suicide bombings in Israel – will likely increase demand more.

#9. Dating Services. September 11th has made people much more concerned about forming lasting relationships. Business is up at some dating services as much as 80% since 9/11.

#10. Wedding Planning. Weddings have also increased dramatically since 9/11.

#11. Home Improvement. As usual in a weak economy, people are opting to stay home more and fix up their living space.

#12. Rent to Own. The recession has created a surge in rentals of all types.

#13. On-Line Retailing. On-line retail sales increased a mind-boggling 40% during the 2001 Christmas shopping season and continue to increase. In the wake of continued suicide bombings at Israeli restaurants and shopping malls, this trend will likely continue for at least the rest of 2002.

#16. College and graduate programs. As a result of the weak U.S. economy and dot.com disaster, more and more students are opting to stay in school longer and get MBAs and other advanced degrees to make them more competitive in a tight job market. *Business Week* (2-25-02) reports: “BLS [Bureau of Labor Statistics] figures show that the percentage of young people enrolled in school rose substantially over the last year.”

At the University of California at Berkeley, the percent of applicants being admitted has decreased from 40% ten years ago, to less than 25% today, due to skyrocketing demand. The story is similar at colleges and universities throughout the country.

#17. Government. After 9/11, the era of small government is definitely over. (Was it ever actually here?) Bush wants a 40% increase in defense spending alone – plus the new Office of Homeland Security, U.S. Military Command, Department of Transportation Security Services (a national airport police force), US Freedom Corps, expanded Medicare benefits, increased foreign aid, and even a **Department of Peace**. (Shades of **1984**.)

State and local governments are also hiring and spending more to cope with post 9/11 security demands.

Bottom line: Government employment is at an all-time high and growing fast.

19 More Excellent Careers and Businesses for the New Depression

The new crises are restructuring economies and governments throughout the world. The following occupations and businesses should benefit the most in the next few years from depression and threats of terrorism:

- 1. Attorneys.** Bankruptcy lawyers are already doing a booming business. Liability lawyers will continue to flourish as they sue insurance companies relating to damage claims from the World Trade Center attack, and likely future incidents.
- 2. Bars, cigarette manufacturers, etc.** People like to drink to forget, and nicotine addicts will pay nearly any price to feed their habit.
- 3. Carpenters, plumbers, auto mechanics and blue-collar services.** When people can't afford to buy new, they fix up what they have. You'll be able to make a good living if you can repair cars, fix plumbing, or install burglar alarms – providing new taxes and license requirements don't put you out of business. Benefiting the most will be handymen and artisans who are self-employed, flexible, and able to work off-the-books.
- 4. Computer programmers.** There is a huge new demand for computer-security software and procedures. Also, businesses will be striving to get more mileage out of their current systems to improve productivity and cut costs.
- 5. Controlled drugs, prostitution and other illegal vices.** Prices may fall when everyone is pinched, but volume should increase.
- 6. Engineers and technicians specializing in security & biotech.** There is obviously soaring demand for high-tech security devices (such as explosive detectors), vaccines for bio-weapons, and a new wave of military procurement, which is just beginning.
- 7. Fast-food and inexpensive restaurants.** People still want to go out, even if they can no longer afford expensive restaurants. The alternative is inexpensive family restaurants and fast-food. Except in the worst crises, people still like to eat out, and this is the cheapest way to do it.

Two major concerns for restaurant owners: (1) Insuring reliable supplies if there is a major terrorist attack against key infrastructure, shipping or the national rail

system, and (2) protecting your business in a depression from a growing number of robbers.

The losers are high-price restaurants (some San Francisco restaurants report business was off by up to 80% in early 2002), and the gourmet-food business. People will eat more simply and inexpensively, as they did in the 1930's.

8. Food distributors, grocery stores and pharmacies. People always have to eat. Even a temporary interruption in the delivery of food and medicines will result in panic, hoarding, and skyrocketing prices, despite predictable government price controls. A major legal assault on the "junk food" industry is also just beginning, like the attack on the tobacco industry. There may soon be a huge, underground market for untaxed Twinkies and Ho-Hos.

In the event of a terrorist attack in your area, if you have stocks of canned goods, liquor, frozen food, condoms, diapers, water, skin cream, aspirin, candy, or cigarettes, you may be able to make huge profits.

One warning: If we experience a serious emergency, government will quickly freeze prices, ration food, and arrest or shoot hoarders. Under those circumstances, you will have to operate in the black market and take major risks to stay in business. But if you succeed, profits will be huge.

9. Guard and protective services. In a crisis, police will be overwhelmed. Armed guards, burglar-alarm services, and protective devices like mace and stun guns will be in high demand.

If you have appropriate skills and interests, take armed-guard and private-investigator classes now so you'll be licensed and ready. You can go through the process in months, and as a further plus, it will entitle you to legally carry a gun.

10. Gun dealers and gunsmiths. The war on gun owners is continuing and increasing. There is already a huge underground market for guns and ammo, which will only increase in the wake of new gun bans, expanded registration, confiscatory bullet taxes, and so forth.

In a major crisis, your weapons and ammunition will be worth their weight in gold. However you will need to make sure they're very well-protected. Gun shops and liquor stores are the first targets of looters.

Moreover, under a declaration of National Emergency, gun sales and private gun ownership will likely be banned by government. Many politicians and government officials in both parties would love to see all privately-owned guns

confiscated. Rosie O'Donnell was expressing the view of many when she declared that "all gun owners are all criminals" who ought to be jailed. That, of course, doesn't apply to her armed security guards.

While you'll be able to make a fortune selling, making or fixing guns, the chances are good you will be forced to go underground, risking arrest and imprisonment.

11. Home energy systems. I believe this is the wave of the future for several reasons: Skyrocketing energy prices. Unreliable supplies, particularly in view of the expanding Middle East Crisis. Vulnerability of the national power grid to terrorist attacks. And plummeting cost for reliable, alternative-energy sources, such as solar power and (in the near future) fuel cells.

Lead by solar power systems and fuel cells, demand will steadily grow for all forms of alternative-energy systems, including propane generators, wood stoves and passive solar systems. You should be able to make an excellent living marketing and installing these systems for homes and businesses. Top dollars will be commanded by "alternative-energy consultants" who can design and build custom home and business energy systems. Some consultants on the west coast are currently charging \$200-\$500+ an hour.

12. Independent educators and related services. Government school systems are breaking down and in some large cities are on the verge of collapse. In some school districts, corruption, mismanagement, and waste are so bad that state authorities have taken control.

Throughout America's schools, standards are falling, textbooks have been dumbed-down, and politically correct "feel good" schooling has largely replaced education in the fundamentals and marketable skills. More and more parents are turning to alternatives, including private schools, home schooling, and religious schools. A breakdown in the economy and public order will accelerate this trend, and create growing demand for competent independent teachers, educational software, home-schooling materials, private schools and so forth.

13. Medical personnel and supplies. This is actually a mixed-case. On the one hand, there is a growing, national shortage of doctors and nurses, compounded by our aging population. On the other hand, doctor's salaries are plummeting due to burdensome government paperwork and regulations. Under proposed medical emergency laws, doctors and nurses could even be forced to work for nothing!

My prediction: A huge and growing cash-based medical underground in America, providing the services people want, free of government regulation. Participating in the medical underground will be very profitable, but also very risky.

14. Movers. Depressions have always been periods of major migrations in search of better opportunities. The newest migration has been that of the wealthy information-age elites to small towns like Aspen, Colorado, that offer a high quality of life (and are unlikely terrorist targets). That will accelerate during the depression as urban and even suburban crime and infrastructure decay force people to flee. Many people will also leave the U.S. if there are major terrorist attacks. Moving companies and truck-rental companies will thrive.

15. Pawn and thrift shops. People will hock anything and everything they can for sorely-needed cash. They may even accept food, cigarettes and other barter items, if things get bad enough. Thrift shops can become de-facto general stores.

16. Police, prison guards, and prisons. With over 1.2 million Americans now in prison, the U.S. imprisons more of its own citizens than any country on earth, including Communist China. There is now a vast, multi-billion dollar prison industry in America, using what amounts to forced labor to make everything from auto license plates, to clothing, furniture and toys. This industry will only grow in the foreseeable future as more and more desperate Americans are imprisoned for tax evasion, selling drugs, “money-laundering” and other crimes against the state.

17. Small-town real estate. Demand is already soaring for moderately-priced property and land located in safe areas, unlikely to be attacked by terrorists.

18. Security devices and services. There has been a large increase in property crimes as the U.S. recession gets worse. Businesses and gated communities are hiring more security guards and installing more security equipment, such as hidden cameras and electronic pass-key systems. Many of the wealthy and celebrities are quietly buying armored cars and hiring more body-guards.

19. Water-purification devices. The safety of drinking water could be compromised in some areas due to cuts in maintenance and equipment malfunction, not to mention possible terrorism.

High-quality water filters and other water-purification devices and chemicals will be in big demand. This will be a fertile area for direct sales, as well as for hardware stores.

Careers And Businesses Likely To Go Belly-Up During The New Crises

Artistic and cultural endeavors including ballet schools, symphony orchestras, libraries, art galleries and piano schools. These enterprises are already struggling – total philanthropic giving was down 60% in 2001 – even with the (very selective) outpouring of charity in the wake of 9/11. Charitable funding and patrons will continue to disappear during as a result of continuing recession and terrorist concerns.

Charities. Although Americans generously contributed billions to the Red Cross World Trade Center funds and to similar 9/11-related fund-raising, contributions were off 60% to 80% to other charities. If the recession gets worst, funds will dry-up even more.

New car sales. During a crisis, sales will plummet, particularly in the wake of the huge discounts and zero-percent financing offered by dealerships last year, which caused 2001 sales to soar – at the expense of future sales.

Many banks, S&L, and insurance companies, including some of the largest US banks. Citicorp, Chase Manhattan, Bank of America and major US banks are at severe risk because of mountains of bad loans at home and abroad.

If you work for any bank with a shaky loan portfolio, your job is at risk. If you keep money at one of these banks, your business and personal finances are at risk. Chapter 10 explains how you can check to see if your bank and insurance company are financially-sound.

High-end boutiques, gourmet food, and fancy restaurants. The first to go in a recession. Some San Francisco stores report sales off 80% in early 2002.

Maid services, manicurists and therapeutic massage services. Highly discretionary, and dead meat in a depression.

High-end real estate, particularly in and near large cities. Homes and office buildings in large US cities like New York and San Francisco now have some of the most inflated prices in the world. Modest two-bedroom houses on 1/10th acre lots in

parts of San Francisco now sell for over \$3 million. One 2,000 square foot home (3 bedrooms, 2 baths) with an ocean view and very small lot in Santa Cruz (south of San Francisco) was offered for \$4.5 million in February 2002.

This is a reflection of the artificial expansion of consumer debt and inflation in stock prices that has taken place over the last 12 years. When the global financial meltdown hits the US in earnest, these sky-high real estate prices could fall by 80% or more.

Hardest hit will be the most overpriced homes and high-end houses in general. One modest three-bedroom house across the street from my previous home was purchased for \$720,000 in 1991. In 1995 the owner was unable to sell it for \$400,000. (It has since gone up in price.) Moderately-priced, single-family residences, priced between \$100,000 and \$300,000, should hold up the best.

You can expect residential and office condos, and vacation homes to nose-dive. Save your cash, gold and silver and pick up some real bargains within a few years.

Do I Need A New Career?

There are over 20,000 jobs and careers listed in the *Dictionary of Occupation Titles*, so the preceding discussion of winners and losers during the new crises just scratches the surface.

To determine if your job or business will likely survive, ask yourself these questions:

1. Is my company financially sound, or is it deeply in debt and reliant upon bank loans to survive? If it's deeply in debt, it may not be able to withstand even a few months drop in income or loss of new bank loans. Even with interest rates at the lowest levels in decades, lenders had begun to tighten up as a result of the continuing financial meltdown – and interest rates are already moving up.

2. Does my company provide products that are *necessities*, such as power, food and water, or are its products discretionary, such as golf clubs, gourmet food, or expensive clothing? As many dot.coms discovered last year, in the long-run, every business has to have products people are willing to buy and a way of selling them profitably.

3. Will my company survive if they lose power for two weeks? What if the outage lasts *two months*, like it did in Auckland, New Zealand? Most of the U.S. power grid is

dependant on cheap foreign oil. If that supply dries up or if prices skyrocket as a result of the expanding Middle-East crisis, businesses will be hard hit. If your company is located in a particularly-vulnerable area – such as New York State or California – you may want to look into alternative power sources, such as solar or a commercial-quality, propane generator.

4. Is my company located in an area that's most likely to experience a major terrorist attack, or rioting if there is a blackout or if welfare checks stop arriving for a few weeks? High-risk cities include government and financial centers like Washington, DC, New York, Los Angeles, Atlanta, Dallas, Chicago, London, Boston, and San Francisco.

5. Is my job likely to be eliminated if my firm cuts back?

6. Is my company reliant upon government contracts, and if so are those contracts likely to increase due to terrorism, or be cut in an economic crisis?

8. Are a significant portion of my company's sales to countries in the Middle East, Asia or Latin America – including South Korea, Japan, and Brazil – that are particularly vulnerable to the Middle East conflict and continuing Asian and South American financial problems?

9. Do I work for a politically-controversial company or organization – like the Christian Coalition, National Rifle Association, a controversial publication, or the ACLU – that the government might perceive as a threat and attempt to close down in a crisis?

10. Does my company cater to people on welfare or middle-class families deeply in debt, that will be wiped out in a financial meltdown?

What to do if your job or business is vulnerable

If you decide your job is unlikely to survive the spreading global recession and War on Terrorism, **first make a detailed list of your assets and skills.** Then, take action you deem appropriate to survive and prosper in the Age of Terror.

Do you have lots of money in the bank, or are you living paycheck-to-paycheck?

Does your business have a strong cash position, or a weak position?

Are you able to move to another area less vulnerable to terrorist attacks or rioting, such as a small town or another part of the city?

Can you sell your house for more than you paid for it, or is it worth less now?

Is demand for your company's products and services growing or falling?

Can your business offer new products or services that will sell well in the age of depression and terrorism?

Can you quickly learn new skills that are in high demand in the Age of Terror?

Can you relocate your business to South America or some other area where labor costs are lower and government regulation less oppressive?

Do you speak Spanish or some other foreign language that would enable you to easily move to another country?

Do you have skills that are in high demand during the age of terror, such as security consultant, business liquidation, gun repair, or alternative-energy system design and installation?

If you decide that your job or business are vulnerable, **take action immediately.** The government is gearing up for a 50-year (i.e., endless), global War on Terrorism. If you and your business aren't prepared for the new economy and political reality, you could find yourself living on the street a few years from now.

On the other hand, if you take advantage of the many profitable new opportunities, you could be wealthier and happier than ever before.

Eleven-Step Business Survival Plan

Although another terrorist attack could occur at any time – quickly leading to martial law in America - there are a number of simple steps you can take to greatly increase the chances that your company will survive both terrorism and depression. These include:

1. Create a crisis survival plan for your company. You will need to examine every aspect of your company's operation. Decide what new products or services you can offer that will make you a bundle during the crises.

You also need to figure out how you will pay employees, market your products, get vital raw materials, protect your facilities, and get your employees to work if there is a social breakdown.

In New Zealand, companies that survived had already rented alternate office space outside the center of the city as an emergency backup. (Auckland had been having breakdowns in its power systems for years.) During the 1965 New York City blackout, the only radio stations that stayed on the air were those with emergency generators.

2. Make sure all of your computers, fax machines, security systems and other crucial electronics are secure from terrorist virus attacks, power surges, etc.

3. Keep backup and hard copies of all vital records including payroll, leases, employee records, contracts, etc., etc.

4. Stop doing business with companies that aren't secure, whenever possible. That includes your bank, insurance company, and suppliers (both domestic and foreign). They could take you under with them.

5. If your offices are in an area that's at high-risk of a terrorist attack, martial law regulations, etc., consider moving – or at least have an option on space in a safe area you can quickly move to in an emergency.

6. Get your company out of debt. Companies that are deeply in debt won't survive. If your bank goes under, your loans could be immediately called.

7. Cut expenses. Cut back on staff, offices, expansion plans, and inventory whenever possible. The only exception is if you're in a business such as generators, freeze-dried food, or precious-metals sales that will benefit from the terrorism crises.

8. Have enough cash on hand to continue operations for at least two months with no income. If you believe a major crisis is likely, you'll also want to have enough silver and bullion gold coins and food on hand to keep essential employees going for at least

three months. Because of the threat of looting and government confiscation in a crisis, you will probably want to restrict who knows about these stockpiles.

9. Make sure your company has an independent source of power that will last at least four weeks. If you think a power outage is possible in your area, get a backup generator, photovoltaic solar system (if you live in a sunny area), or other alternative-energy system. (See Chapter 6.)

10. Build up a stock of essential supplies to keep your company functioning in the event of a social breakdown. That includes raw materials, office supplies, spare parts, etc. You also will want to have an emergency supply of food and water for your employees, and encourage them to have their own emergency supplies.

11. Educate your employees about the nature of terrorist and economic crises and encourage them to both help formulate a corporate survival plan and their own personal survival plans.

Chapter 8

Protecting Your Home and Community

In April 1968, the assassination of civil-rights leader Dr. Martin Luther King triggered nationwide riots. At that time, my father owned a small grocery store in a poor, black neighborhood in Washington, D.C.

The day after Dr. King was assassinated, tension in black neighborhoods across America reached a boiling point. As the sun set, thugs began looting and burning. By late evening, the entire city seemed to be on fire.

One particular focal point of the looter's hatred were stores in black communities owned by white men, like my father. The police were useless. Their "response" to the growing riots was to pull out of one neighborhood after another and hole up in the safety of their stations. My family watched live TV coverage as stores closer and closer to my father's were looted and torched.

We lived many miles away from the riots and we were in no immediate physical danger. But that little grocery store was our family's only means of support, and my father was struggling to make mortgage payments on a new house. We didn't know if he would be out of business the next morning or not.

About 1:30 am – at the height of the burning and looting – my father got a call from one of his customers. A frenzied mob had indeed descended on my father's store, intent on destroying it. But when they got there, they got a surprise.

My father's store had been completely surrounded by his customers. They refused to let the looters burn it. Neighbors had banded together, and told the looters to go elsewhere, yelling they needed someplace to buy food and my father was a good and honest man. I was extremely proud of my father in that moment.

A few days later, with National Guard troops patrolling the streets of Washington, D.C. we learned the rest of the story: My father's grocery store was the only one in the neighborhood that had survived. Gas stations, grocery stores,

restaurants, and dry cleaners for miles around had been sacked and burned to the ground, regardless of whether its owner was white or black. Several other small store owners who lived above their stores – as my family had just two years earlier – had been attacked and seriously injured. Some were hospitalized and one black grocery-store owner had been killed trying to protect his store.

I learned many important lessons from those riots.

During crises like the Martin Luther King riots, both the best and worst in human nature manifests itself. During power blackouts, hurricanes, and political upheaval, some normally-decent people will form mobs, and riot, rape and loot.

You can't depend upon the police to protect you. During civil unrest and natural disasters, they are frequently overwhelmed and disorganized, at least initially.

If the breakdown in social order is serious – like it was during the 1968 Martin Luther King Riots, Hurricane Andrew, and the 1992 Los Angeles riots – police simply don't have the resources to protect you or your property. Even well-trained troops can take days or weeks to restore a modicum of order, and they can NEVER protect every person and building.

Your best protection . . .

. . . is yourself and your neighbors. In August 1992 in Florida, in the aftermath of Hurricane Andrew, over 29,300 troops were sent in to restore order. The military ordered the evacuation of entire neighborhoods, claiming that was the only way they could stop looting and restore “control.” *Anyone* caught in restricted areas, other than emergency workers, police and troops, was subject to immediate arrest, including homeowners trying to protect their property from looters.

Thousands of disaster-shocked residents, who had nowhere else to go, were herded into military tent cities. Most were middle-class refugees who had never lived in anything less comfortable than a three-bedroom home or luxury condo.

Suddenly, in the midst of sweltering summer heat, they were forced to stand in long lines to use portable toilets and showers. Sometimes several families – complete strangers – were forced to live in a single tent with little food and no privacy. Understandably, most people moved out as quickly as they could – preferring to live clandestinely in their damaged homes or even in their cars.

Security lessons from the LA riots, Hurricane Andrew, and other disasters

LESSON #1: During a social crisis, count on law and order breaking down fast.

Further, the more severe the disaster, the more widespread and the more long-lasting the breakdown.

Society has changed radically in the last 50 years, accelerating this breakdown even in a minor crisis. Tens of millions of Americans now live paycheck-to-paycheck. Savings is at an all-time low; in September 1998, net individual savings in the US were actually *negative*. Millions of other families depend upon social security, disability, and welfare payments to survive. In New York City, 25% of the residents are on welfare. If anything prevents the arrival of those payments for more than a few weeks, millions of people across America would quickly become desperate and do anything to get food, water, medicines, and gasoline for their cars.

The situation is even worse in Europe, where the welfare state is more pervasive and deeply-entrenched, and the global depression is deeper. If government checks stop coming for even a few weeks or if their purchasing power is seriously eroded (in Russia it plummeted 95% in one year!), millions of people will quickly turn to shoplifting, fraud, and robbery to survive.

LESSON #2: You cannot count on the police to protect you.

In 1992 in Los Angeles during the Rodney King riots – just like in Washington, DC during the 1968 Martin Luther King riots – police abandoned affected neighborhoods, in some cases before serious trouble even began. TV captured horrific scenes of police doing nothing while motorists, like Reginald Denny, were dragged from their trucks and cars, and beaten, robbed, or killed.

Since then things have gotten worse. In many cities, police emergency services are already on the verge of collapse. Emergency 9-1-1 lines are overwhelmed in many cities. The *average* police response time to a 911 call in Los Angeles is 20 minutes, and in some cases several hours.

Public morality has also deteriorated tremendously in the last 10 years, making it likely that violence and destruction during the next urban riots will be much worse.

To gauge how low public morality has gone, just look at the lack of public outrage to the numerous Clinton scandals. Or look at the sex scandal in the Catholic Church. In early 2002, over 200 priests were indicted for sexual assault and rape of children – violent crimes that were covered-up by some of the highest authorities in the Church.

Or consider a recent Zogby Poll which found that 75% of high-school students admit that they regularly cheat on tests and see nothing wrong with it. Some 30% say they see nothing wrong with shoplifting, and many believe that assault or even murder is the proper reaction to someone who “disses” (i.e., disrespects) them.

Count on violence being much worse during the next round of urban riots.

LESSON #3: Your friends and neighbors are your best protection.

In Los Angeles during the 1992 riots, Korean merchants picked up shotguns and rifles, stood on the roofs and patrolled their stores. Looters went elsewhere. In some neighborhoods, quick-thinking residents barricaded streets into their communities, and met looters with loaded guns and baseball bats. Again, the looters went elsewhere.

A few brave individuals, with fierce determination, did succeed in turning back looters by themselves. But most who tried it single-handedly were either badly beaten, crippled, or killed. Most successful were those who worked with their neighbors and friends to defend their communities.

LESSON #4: You must prepare in advance.

When a crisis hits, it's too late to go out and buy a gun, fortify your home, or form a close-knit community. Gun stores will probably be closed. Hardware stores will quickly run out of even the most basic necessities. Grocery stores will quickly be stripped bare. Roads and highways may be blocked, and airports closed.

The Korean merchants who successfully defended themselves in Los Angeles in 1992 already owned guns and had strong ties with other Korean merchants. The prepared survive. The unprepared become victims.

Strategies For Self-Defense

Today, even minor and short-lived social disruptions could pose major threats to your safety and property. Just look at the massive looting that occurred in New York City on November 9, 1965 when the city lost power for just one day. Or look at the aftermath of a soccer riot in Europe. Or look at Israel, where simply going shopping or taking the bus means taking your life in your hands.

Can you imagine the violence and suffering if terrorist bombs caused Washington DC or New York City to lose power for even a few weeks?

Yet power blackouts and bank closings for a few weeks are *the most benign effects* you can expect from a major terrorist attack in your area.

Don't be a victim. Take steps now to insure your survival and prosperity.

Here are our strategies for survival:

Secure your home

This is basic common sense. Even in the best of times and safest of neighborhoods, a typical middle-class home is an easy target for burglars, rapists and looters. Walk around your home and *really* look at it from the criminal's perspective.

Ground-floor windows can easily be broken or cut open. Doors can be opened with skeleton keys or lock picks. Hollow-core wooden doors can be broken open in seconds with a sledge-hammer or just a strong shoulder. Automatic garage doors can be opened with infra-red signal generators available from electronic-supply stores. Tall bushes and unlighted areas conceal break-ins. Ladders and trellises are open invitations. Open drapes displaying valuable property are irresistible temptations.

To protect your home, all outside doors should have properly-installed dead-bolt locks, and metal frames. Windows should be secured with removable pins or strong locks. Replace flimsy outside doors made of hollow-core wood or with large areas of glass, which is easily broken. Instead, install either solid hardwood doors or metal doors, with metal frames, and little glass.

Replace glass patio doors with either tempered glass, strong plastics (which are up to 17-times as strong as glass), or glass with an interior wire-mesh. If your present glass patio door is typical, a teenager with a hammer could break in within a few seconds. Also make sure there is a removable metal bar in the lower door track,

preventing anyone from forcing the door open. Alternatively, use an old broomstick or mop handle.

All ground-level windows should have strong locks (not the latches that they come with) and be made of either tempered glass, modern plastics, or be covered by metal bars with safety releases. These ensure your family will be able to get out quickly in an emergency, like a fire, earthquake, or home invasion. Make sure all family members have practiced operating the release mechanism. Basement windows should also be secured with sturdy locks and covered by bars.

Next, **make sure the second story of your home is inaccessible** to burglars. Again think like a crook. If you have an easily-climbable decorative lattice beneath a second-story window or a ladder sitting out in your back yard, you're just inviting thieves to come in.

All sides of your house should have motion-activated flood lights with battery backups and ear-piercing sirens to warn off invaders and alert neighbors.

Get a good alarm system directly connected to a guard service or to the police (if they're reliable in your town). Make sure and install both break-in and motion detectors in as many windows and doors as possible, including attic and basement windows and large ventilation grills. Your alarm system should also trigger bright interior lights when it goes off. You can even buy literally-blinding lights, sure to disorient any would-be burglar trying to break-in at night.

If you can't afford a full-scale alarm system, start with a few inexpensive pieces – they're better than nothing. At the very least, install signs stating your home has an alarm system and guard service, on all sides of your house. The signs should look professional and believable.

Install smoke and carbon-monoxide detectors with automatic emergency lights throughout your house, and check the batteries at least twice a year. When you change your clocks for daylight savings time, is a good time to do it.

Another excellent home protection is a dog, the more ferocious-sounding the better. That doesn't mean a large dog or vicious dog, just one that sounds that way. One of the most frightening dog sounds I ever heard came from a scrawny 15-pound mutt with delusions of grandeur. However from outside of the house, this particular dog sounded like a real killer.

If getting a dog is impractical, you can still post signs that say "Beware of dog" or "Our dog can make it to the fence in 2 seconds. Can you?" I can't tell you how many salesmen have been scared off from my house by these signs and our little dog. You

can also buy recordings of a vicious dog barking that is triggered by an attempted break-in.

For more information on securing your home, check out these books:

All Thumbs Guide to Home Security by Robert W. Wood, 131 pages, (July 1993), Tab Books, \$9.95.

Burglarproof by Michael D. Ketcher, Institute for the Preservation of Wealth, 1997, paperback, \$29.

Home Safe Home: How to safeguard your home and family against break-ins by Helen and Michael Maxwell, paperback, 220 pages, 1992, New Horizon Press, \$13.95.

Home Security for Single People: A basic guide to secure living by L. Davis Almand, Chicago Spectrum Press, San Francisco, 1995, paperback 152 pages, \$12.95.

Plan emergency exits from your home

If your home is severely damaged in an earthquake, hurricane, fire, flood, or invaded by an armed gang, you may need to get out fast. Each room of your home should be equipped with at least one emergency light, which will automatically go on in the event of a power blackout. You can buy plug-in flashlight emergency lights for as little as \$7 or \$8 each.

Create an emergency escape route for each room of your house, including rope ladders for second-story bedroom windows. Every family member should be thoroughly familiar with these emergency-escape routes, and practice using them at least once a month.

You should also have several crowbars throughout the house to pry open doors and windows in the event an earthquake or other natural disaster jams doors or windows.

Buy guns and learn how to use them . . .

. . . if they're legal where you live. The establishment media and government continually claim that your home is safer *without* a gun, and that *anyone who own guns is at best a retarded Neanderthal and quite possibly a potential mass murderer*. Don't believe them.

For the vast majority of people, **guns are the most effective and safest form of self-defense**. In large cities today, someone can break into your home and shoot you, rape you, and loot your valuables before police even dispatch a squad car – assuming you're even able to call the police while you're being attacked.

In many cities, it can take 10 to 30 minutes just to get an answer to an emergency 911 call! A recent study of the Los Angeles 911 system found that people were routinely put on hold for 20 minutes.

Most people don't know it, but after the 9/11 attack there was virtually no security for businesses around the site of the World Trade Center. Many were looted of everything despite the massive police presence just blocks away.

The lesson: In a crisis you're on your own.

Under the best of circumstances, you can't rely on police to protect you. In a matter of minutes (or less) an assailant can rob you, rape your wife, and kill you. Guns are your most effective means of self-defense.

Further, guns are one of your safest means of self-defense if you take just a few common-sense precautions. Dr. Gary Kleck, criminology professor at Florida State University (Tallahassee) studied 4,978 US households which owned guns. Dr. Kleck found that 99% of the time when people used guns to defend themselves against intruders, *no one was injured* – neither the homeowner nor the intruder. In virtually every case, the intruder ran away. Almost *none* of these incidents are ever reported to police, since homeowners don't want to be bothered with paperwork nor risk prosecution.

Dr. Kleck estimates that American civilians use their guns up to 2.5 million times every year defending themselves against muggers, burglars, rapists and other assailants. Overall, guns kept in the home are 216-times more likely to be used in defense against a criminal than to cause the death of a family member or other innocent person. Studies claiming the contrary simply ignored all of the cases where people defended themselves and the thug fled.

What about gun accidents? According to nationally-syndicated columnist Samuel Frances, your chance of dying from the accidental discharge of a firearm is 1 in 200,000. You are 29-times more likely to die in an automobile accident.

When citizens are armed, crime plummets. In Orlando, Florida, in a well-publicized program 15 years ago, police trained women in the use of firearms. Rapes fell by over 70%.

In America's "Old West," the handgun was known as "the great equalizer." It gave a 90 lb. woman stopping power equal to a 250 lb. man. It's the same today. American women use handguns 416 times a day in defense against rapists.

What guns should you buy?

Handguns and shotguns are particularly well-suited for home defense, and all responsible and mature family members should know how to use them. Handguns are easy to handle and effective. With shotguns, you don't even have to be a good shot. Just aim in the general vicinity of your assailant.

Get the largest handgun you can handle. Smaller-caliber guns, like .22 caliber revolvers, may not stop a large attacker. However, they are better than nothing. Below, I recommend a number of guns. However, it's always a good idea to educate yourself as much as possible, particularly in a case like this where your life could depend upon your decision.

Therefore I recommend reading a good gun magazine, like *Guns and Ammo*, which is filled with detailed, expert advice. Their annual report on handguns, which reviews hundreds of different guns, is a great place to start. You will probably want different guns for yourself, your spouse, and your mature children.

Handgun or shotgun?

Which is best for defending your home?

In a word: Shotgun!

As gun enthusiast Chuck Marsh observed, "... a pistol is a nice thing to have when you can't carry a gun."

A handgun has two advantages over shotguns and other long guns: It's portable and it's compact. However, these advantages are irrelevant in your home, unless you carry a gun all of the time – which is very dangerous, particularly if you have visitors, children, pets and relatives you like.

The problem with a pistol is that it fires a single bullet and it's easy to miss your target, particularly if it's moving fast. In test after test, even trained police officers failed to hit their target at ten yards after firing six rounds.

Unless you are an expert, you won't do even that well in an emergency, since you aren't used to shooting under extreme duress. Forget the movies. In real life, when your adrenaline starts pumping, your aim and reactions go south fast. If it's dark, the situation is even worse. A laser-sight will help – but make sure you keep your batteries fresh.

In contrast, a shotgun is an extremely powerful and flexible weapon, and it's very forgiving in terms of aiming. Unlike bullets, buckshot spreads out. The farther your target is away from you, the more it spreads.

A shotgun is considered by most experts to be the ultimate defensive weapon, since it can be fired rapidly, with great terminal effect. Shotguns can also be fitted with “magazine extensions” that hold up to eight rounds of ammunition. Others can be reloaded very rapidly.

A shotgun can also be fitted with tritium sights, which will help you hit your target. Or you can add laser sights or even attach a flashlight on top. However, with a shotgun these aids aren't essential, because of its wide impact area.

I hope it goes without saying that you have to actually *fire* a shotgun on many occasions (at a range, in a safe rural area, etc.) before you expect to use it effectively as a defensive weapon. A shotgun is a frightening weapon to fire and usually has a very strong kick, which can break your hand if you don't hold it properly.

You must be familiar enough with your weapon not to be thrown off by the loud noise and hard recoil. The first time you fire a shotgun should *not* be in a combat situation, where your life depends upon your skill.

The rifle is another very powerful weapon, but it is not nearly as well-suited to home defense. The ammunition is so powerful that it will go through several walls, possibly killing innocent bystanders.

For most home-defense situations, a shotgun is definitely *the* weapon to own.

Recommended guns

The following guns are recommended by firearms expert Kenneth W. Royce (a.k.a. Boston T. Party). Quotes are from his book ***Boston On Surviving Y2K***:

Handguns

#1 Glock Models .40S&W and M23. “Glocks work flawlessly right out of the box and rarely break.”

#2 Micro Block 27 automatic

#3 A quality .38 Special or .44 Special revolver

#4 Ruger Markit .22 LR

Shotguns

A 12-gauge pump-shotgun, such as a Remington 870 or a Winchester 1300 Defender. Royce recommends “a full-length pistol grip rear stock (Choate), ghost-ring rear-sight, SideSaddle, and sling,” plus a “forestock Sure-Fire flashlight.”

Rifles

#1 A very accurate .308 semi-automatic, such as a .308 FAL or .308 AR10.

#2 A pre-ban AR15A2 (first choice), Daewoo DR-200, or Bushmaster M17.

#3 An extremely-accurate scoped bolt-action .308, such as the Winchester M70, Ruger M77II, or Remington M700BDL.

#4 A semi-auto .22 LR, such as the Marlin M70 Papoose (preferably in stainless-steel). 085 tubefed Marlin M60, or the 0150 mag-fed Ruger.

Ammunition

As much as possible. Buy **at least several thousand rounds per gun** – for practice and self-defense. In any serious fire-fight, you can use up *hundreds* of rounds in minutes. Also, ammunition sales may be banned by government in the future – or taxed into the stratosphere. Buy now.

For more information on buying guns, get a copy of Boston T. Party's book, *Boston on Guns and Courage*, available from Loompanics.

Where to learn how to use guns safely and effectively

If you do decide to purchase a gun, it's imperative that you learn how to use it safely and make sure it's stored in a way that young children can't get it. Four of the largest gun schools in the US are:

The American Pistol Institute, Box 700, Paulden, AZ 86334, 602-636-4565.

The Chapman Academy, 4350 Academy Road, Hallsville, MO 65255, 314-696-5544.

Defense Training International, PO Box 917, Laporte, CO 80535, 303-482-2520

Lethal Force Institute, PO Box 122, Concord, NH 03301, 603-224-6814.

The National Rifle Association can also refer you to an NRA-certified instructor in your area for training in safe and effective handling of firearms.

NRA membership includes many benefits, including \$1,000 insurance against gun loss, \$10,000 death insurance, a 5.9% MasterCard (upon credit approval), and a subscription to your choice of one of NRA's three publications, including their new *American Guardian* emphasizing personal protection and self-defense.

Contact National Rifle Association, Membership Division, 11250 Waples Mill Road, Fairfax, VA 22030-9400; 1-800-NRA-3888, or membership@nrahg.org.

If it's illegal to buy a real gun, get creative

Buy a flare gun, a realistic-looking BB gun, a spear gun, a starter gun, a cross bow, or the most vicious-looking knife you can find.

Whatever weapon you decide to get, learn how to use it and practice as much as possible. Make your purchases ASAP and also stock up on ammunition. Anti-self-defense laws in the US and Europe keep getting more and more restrictive.

Learn Martial Arts

Knowing martial arts could save your life. The largest home arsenal won't help you if you're suddenly ambushed on the street. Even if you have a gun in your jacket, you will still need to fend off or elude your attacker long enough to draw and fire. And there is always the risk your gun can malfunction, or be taken away from you and used against you.

For most of my life, I've studied, practiced and taught martial arts. Several times I was forced to fight to protect myself.

Once in New York City, where I was attacked by a knife-wielding mugger in the middle of the street in broad daylight. Another time, in Tijuana, I was threatened by a taxicab driver. In Mexico, either shooting a citizen or being left bleeding in an alley would have been a nightmare.

Here are my seven top tips for protecting yourself:

#1. Avoid confrontation whenever possible.

No matter how skilled you are, if you get in a fight, there is always the possibility that you will be injured or killed. Several times I've been confronted by belligerent people who I probably could have put in the hospital in a few seconds. But instead of fighting, I apologized, even though I had done absolutely nothing wrong. In virtually every case, it defused the situation.

If a suspicious-looking person approaches you on the street, walk in the other direction or run away if you have to. Apologize, run away, do whatever you can to avoid confrontation.

#2. You may be able to scare an attacker away.

Once I was in Baltimore at twilight in a nearly-deserted parking lot picking up my car, when a very disturbed man came running toward me from across the street, yelling at me. I don't know if he was a thug, high on drugs, or deranged; and I didn't care. I took a martial-arts stance, and yelled, "**STOP!**" at the top of my lungs. He went running in the opposite direction.

In another case, a martial-arts friend of mine was confronted by two thugs in downtown Oakland, California in broad daylight. Holding up a lighter, they shouted, "Give us your wallet or we'll set you on fire!"

With a calm instilled by years of training, he simply looked at them and in a very determined voice said, "That would be the biggest mistake you ever made in your life." The thugs left.

Scaring attackers off generally works much better for men than for women. It also works better if you've actually had some martial-arts training, look like you know what you're doing, and are very confident.

What happens if your bluff is called? You can still run away.

#3. If you're attacked, raise a ruckus.

Criminals usually hate public attention. So it's often effective to yell, blow a loud whistle or cry "police!"

Scream you're being killed or raped, or shout "FIRE" or "TERRORIST" at the top of your lungs. Don't shut up until you get away or the criminal leaves. Screaming also pumps up your adrenaline and prepares your body to fight, if necessary.

#4. Never get into a car with an attacker.

This is one situation in which you **MUST** get away. If someone tries to force you to drive off with them, you are about to be raped, beaten, or killed.

#5. Learn effective street-defense.

Even a few classes could save your life. I'll never forget what happened to one 14-year old boy who took lessons at my Karate Dojo in Maryland. He was one of the

saddest people I've ever met: Extremely skinny with an acne pock-marked face, and extremely depressed because he was being picked on at school all of the time.

As it happens, after just two lessons, he was attacked by two large muggers in an alley, who demanded his money. He decided to fight.

He started by bowing to his attackers, not knowing any better – we start all classes with a bow – and was immediately knocked into the alley wall by one of the thugs. But then, as the thug was bending over and reaching for him, the boy did a back kick (which he had just learned in class) *right into the mugger's face!* Both muggers ran away. The boy had a few bruises on him, but was otherwise unharmed. He came into the next class positively glowing! He felt ten-feet tall. He went on to become an excellent martial artist and was never hurt at school again.

In most large cities and even many small towns, you'll find classes listed under "Martial Arts," "Boxing," or "Karate." Also, many gyms and community centers offer courses in martial arts. Although it takes time to become truly proficient at any martial art, in a few months you can learn enough of the basics to greatly increase your chances of surviving an attack with little or no injury.

Basic self-defense techniques include learning how to block a punch or kick, how to break free of common holds, and how to quickly do enough damage to an assailant to either get away or temporarily disable him.

The key to effective street-defense is not learning a lot of fancy moves, but learning a few basic moves and being able to execute them rapidly and powerfully.

You can develop your own personal, devastating techniques. The quickest way is to take classes in self-defense or karate that emphasizes sparring. Make sure you have actual hands-on experience; actually sparring with others and have a strong person grab you.

I recommend taking at least 2 and preferably 3 classes a week when you're first learning. There is no substitute for personal instruction. You can't learn to fight effectively by reading a book or watching a video, no matter how good it is. I do, however, recommend group classes, rather than private lessons. Not only is this much less expensive, it also give you a chance to practice with a variety of different partners.

If you live in a truly remote area where there are no classes, try running a classified ad for an instructor with fighting experience, such as a former golden gloves boxer, kung fu teacher, or judo competitor.

Once you've learned the basics, be sure to practice at least several times a week with partners. You'll be amazed at how quickly you can get rusty.

What if you're getting up in years? Everyone can increase their ability to protect themselves, unless they're seriously ill or disabled. Even people in a wheelchair can learn to use a cane or stick for self-defense. Further, martial-arts workouts greatly increase your stamina and strength, which will help you in all areas of life.

Remember: Learning just a few powerful techniques you practice over and over again, could devastate an attacker and save your life.

#6. Learn how to use a simple weapon.

Even with a lot of martial-arts training, most 100 lb. women are not going to be able to successfully go toe-to-toe with 250 lb. men. Besides, if he's a street thug, he's probably had a lot more practical experience than you have. However, even an improvised weapon can give a 100 lb. woman the advantage.

Just about anything can be an effective weapon when used against vulnerable parts of the body: A pen or pencil jabbed in the eye, a screw driver in the ear, a high-heeled shoe against the temple will incapacitate or deter an attacker long enough to get away.

I personally prefer weapons that keep your opponent at a distance, such as a cane, walking stick, or a belt with a heavy buckle. These are items you can inconspicuously and legally carry anywhere, but with practice they can become devastating weapons. Practice against a tree trunk, a punching bag, or a telephone pole. The key is practice, practice, practice – and the ability to react *instantly*.

Surprise also helps. The last thing most muggers expect is that someone walking with a cane will be able to use it as a powerful weapon.

#7. Withdraw from the situation as quickly as possible, with one exception.

Once you've broken free from a mugger or done enough damage to temporarily disable him, get away as quickly as possible. Your goal is not to maim or kill your opponent, but to defend yourself and escape.

The one exception is if the attack occurs in your home. Then you may not be able to escape without endangering your family. My feeling is that a thug who invades your home to rob or harm you deserves what he gets, and at least in most parts of the US, police probably won't charge you even if you kill him – particularly if he's armed.

In any event, remember that old adage: “It's better to be judged by twelve than carried by six.”

Build A Safe Room In Your Home

The ultimate nightmare is an armed gang invading your home. Even an automatic weapon may not be enough to defend your family if a half-dozen crazed teens high on PCP break into your house. Another unfortunately increasingly-common scenario is invasion of your home by a gang of thugs with badges – otherwise known as bad cops – who don't mind blowing you away.

In such situations, if you can, flee. But if you can't, your next-best alternative is taking refuge in a “safe room” in your home. A safe room is a well-fortified and usually well-hidden room, that all family members have been trained to run to if your home is invaded. Make sure and train your children NOT to show the room to anyone, even young playmates.

There are many ways of building safe rooms. For instance, you could build a safe room by adding five feet of extra space between two rooms and putting in a hidden entrance concealed by paneling. If your house has a basement, you could excavate a space beyond the foundations of your house and have a door made of cinder blocks that look like an outside wall. You could also build a room behind a closet with a false wall, or just below your roof. This would work particularly well if you have a flat-roofed house.

More elaborately, you could dig a concealed tunnel beneath your house to a hidden room beneath your garage, carport, or back yard. For maximum security, you should build your safe room yourself, and tell no one else about it, except other members of your immediate family.

Your safe room can also double as a family shelter, in the event of terrorist biological, chemical, or radiological attack.

Regardless of how you build it, your safe room should have these features:

- 1. It should be easy to get to, but hard to find if you don't know it's there.** That means concealing the entrance with a fake wall, hidden door, tunnel, concealed trap door, etc. It also means locating the room in an unexpected place, such as below your basement, beneath your lawn, between a ceiling and the attic, between two rooms, behind a closet, etc.
- 2. It should have strong walls** reinforced by brick, concrete or steel so only the most determined attackers would be able to get in even if they located it.
- 3. All doors should have strong locks,** hidden hinges, and other mechanisms that make it nearly impossible for attackers to get in. For the best protection, doors should be built like bank vaults.
- 4. It should have a quick exit to the outside.** For instance, an attic safe room could have a rope ladder, or a basement room could have a short, concealed tunnel to the surface.
- 5. It should have independent lighting, heat, food, sanitation, and water** – at least enough to keep you comfortable for from 6 hours to a few days. For this small a space, 12-volt lights and heaters, powered by car batteries should be sufficient.
- 6. It should be well-ventilated, from hidden ducts if necessary** to avoid calling attention to the room's location.
- 7. It should contain games, books and other items to keep your mind occupied.** All of these can be contained on a laptop computer with lots of extra batteries.
- 8. It should have a reliable, independent means of contacting the outside world,** such as a cell phone with a concealed outside antenna or a laptop computer with wireless Internet access and connected to a hidden satellite dish.
- 9. In your shelter, you should have a phone list of people you trust who will come to your aid,** such as friendly policemen, members of the press you know personally, and well-armed neighbors.
- 10. It should have a good supply of guns and ammo,** your last line of defense.

For more information on building a safe room, check these books:

The Stash Book: How to hide your valuables by Peter Hjersman, And/Or Press, Berkeley, CA.

How to Implement a High Security Shelter in the Home by Joel Skousen, Swift Learning Resources, 1995, 117 page, \$35.

Designed for the do-it-yourselfer, this book contains plans for building your own economical security room or security closet. It covers design, construction, ventilation, water filtration, 12 v lighting, sanitation, solar-electric power, radios, antennas, radiation meters and a list of sources for the equipment described.

Work With Your Neighbors To Build A Safe Community

Your best way of protecting your home and family during a crisis is to work with your neighbors. A good way to get started is by joining your neighborhood-watch program, or founding a neighborhood watch if your community doesn't have one already. This has proven a popular social activity for seniors, retired police officers, and national guardsmen, who can take pride in using their abilities to protect their communities.

However, be careful that your group is not co-opted by the Office of Homeland Security, which has already asked some watch groups to start looking for neighborhood "terrorists." That can only set neighbor against neighbor.

With the low cost of modern technology, typical watch programs include regular patrols of the neighborhood by private cars equipped with cell phones and video cameras. One member of the watch will typically use their house as a base of operations or informal headquarters, which receives reports of suspicious activity.

In the event any suspicious activity is detected, suspects are typically monitored and reported to police. A few watch groups, like the Guardian Angeles, who are composed of young men and women with martial-arts training and in excellent physical condition, will confront and apprehend suspects.

To prepare for terrorism, you will probably want to beef-up your watch program by arming participants and making sure participants know how to use firearms.

What if it's illegal to have armed civilian patrols in your area? Probably the simplest solution is to form a licensed armed-guard service for your neighborhood. Since your goal is to protect your community, not to run a profit-making business, this needn't take a lot of money or sophisticated equipment.

For more information about forming a neighborhood-watch program, I recommend:

On Guard! How you can win the war against the bad guys by Laura E. Quarantiello, Tiare Publications, (1994) paperback, \$17.95. This book explains how to organize your neighborhood to protect yourself from criminals. It includes information on how to report a crime, how to organize community patrols, and what to do if your watch members confront criminals. It also includes crime-reporting forms, which you can copy and use immediately.

4-Step Plan to Protect Your Home From Invasion by Unscrupulous Cops

The ultimate nightmare is an attack on your home by unscrupulous police who want to blow you away and don't mind killing your wife and children. If a thug attacks, you can call the police. But if the police attack, who do you call?

The recent Rampart's Division scandal in Los Angeles – in which dozens of cops were convicted of assaulting, robbing and even killing innocent residents and dozens of similar cases nationwide, demonstrates that this is not a paranoid delusion.

The worst case of abuse of authority by law-enforcement agents was the killing of over 80 innocent men, women and children in Waco, Texas in 1993. Granted, David Koresh was a nut and sleeping with young girls. But that hardly justifies killing both him and them, along with their mothers, grandmothers and other innocent people that the government claimed it was trying to protect.

The Branch Davidians' home was first sprayed with machine gun fire by the BATF. Then they were cut off from the outside world and threatened for 51 days. Finally, FBI tanks systematically demolished their home, crushing women and children; poison gas was pumped in for 6 hours; and survivors were sprayed with automatic weapons and burned alive by fires started by incendiary rounds fired by FBI tanks. (See: **The Davidian Massacre** by Carol Moore, and the video **Waco: The Rules of Engagement**. Both are available from ISIL, 836-B Southampton Road, Benicia, CA 94510, 707/746-8796, Fax 707/746-8797, www.isil.org.)

Now that the whole country is officially "at war" against terror, you can expect a lot more incidents like this in the near future. All of the victims will, of course, be officially listed as "terrorist scum" who don't deserve to live.

The handwriting is already on the wall. In both the U.S. and Europe, western governments are increasingly using military weapons and tactics against their own citizens. In August 1992, in Ruby Ridge, Idaho, over 400 FBI and BATF agents surrounded the home of White Separatist Randy Weaver. He was accused of the heinous “crime” of owning a shotgun 1/2” shorter than the legal length.

In the ensuing siege, his wife and son, who had been accused of nothing, were shot dead by FBI snipers. Only extensive media coverage and last-minute intervention by former Green Beret Bo Gritz, who acted as a negotiator, prevented Weaver and his surviving children from being murdered as well.

These cases are shocking because totally-innocent people, who weren’t even accused of any crime, were murdered by the U.S. government in broad daylight, and there was hardly a word of criticism in the press. In fact, the thugs with badges who organized and executed these operations were rewarded with promotions and medals – clearly demonstrating to their brethren how to get ahead. There are hundreds of other, less-publicized cases of lethal government attacks on innocent people, particularly as a result of violent drug and gun raids (often based on bogus tips or for minor violations of the law).

The ultimate way to prevent such legal murders is by making sure the people responsible are arrested, tried and imprisoned for their crimes – to make lawless government agents and officials subject to the rule of law. Until that happens, what can you do to protect yourself? Here’s my four-step plan:

1) Avoid attracting police attention in the first place. Keep a low profile and make sure you are a good neighbor and responsible businessman. Keep your home address off as many public records as possible. You can, for instance, have your utilities and phone billed in the name of a Delaware or Nevada corporation you set up for as little as \$150 a year, and the bills sent to a local Mail Boxes, Etc.

2) Set up monitors and alarms on the periphery of your home, and make police and other potential intruders aware that they are being recorded.

I recommend having two sets of cameras: Easily-visible ones that police can destroy if they want, and concealed cameras connected to a hidden VCR. You can now buy wireless color cameras that are smaller than a golf ball, such as the Xcam2, for as little as \$80 each, available from http://www.x10.com/products/x10_vk45a.htm.

3) Secure your home enough to at least greatly slow down police- invaders. It’s also a good idea to install a safe room with a secret exit. This gives you the time you need to clear out or get help.

4) Create a network of people who will come to your aid FAST. That network might include close friends, neighbors, relatives, your attorney, reporters, and even other cops and government agents. A friendly FBI agent, for instance, can control a violent police invasion real fast. Immediately call everyone you can, if your home is invaded by police. The more witnesses, the better your chances of survival.

Again and again, police and prosecutors have backed down when they know the public is watching and the community is standing up to them.

It's not widely known, but in the early days of Nazi Germany, even Adolph Hitler stopped killing elderly mental patients when the press reported what he was doing.

Chapter 9

Safeguarding Your Valuables

There is no single, sure-fire way to protect your valuables against all risks. As explained in Chapter 2, under the new USA Patriot Act, the government can seize anything and everything you own – including your gold coins, jewelry, and cash – *without trial* by simply claiming that seizing your property furthers the “anti-terrorist objectives” of the U.S. government. They don’t even have to claim that you did anything wrong, simply that they “need” your property to fight terrorism.

Your home, car, etc. could also be seized under the “Model Emergency Health Powers Act” (MEHPA) if a health emergency is declared by your state’s governor. (See Chapter 2.) Independent doctors’ offices and health clinics are at particularly high risk.

If you own a business, it can now be seized or fined into extinction for failing to report your receipt of \$10,000 or more in cash and/or failing to report any “suspicious customers” (whatever that means) under the USA Patriot Act. That’s no idle threat. Three large auto dealerships in Washington, D.C., worth millions of dollars, were seized about 8 years ago for failing to report some cash deposits. The difference now is that the cash-reporting law previously only applied to a few businesses, now it applies to *all* businesses and perhaps even individuals.

This new confiscation threat comes on top of America’s many, many outrageous civil-asset forfeiture laws. These laws have mostly been enacted since 1984, and have been upheld by the highest courts in the land, including the U.S. Supreme Court. Under these laws, the government can seize your car, home, bank accounts, and business – even the rare coins your grandfather gave you and your future Social Security checks – based on mere suspicions of any of over 400 federal and thousands of *alleged* state crimes. They don’t even have to charge you with a crime to take your “guilty” property.

Those crimes include conspiracy to violate the drug laws (which could simply be discussing buying drugs), shoplifting, paying for an airline ticket in cash (suspicion of being a drug dealer), killing a protected bug or rat (dozens of farms have been seized for this “crime”), and even playing your car stereo too loud or transporting illegal fireworks. To take everything you own, you don’t have to be convicted of anything, you don’t even have to be charged with a crime. All authorities have to claim is that your property someone “facilitated” a crime, and bam it’s gone, probably forever.

Your property can now also be seized for the alleged offenses of your relatives, employees, and guests. One 70-year-old grandmother had her house seized in Washington, D.C., because cops alleged her 8-year-old grandson was heard discussing selling drugs from her front porch. The police refused to identify either the alleged “witness” or the drugs involved, but they took her house anyway.

In another case, police raided a home in California after the homeowner’s *tenant* was stopped for speeding and found to have prescription drugs on him in an “illegal container.” He had a legitimate prescription for the drugs, but he had illegally put them in a different bottle than the one he got from the pharmacist. (Yes, that’s now a crime.) When police raided the home where he was renting a room, they found a home safe with \$70,000 worth of bullion gold coins, which they promptly confiscated as “suspicious property.”

You also have to be concerned about losing your property to con-men, thieves, litigious attorneys, and burglars. In one case in Potomac, Maryland, a burglar was shot by an elderly female homeowner when she caught him robbing her home. Charges against the burglar were dropped for technical reasons. He promptly sued the homeowner. The burglar got a civil judgment for \$125,000 for his injuries and medical care. To pay the judgment, the homeowner had to sell her house.

There is obviously no perfect protection from all of these threats. But you can greatly diminish the odds that you lose your valuables – either to the government or to free-lance thieves – by taking some prudent steps.

Protection Through Diversification

One way to protect yourself is by making sure that not “all of your eggs are in one basket.” Just as it’s important to diversify your investments, it’s important to diversify the way you hold your valuables, and let as few people as possible (preferably no one else) know where they are.

Mike Ketcher, editor of the *Financial Privacy Report* and an expert on safe storage of your valuables, suggests a three-pronged approach for storing gold, silver,

and other valuables: (1) bank safe-deposit box storage, (2) some home storage, and (3) some foreign storage.

The idea is that no matter what happens, at least some of your valuables will be protected. In a worst-case scenario, you may lose a portion of your wealth, but you won't be wiped out. Some of your valuables may not all be available to you immediately, but you will be able to get enough to live on, feed your family, barter, or even sell at a profit.

You can protect yourself further by diversifying within each category. For example, you can own multiple safe-deposit boxes; use multiple home-storage methods, such as a home safe, plus a variety of carefully-chosen hiding places; use different methods of storing abroad, including foreign safe-deposit boxes and warehouse receipts. We'll elaborate on all of these below.

Safe-Deposit Boxes

What you need to know

Safe-deposit box storage will protect your valuables against many risks — break-ins by burglars, many natural disasters, etc. But the IRS, cops, or judgment creditors could have your safe-deposit box drilled open and seize the contents, with a court order, which is easy to get.

During a natural disaster, or a brief, government-mandated “banking holiday,” your valuables in a safe-deposit box would not be available for the duration of the crisis. If your bank went belly-up and federal regulators shut the doors, you might be locked out for several weeks or a month, particularly if the banking system as a whole was cracking apart. During widespread chaos, martial law, or a terrorist nuclear attack on a U.S. city, not only would you not be able to get access to your box, but it would be vulnerable to fires and looting.

If you see the situation deteriorating, it would be a good idea to move any valuables out of your safe-deposit box to another location that would be more easily accessible.

How to protect your safe-deposit box

One way to protect your safe-deposit box against many risks is to hold the box in another name. **Caution:** Don't use a pseudonym — that may make it difficult for your heirs to gain access to it. Many of the heirs of Nazi holocaust victims couldn't get

access to their forbears' Swiss safe-deposit boxes, because they had been opened under a pseudonym.

However, opening your box in another name — if you do it right — means that if anyone (IRS, police, etc.) does a search on the bank's computers, your name will not be listed as a box holder. If the IRS or police canvass the banks in your geographic area, they won't find one in your name.

There are several ways of holding your box in another name: 1) A woman can open a box in her maiden name. 2) You can open it in the name of a trust — just make sure the name of the trust is different from your own name. 3) Best: Open the box in the name of a Delaware Corporation. Use a Delaware corporation, because Delaware is the cheapest and easiest state to form a corporation in.

The total cost should be about \$150 to \$300 to set up and pay the first year's fee, plus about the same amount each year to maintain the corporation. This includes a \$50 state tax and filing fee, a \$24 county fee, and \$20 each for certified copies of your incorporation papers. There will also be a fee to the registered agent. By shopping around and comparing prices, you can get the best deal.

To get a list of registered agents, plus more information on forming a corporation in Delaware, call the Delaware Department of Corporations and Secretary of State's office at (302) 739-3077 or 3073. They'll send you a free copy of their "Incorporating Booklet."

Several boxes could be put in the name of one corporation. As long as you use the box only for a safe-deposit box, and your corporation earns no income, you won't have to incorporate in your state, nor file any other tax forms for your corporation.

There are several other ways to protect your safe-deposit box. First, open a box at a bank where you don't do any other banking business. As a further protection, make sure at least some of your safe-deposit boxes are about 20 miles from where you live or work.

Sometimes, several family members store items in the same safe-deposit box. If you do so, make sure those items belonging to each person are packaged and marked as to who they belong to. If, for example, an adult child stores his coin collection in the family safe-deposit box, and he gets sued, this could prevent creditors from seizing items belonging to other members of the family.

Also have a decoy safe-deposit box. Put a few silver dollars in it, papers you don't mind someone else seeing, and some costume jewelry.

Safe-deposit boxes and risk

Unfortunately, a safe-deposit box could leave your valuables vulnerable in a crisis. For example, in the Los Angeles riots, some banks were burned out. Many of the valuables held in safe-deposit boxes were damaged by the heat, smoke, and water. You certainly wouldn't want to choose a bank in an area of town where a terrorist attack might occur. And, of course, safe-deposit boxes would be vaporized in a nuclear attack, or quarantined after a biological attack – perhaps forever.

What of the threat of martial law? Contrary to popular belief, the U.S. government has never sealed safe-deposit boxes. However, they could do it at any time. Laws on the books give them the power to do so — and just about anything else they damn well please — in an “emergency.”

A more-likely scenario is for the government to declare a “banking holiday,” i.e. forced closure of banks. That has been done a number of times in the past, including in 1933 during the Great Depression. Such a government-mandated closure could last anywhere from days to months, depending on how serious they deem the so-called emergency to be. That means you likely wouldn't have access to anything in your safe-deposit box until the government allowed the bank to reopen.

Another danger is that your bank could fail, especially in a wide spread economic calamity, like Asia suffered in 1997. The government may decide to let certain banks fail. It's unlikely, because the government has mechanisms in place to bail out the banks (see Chapter 11). However, politicians make the rules, and they can break them when they want to.

Despite these risks, safe-deposit boxes can be an ideal place to store certain types of valuables, especially smaller items — rare coins, gold, stamps, jewelry, stock certificates, and the like. For larger items, or items you may need to get to immediately in a crisis, use home storage. But first . . .

... a warning about non-bank safe-deposit boxes

Non-bank safe-deposit boxes are vulnerable to inside theft, i.e. theft by management and employees of the company, and therefore aren't recommended. There have been several instances where a vault company's owners have cleaned out their customers' boxes and disappeared.

Even facilities that advertise sophisticated alarm systems, insurance, armed guards and other protections, he says, are not safe. “The alarm systems can be turned

off or circumvented by knowledgeable employees, the insurance policy can quietly be dropped, and the armed guards can be fired, all without your knowing it," he says.

Even though many advisors recommend non-bank vault facilities, as a supposed protection against a government-mandated "banking holiday," they're much too dangerous and should be avoided.

How To Store Valuables In Your Home

Outside of a burglary, a fire, a natural disaster, or a search by police, valuables stored in your home can be quite safe. Home storage is especially ideal for the larger expensive items, such as antiques, art, bulk silver coins, and firearms. Such items are usually too large for a safe-deposit box. Some banks may offer storage facilities in their vault for some items, but you'll have to talk to your banker about it. This is ideal for artwork and antiques that you want to store while you're on vacation.

The key to safe home-storage is to be creative. Don't pick the obvious places, like under the bed or your underwear drawer. These are among the first places burglars look. One place many people choose is in the pockets of the clothes in their bedroom closet. Even this is TOO obvious. Many burglars steal entire wardrobes because they know so many people do this.

Instead, think about places that are not usually considered hiding places. One excellent method is to buy a sheet metal heating duct and rig it up on your basement ceiling, next to the other heating ducts. You can hide a lot of valuables in one of these babies. Another good place is inside an old hot water heater or washing machine.

Other possibilities: The dead space behind wall paneling or the molding that goes around the bottom of your wall. These are not places that burglars or looters, who are usually in a hurry, are likely to look. Even the police might miss some of these places.

Are home safes really safe?

Home safes can be great or they can be a waste of time and money. It all depends on how wisely you buy them.

The more expensive (and better) safes protect against both fire and burglary. This is the kind you should buy. A high-quality safe that offers this dual protection

will cost anywhere from \$600 to \$3,000, plus delivery charges. Spend the money and get the best-quality safe you can afford – it will last you a lifetime.

Safes that weigh less than 750 pounds will need to be bolted to the floor. Mike Ketcher recommends:

“The safest safe is one that is permanently embedded in a wooden (or preferably) concrete floor, such as your basement floor. It can be covered over with a rug or piece of furniture. It’s much better protected from fire, because hot air rises. However, installation costs can be high — figure around \$600.”

It’s also a good idea to bury your safe in the corner of the basement, since this area won’t likely get as hot in a house fire. I would recommend covering a floor safe with a heavy item (provided you are strong enough to move it) such as an old refrigerator or washing machine.

Other suggestions:

Keep a dummy safe — one that you can give up to the authorities or burglars. Some burglars have tortured people in order to get them to reveal the whereabouts of a safe. With a dummy safe, you can protect your family and protect your valuables.

Large safes should be put on a lower floor of the house. Otherwise, in a house fire, the safe could crash through the floor and spill open.

Embed your safe in the bathroom floor, amidst pipes, so it won’t be easily detected by metal detectors.

Avoid wall safes. They can be torn out of the wall with a crow bar and carted off. The best safes have combination locks rather than key locks or digital push-button locks. The combination locks are more reliable.

Save money by buying a used safe. Just make sure it hasn’t been through a fire or a burglary. You can find used safes (or new ones) by looking under “Safes and Vaults” in the “Yellow Pages.”

Don't bury your valuables in the back yard

There are too many things that can go wrong. “The ground can shift, you might forget where you bury them, or someone could dig them up.” But the biggest problem is that the elements could eat through any protective packaging you put them in.

Even pure gold, which is chemically inert, can be damaged. For example, in one case, someone buried some gold Canadian “maple leaf” coins. However, the mint had made a mistake when they had run these particular maple leaves through after they had run some silver maple leaves through the same dies. Infinitesimal bits of silver were imbedded in the surface of the gold coin, and since silver corrodes easily, that caused spotting. While such spots didn't make the coins worthless, it did make them unattractive and harder to sell — especially at the full price.

Sometimes PVC containers are recommended to use as a container for backyard burial. However, over time, PVC could damage certain coins. Burying treasure may have been fine for 17th Century pirates, but for 21st Century Americans, there are better ways of protecting your valuables.

Foreign Storage

The late Franz Pick, an investment advisor who had lived through the wars and hyper-inflations of Europe, used to warn that the U.S. government would “crawl into every safe-deposit box in the country.” It happened in Germany and other European countries during World War II. It hasn't happened here yet, but it certainly could in a severe economic crisis or during government witch-hunts for “terrorist assets.”

That brings us to the third option: foreign storage of your valuables. There are several alternatives here.

First is a foreign safe-deposit box. This would protect some of your valuables against bank closures and other severe economic problems in the U.S. It would make it nearly impossible for U.S. authorities – courts, the police, the IRS, or (pick your least-favorite government agency and insert here) – to seal your safe-deposit box or seize its contents.

The big problem with foreign storage is ready access to your valuables. You shouldn't store anything abroad that you think you'll need in an emergency. It's okay to store gold coins in a foreign box — just realize that you probably won't be able to get to them.

It's a good idea to choose a box in a nearby country, which you could get to comparatively easily in a crisis. If you live in the Southeastern U.S., for example, you open a box in the Bahamas. If you live in the North, open one in Canada. If you live in the southwest, go to a Mexican bank. Or, if you don't mind having your valuables further away, then put them in a box in Switzerland, Austria, or one of the other privacy havens.

Foreign safe-deposit boxes, unlike foreign bank accounts, do not need to be reported to the U.S. government under any circumstances.

A further suggestion: Pay for your box with a money order or a foreign-currency draft. Don't keep any records of which bank your box is at. Even if authorities find your key, they won't know which bank to go to, or be able to prove that you still have the box.

Keep your precious metals overseas with a warehouse receipt

Under current U.S. law, you don't have to report your offshore gold and silver holdings to the IRS or any other government agency. You can also own platinum, palladium, and other precious metals offshore without reporting them, then go overseas and take delivery. .

You also can legally buy and sell precious metals offshore without any Customs reporting requirement. How? By purchasing a Perth Mint Certificate (PMC).

You can buy these certificates *in the U.S.* with a U.S. check, money order, wire transfer, or cash. Your precious metals are then held for you *in your name* in a depository in Australia. The minimum order for a Perth Mint Certificate is \$10,000. Purchases of \$25,000 or less must be kept in coin form. Purchases over \$25,000 can be kept in either coin or bullion.

When you want to sell your gold or silver, you can simply cash in your certificates either in the U.S. or in any other country in the world where Perth Mint has an office.

If you prefer to take physical delivery of your gold or silver, you have two choices:

- (1) You can fly to Perth, Australia and pick them up, or

- (2) You can have your gold and silver delivered anywhere in the world, or
- (3) You can work with a precious-metals dealer in the U.S., Europe or elsewhere in the world, using your Perth Mint certificates as payment for a like quantity of precious metals (you would have to pay brokerage fees in this case).

You can also put Perth Mint Certificates into your IRA, although by doing so you would lose physical possession of your certificates and their anonymity.

Perth Mint Certificates are guaranteed both by the Australian government and by Lloyds of London.

You can purchase Perth Mint certificates from:

Asset Strategies International 1-800-831-0007, 1-301-881-8600, Fax 301/881-1936

1700 Rockville Pike, Suite 400, Rockville, Maryland 20852-1631 www.assetstrategies.com

Dillon-Gage Metals Division 1-800-375-4653, 1-214-788-4765

2001 Dillon Gage, Inc., 15301 N. Dallas Parkway, Suite 200, Addison, TX 75001
www.dillongage.com

For more information on protecting your valuables

The following books (plus one video tape) will help you in protecting your valuables. Except where noted, they're available from Loompanics Unlimited, P.O. Box 1197, Port Townsend, WA 98368, 1-800-380-2230. Prices listed do not include postage and handling, unless otherwise noted.

Hidden Doorways is a 42-minute video tape that gives you step-by-step instructions to enable you to turn a closet or other area into a secret room. There's even a phone number to call, if any questions arise. \$9.95.

How to Hide Anything by Michael Connor. Shows you how to hide cash, armaments, and even family members, right in your own home. Over 100 drawings show you how to turn ordinary items into extraordinary hiding places. \$12.00.

The Big Book of Secret Hiding Places by Jack Luger. This huge book, with over 100 illustrations, tells you how searchers find hidden contraband and how to hide your

stuff so that it can't be found. Topics include: hiding places in the home, on your person, and in automobiles, as well as the type and intensity of searches you may encounter. \$14.95.

Burglarproof! by Mike Ketcher, contains excellent information on storing valuables in your home, including why most burglar alarms are easy to circumvent — and how you can easily fix yours so that it isn't two ways you can make your alarm system pay for itself . . . the 3 worst places to hide your valuables . . . 10 clever places to hide wealth in your home . . . a \$10 safe that's better than most safes costing hundreds of times that amount; and the best type of locks to use on your home.

Available for \$29 (or free with a \$96 subscription to *The Financial Privacy Report*). Call or write: Financial Privacy Report, P.O. Box 1277, Burnsville, MN 55337; 1-612-895-8757.

Chapter 10

Banking and Barter

How Safe Is Your Bank Account?

In a worst-case scenario, terrorism or martial law could create a global banking panic and a flight from the banking system.

Today's global banking system is extremely fragile, operating largely on the faith people have in it, and in the ability of governments to bail banks out of any crisis. But as the world discovered in 1929 and more recently in the 1980s during the U.S. S&L crisis, governments can run out of money too.

What's more, the global banking system is more interconnected and interdependent than ever before. If anything happens that destroys faith in the system in a major economy, like England or the US, you'll see panic withdrawals and banks falling like dominoes throughout the world. The failure of major Japanese banks – which are among the world's largest and are now teetering on the edge – could also trigger a global banking crisis.

How to check out your bank

At a minimum, you should make sure your banks and S&Ls are as safe as possible. You should also independently verify that your brokerage firm, insurance companies, and mutual-fund companies are safe. All of these are vulnerable in a financial crisis – and only those in top financial condition are likely to survive.

There are several companies that rate financial institutions – including Moody's and Standard and Poor's – but the best is Weiss Ratings. Weiss is the only rating service that's truly independent. All of the other services *receive payments from the*

firms they rate, so you can hardly expect their rating service to be accurate. As Martin Weiss, Chairman of Weiss Ratings, Inc. states in the just-published ***Ultimate Safe Money Guide***:

“To this day, the other rating agencies are paid huge fees for each rating – the ratings are literally bought and paid for by the companies they rate. Plus they empower the rated-companies to decide when to be rated, how, and by whom.

“They routinely give the companies a preview of the rating before it’s published and some agencies even grant them the right to suppress publication of any rating they don’t agree with.” (p. xi)

How important are accurate ratings? During the S&L crisis, when major rating companies were still giving S&L’s AA and AAA-ratings *up until the day they collapsed*, Weiss alone had the courage to give them the “D” and “F” ratings they deserved – saving Weiss customers millions of dollars.

Weiss charges consumers for reports and is more conservative in rating the financial institutions than the other services, but it’s well worth the fee.

You can get an on-line rating on any bank in the country for just \$7.95 each at www.weissratings.com.

Alternatively, you can get a rating over the telephone for \$15 at 1-800-289-9222, Monday-Friday 8:30 am –10:30 pm EST; Saturday & Sunday, 9 am – 5 pm EST.

A one-page report on your bank can be mailed to you for \$25; or you can order an in-depth “Rating Analysis Report” on your bank for \$45. For \$125 you can get a computer printout of all the banks in your state.

Weiss also offers ratings on brokerage firms, insurance companies, Medigap insurers, and mutual funds, and the prices are similar. Their annual directory of ratings for brokerage firms throughout the US is \$219. There are also directories available for health, life, and annuity companies; health and HMOs; property and casualty insurers; and medical-malpractice insurers. Most recently, they’ve also added ratings for stocks and mutual funds.

Weiss Ratings offers ratings on a full range of financial institutions for a reasonable fee. To find out more about what’s available — and current prices — call Weiss at 1-800-289-9222 or checkout their web site, www.weissratings.com, Weiss Ratings is located at 4176 Burns Road, Palm Beach Gardens, FL 33410, Fax 561-627-1011.

Should You Have A Foreign Bank Account?

During the past few years, the U.S. has imposed more and more controls on taking money outside the country, including confiscatory penalties for violating new reporting requirements. There are also growing demands by western nations that tax-haven countries, like the Cayman Islands, increase taxes to “harmonize” their laws with the U.S. and Western Europe. September 11th is accelerating this trend.

As a result, if you have any interest in getting money out of the U.S. and Europe, do it as quickly as possible. Or as investment advisor Doug Casey, editor of the newsletter *Investing in Crisis*, likes to say, “Get your money out of the country before the country gets your money out of you.”

In the US, if you have over \$10,000 in foreign bank accounts, you are required to report such accounts on your tax return. Some people choose to keep their foreign bank accounts below that threshold, fearing an IRS audit and other possible government harassment. Others report the account, knowing that a foreign account is much more difficult for the US government to confiscate, and that even if exchange controls are enacted, you won't likely be forced to repatriate your money.

The best banks are those in well-established banking havens that protect your privacy, like Switzerland, Austria, Liechtenstein, and the Bahamas.

CAUTION: Choose a bank which does not have an office or branch in your country. They're much less vulnerable to pressure from your local authorities. Banks you might want to consider are:

- **Anglo-Irish Bank** (Austria), which is ideal for those who want a small (under \$10,000) foreign account. Accounts are available in several currencies, so you can use this account to protect yourself from a declining dollar. The minimum to open some accounts is as low as \$5,000. For information: Anglo-Irish Bank, Rathausstrase 20, PO Box 306, A-1011, Vienna, Austria; phone: 011 43 1 61 6145 406.
- **Cater Allen Bank**, in the tax haven of Jersey, in the Channel Islands, offers a VISA debit card with its HICA Gold Account. The account earns interest, yet you can get immediate access to your funds through the VISA card. The account can be denominated in either U.S. dollars or British pounds. For information: Cater Allen Bank (Jersey), Ltd., PO Box 476, Cater Allen House, Commercial Street, St. Helier, Jersey, Channel Islands JE4 8WU. Phone: 011-44-1534 828000 fax: 011-44-1534 828201; e-mail: cabj@cater.com.

- **VP Bank in Liechtenstein** (or its branch in the British Virgin Islands) offers private banking services for wealthy clients. Minimums to open the accounts are \$100,000 (\$500,000 for managed accounts). For more information, contact: VP Bank (In Zentrum, FL-9490 Vaduz; phone: 011-41-75-235-6655. Or, in the British Virgin Islands: VP Bank (BVI), Liechtenstein Main St., P.O. Box 3463, Road Town, Tortola, British Virgin Islands. 1-234-494-1100.

The Sovereign Society

An excellent source for information on setting up foreign accounts is the Sovereign Society, which publishes a large variety of books, reports and newsletters, including information on getting a second passport and setting up offshore trusts. You can contact them at www.sovereignsociety.com.

Below is a list of foreign financial consultants recommended by the Sovereign Society.

Foreign Financial Consultants

Bahamas

Templeton Global Advisors, Ltd.

Bx N 7759, Nassau

Tel: + 1-809-362-4600, Fax + 1-809-362-5281

St. Andrews Offshore Services

Queen St., Box N 3035, Nassau

Tel: + 1-252-322-8032, Fax + 1-242-325-5731

E-mail: <mailto:standrews1@worldnet.net>

Bermuda

JML Swiss Investment Counsellors

Attn: Katja Suter, 75 Reid Street, PO Box HM 1696, Dept. M, HM GX Hamilton

Tel: + 1-441-296-2859, Fax + 1-441-296-2861

E-mail: <mailto:JMLBermuda@compuserve.com>

Bermuda Investment Advisory Services Ltd. (BIAS Ltd.)

Rober R. Pires, 2n3 Fl. Par-la-ville Pl, 14 Par-la-ville Rd.,
PO Box HM 988, Hamilton HM DX
Tel: + 1-809-292-4292 or 296 BIAS, Fax: + 1-809-292-7292

Channel Islands, UK**Havelet Asset Management Ltd.**

PO 237, Havelet House, S Esplanade, St. Peter Port, Guernsey, CI, UK
Tel: + 44-1481-710491, Fax: + 44-1481-714596

Isle of Man, UK**Axa Equity & Law International**

Victory House, Prospect Hill, Douglas IOM 1M1 1QP UK
Tel: + 44-1624-683683, Fax: + 44-1624-683684

Mercury Asset Management

12-13 Hill St., Douglas IOM 1M1 1EF UK
Tel: + 44-1624-662255, Fax: + 44-1624-662850

St. Kitts & Nevis**Pinneys Investment Co. Ltd.**

Jessups Est., Box 86, Nevada
Tel: 1-809-469-1729

First Nevisian Stockbrokers

#1, Barclays Bldg., Main Street, Charlestown, Nevada
Tel: 1-809-469-1812, Fax 1-809-469-1204

Switzerland**JML Swiss Investment Counsellors**

JML, Jurg M Lattmann AG
Dept. 212
Swiss Investment Counsellors
Baarerstrasse 53, CH-6304 Zug
Tel: + 41-41-726-5500

Fax: + 41-41-726-5590

Weber, Hartmann, Vrijhof & Partners Ltd.

Zurichstrasse 110b, 8134 Adllswil

Tel: + 41-1-7091115, Fax: + 41-1-7091113

Natwest Securities

Limmatquai 112, 8001 Zurich

Tel: + 41-1-252-1313

Fax: + 41-1-252-1774

United States

JML Swiss Investment Counsellors USA Inc.

Attn: Goerge Doerner, 22 South Pack Square, Suite #900 Dept. M

Asheville, NC 28801

Tel: 1-800-985-4321, Fax 1-704-285-0414

E-mail: <mailto:JMBLUSA@compuserve.com>

International Financial Consultants, Inc.

Suite 400A, 1700 Rockville Pike, Rockville, MD 20852

Offshore Retirement Accounts

How safe is your foreign bank?

Foreign banks are also vulnerable in a financial crisis. Unfortunately, there's no organization that analyzes foreign banks' balance sheets, as Weiss Research does with U.S. banks. You can get a rating on the larger foreign banks by some international credit-rating services, but some of these services charge hundreds of dollars for their ratings. Also, smaller, less-visible foreign private banks – preferred by many – aren't rated by the large international credit-rating services.

What's more, many foreign banks do not have any taxpayer-financed insurance coverage of their deposits. There's no equivalent of the Federal Deposit Insurance Corporation for most foreign banks. So choosing a safe bank is a MUST!

Mike Ketcher suggests you do your own rating of any foreign bank you're interested in by looking at some of the key ratios that the leading credit-rating agencies

look at. He recommends that you get a copy of your bank's balance sheet and do a few simple calculations. Most foreign banks will send you a copy of their annual report, quarterly report, or balance sheet — in English — if you request it.

One of the key ratings for a bank's soundness is the capital/assets ratio. "A capital/assets ratio of 6% is a good benchmark," says Mr. Ketcher, "with anything over 10% being supersound."

However, he says, a bank's capital/assets ratio doesn't tell the whole story. "In general," he says, "larger banks have more financial clout and that's an important factor. Also, some banks, particularly in privacy havens, like Switzerland, Liechtenstein, and Austria, have undisclosed reserves." Although you can't determine a bank's undisclosed reserves, the bank's size, as measured by its total assets, is also worth considering.

Keep Money Outside Of The Banking System

As recommended earlier, some of your money should be kept in cash, well-hidden. Another suggestion, by Martin Weiss, editor of *Martin Weiss' Safe Money Report*, is to put some of your liquid funds into a U.S. Treasury Bill money-market fund. As Mr. Weiss puts it:

"Treasury bills are direct obligations of the U.S. Treasury Department. Even if other government agencies run into operational or financial troubles, Treasury bills will always get number one, top priority for payment."

In addition, with a T-bill money-market fund, you can get immediate, unrestricted access to your money by writing a check against it at any time. Mr. Weiss recommends American Century's Capital Preservation Fund (800-345-2021); U.S. Global's Treasury Securities Cash Fund (1-800-873-8637); and his own Weiss Treasury Only Money Market Fund (800-289-8100).

The banking system is one of the most important pillars of the country's — indeed, the world's infrastructure. If it melts down — and you're not ready — you'll be in dire straits.

Prepare today by having skills or items that you can barter. Keep some money out of the banking system by using greenbacks, silver and gold coins. Stockpile

necessities (food, medicine, gasoline) that can be sold or traded easily, or used by you and your family. Put some of your money in a safe foreign bank, and keep some money in a safe T-bill money-market fund. These steps will protect you, no matter what happens.

A Precious-Metals Emergency Fund

In times of extreme crisis and war, people turn to gold as a monetary refuge. In the wake of 9/11, the global war on terrorism, and the Middle East crisis, this appears to be happening again, as gold breaks \$300 an ounce and will likely go much, much higher in the next few years.

The reason is that gold is the ultimate monetary safe-haven, *the asset* to own during times of crisis. For thousands of years, gold has been highly-prized and sought after by people throughout the world for its beauty and usefulness – making it ideal as money and as a store of value.

Unlike paper money – which at best lasts a few decades before it becomes nearly worthless as a result of currency devaluation, bankruptcy, war or inflation – gold is forever. If you could magically transport yourself back to first-century China or 12th-Century England, if you had gold you would have money. On the other hand, if you had paper money issued by any bank in the world today, all you would have is worthless pieces of paper. If you tried to spend it, you would be a laughing stock, or perhaps even burned as a witch.

Gold functions well as money, and as a store of value, for many reasons:

- **First, and foremost, gold has what economists call “intrinsic value”** – people desire gold for itself, because of its beauty and its many valuable uses in metallurgy, art, jewelry, decoration, and electronics. Paper money, on the other hand, has no intrinsic value, and we only want it so we can exchange it for other goods or services. The moment paper money can no longer be traded for other things, it becomes worthless.

- **Second, gold is rare.** Tons of ore typically have to be mined to extract a single ounce of gold. All of the gold ever mined in the history of the human race would occupy less space than a large home. That scarcity preserves gold’s high value

through the ages. In contrast, there is no limit to the amount of paper money that can be printed – overnight, if necessary.

- **Third, gold is divisible, and each unit has the same value.** If gold is selling for \$300 an ounce and you have 10 ounces, it's worth \$3,000 virtually everywhere. If you have half an ounce, it's worth almost precisely one-half as much as one ounce, or \$150 in this example.

On the other hand, if you get ten different people to appraise the value of a diamond, you'll get ten different figures, and estimates can vary wildly – by 100%, 300%, or even more. There is no “one value” for a diamond, unlike gold.

Further, diamonds and most other precious objects aren't divisible: Two one-carat diamonds aren't worth nearly as much as a two-carat diamond, and half a painting has nowhere near the value of a complete painting.

- **Fourth, the value of gold tends to be very stable over time.** In Chicago in 1930, a few one-ounce gold coins would buy the finest suit in town. Today, in any large U.S. city, the same one-ounce gold coins would also buy you the best suit in a major clothing store.
- **Fifth, gold is nearly indestructible.** Gold doesn't tarnish and it's extremely durable – unlike paper money, works of art, cars (which slowly deteriorate), and other valuable, yet fragile or trendy items. Even if the bullion gold coins in your home safe melt from a house fire, the resulting lump of gold will be almost as valuable as the original coins.
- **Sixth, gold is easily transported.** Two suitcases with 50 pounds each of gold in them, would be worth nearly \$50,000 at current prices. There are few other things that weigh 100 pounds that are so valuable.
- **Finally, gold is highly liquid.** Not only can you count on gold being worth as much or more 20 years from now as it is today, you can convert it instantly into cash. In contrast, to sell a house or valuable car, you have to find a buyer who shares your taste – and hope the market hasn't taken a sharp turn downward between the time you bought and decided to sell.

At the very least, in these times of terrorism and war, you should own some gold as an insurance policy. What makes gold *even more attractive* now, is that after

remaining stagnant for *decades*, gold prices have finally begun to shoot up, recently breaking \$300. And given the state of the world today, it could surpass the \$850 an ounce reached in January 1980.

Is gold “on it’s way to the moon”?

Doug Casey – an extremely successful investment advisor – predicts that “**Gold [is] on its way to the moon.**” He writes:

“What appears to be developing...is a classic short squeeze... of gigantic proportions. ... The U.S. is engaged in a major foreign military adventure costing unbelievable amounts of money.”

“Most important, the U.S. government is printing up dollars by the carload, and Americans are trading these paper IOU nothings to foreigners for all manner of goodies. At some point, because of some yet unknown catalyst, they’re going to start sending them back to the U.S. When they do, there’s going to be a currency crisis that will dwarf anything anybody outside of places like Argentina has ever seen.” (Doug Casey, “Gold on its way to the moon,” WorldNetDaily, 4-18-02.)

The bottom-line for gold: The price will likely skyrocket sometime in the next few years, surpassing the \$850 it reached in 1980.

For *investment purposes*, I recommend *one-ounce* bullion coins, such as the American *Eagle*, the Canadian *Maple Leaf*, the Mexican *50 Peso*, the South African *Kruggerand*, and Hungarian and Austrian *Coronas*.

Dealer premiums are lowest on these coins and they are accepted and traded throughout the world. They currently sell for just slightly over the spot price for gold.

When buying more than a few coins, make sure and get at least two competitive bids. Here are some dealers I recommend:

Camino Coins, 1-800-348-8001, 1-650-348-3000, Email: Burtblu@hotmail.com

Dillon-Gage Metals Division, 1-800-375-4653, 1-972-788-4765

Investment Rarities, 1-800-328-1860, 1-952-853-0700, www.gloomdoom.com

Monex International, 1-800-949-4653, 1-949-752-1400

Your coins can be mailed directly to you, fully insured. Most dealers put a discreet name on the return label, so no one knows what you are receiving.

Barter Basics

In a crisis, your bank account could be inaccessible for anywhere from a few days to months, depending on the seriousness of the crisis. In a catastrophic economic breakdown, the currency in your pocket could become worthless, and the banking system could grind to a standstill, reducing most economic transactions to barter.

Remember the stories of Germany in the 1920s, where it took a wheelbarrow full of money to buy a loaf of bread and prices increased by the hour, sometimes by the minute, by hundreds of percentage points. More recently, in Brazil and Russia, *annual* inflation was over 1,000% in 1994.

Even fears of a global economic meltdown or terrorist attacks could spark a banking panic, causing people to withdraw money en masse from their banks, S&Ls, CDs, pension funds, etc. That could precipitate a banking collapse and hyperinflation, since over 98% of all money today is electronic and exists only in computer memory banks. Most banks only have a tiny fraction of the reserves necessary to meet the demands of depositors; typically 5% or less.

The banks are betting that most depositors won't demand their money all at once. They're betting against a panic. They're relying on the promises that if there is a bank run, the government (i.e. the taxpayers), will bail them out, with massive loans and by printing currency.

If there is a run on the banks, the government probably would print the money to bail them out. But a few months later, when prices start skyrocketing and people start screaming about it, the government's knee-jerk response will be to treat the symptom (higher prices), rather than the disease (too much money in circulation), especially if inflation is severe. The government will quickly institute wage, price, and exchange controls.

Usually, exchange controls come first. Once a currency starts depreciating rapidly, the local citizens get rid of it as quickly as they can. The government moves quickly to stem the flow of dollars (or whatever currency) out of the country, so it enacts laws or emergency measures, threatening substantial fines and prison sentences for anyone who dares to protect their wealth.

Then come wage and price controls. Nixon tried this in the 1970s, when US inflation approached 20%. They were a miserable failure. All they did was help create shortages. This will happen again.

The government enforces its wage, price, and exchange controls with draconian measures — including heavy fines, confiscation of property, prison terms, and in extreme cases, even the death penalty — for those who get caught. Such measures have been imposed throughout history, including recently in Indonesia, China, and Malaysia.

Anyone who buys and sells on the black market is condemned as a “speculator.” Those who move their money abroad, by circumventing government controls, are deemed to be “traitors.” Yet, sometimes breaking the law is the only way to feed your family and protect your wealth. Those who prevail and prosper despite these circumstances are those who have learned the lesson of history and prepared well in advance. Here’s what you can do to prepare.

Have a trade or skill that you can barter

One of the best ways to protect yourself from shortages and economic turmoil is to have a trade or skill that’s in demand during a crisis that you can directly exchange for food, water, clothing, or cash.

Karl Hess, a former speechwriter for the late Arizona Senator and 1964 presidential candidate, Barry Goldwater, decided to stop paying taxes in the late 1960s, as a protest against the Vietnam War. Because of this, he could not hold a regular job – the IRS would garnish his wages. He couldn’t have a bank account – the IRS would seize it. So he became a competent welder, moved from Washington, DC to West Virginia (where barter is more common), and exchanged his services for the cash, goods and services that he needed.

You probably wouldn’t choose to live your life as Mr. Hess did. But in an emergency you might have no choice but to barter for life’s necessities. Of course, not everyone needs to learn a trade or perform manual labor. Doctors, dentists, computer programmers, and guards can also barter their services. Alternatively, you could assemble a well-hidden hoard of essential items like food and medicines that you could barter for whatever you need.

The six best items to hoard for bartering

The best items to hoard are those that: 1) are widely recognized as being valuable or useful; 2) are small and compact enough to be stored; 3) have a shelf life long enough so that they won't deteriorate rapidly; and 4) have no special storage requirements, like refrigeration or freezing.

The latter two are especially important, especially in a Red-Alert crisis, where essential social services break down for months. It's also good to hoard items that you can use personally or that you can sell for cash easily, even if a crisis doesn't materialize. That way, you haven't lost anything by hoarding.

Your six best items to hoard for barter are:

#1 Food. A friend of mine who's a former Green Beret, warns that disrupting the national food distribution system is far easier than most people imagine. Virtually all food moves by the roads or rail – including those imported through ships. By blowing up just ten strategic tunnels and bridges, my friend says terrorists could disrupt food distribution to most of the U.S. and it would take weeks or even months to restore. That would create food shortages in much of the nation and particularly in large cities.

Under those circumstances, normal retail food supplies would be quickly exhausted. Most warehouses have just a two-week supply! Non-perishable food is your #1 barter item.

#2 Cash. During protracted crisis, ordinary paper money is one of the best items to have on hand, particularly U.S. currency, which is accepted throughout the world. If terrorism or martial law closes down the banks even for a few weeks, and ATMs and bank accounts are inaccessible, having some cash on hand will allow you to buy groceries, medical care, whatever you need, until the crisis passes.

Cash will also protect you against a deflation and a cash shortage, as occurred in the U.S. during the 1930s. When there's a shortage of cash, the value of cash rises. Even though you're earning no interest on the greenbacks you have hoarded, you can still make money.

Or, suppose the government declared a banking holiday. Having a cache of cash, hidden safely away, will give you the cushion you need to ride out the crisis.

How much cash should you have on hand? At a minimum, I recommend keeping enough cash on-hand to pay your living expenses for a month. But that's just a minimum.

In the event of another major terrorist attack in the U.S., you can expect severe disruption and rapid imposition of martial law. Under those circumstances you should have *at least* enough cash on hand to live for two or three months – or enough to relocate to another area. Keep in mind, in a real crisis the price of everything will be skyrocketing – particularly food, lodging and emergency supplies. So you should keep as much cash on-hand as you are comfortable with. I suggest at least \$5,000 to \$10,000. At least several thousand should be in small denomination bills (\$1, \$5, \$10, \$20). *Be sure to take into account the fact that in an emergency, prices of staples will likely at least triple.*

#3 Silver “junk” coins. In a serious economic and monetary breakdown, the best barter item will probably be 90% US silver coins – those dated before 1965.

Back in the 1970s and early 80s, investment guru Howard Ruff used to recommend that you hold a \$1,000 face-value bag of US “junk” silver coins for each member of your family. (Present cost: About \$5,000 a bag.) That’s still good advice today.

These coins are widely recognized throughout the US and Canada, and could be used to buy everyday items including groceries, car repairs, gasoline, and medications.

Also useful for barter are bags of 40% silver Kennedy half-dollars, dated 1965-1969. Like the pre-1965 US coins, these have value because of the silver they contain. However, they may not be as widely recognized as the pre-1965 coins.

You should be aware that bags of silver coins are heavy, bulky, and hard to store. The best way to store them is to hide them in your home. They can be hidden behind wall paneling or perhaps in the dead space underneath steps. It’s best to disburse your silver among two or three hiding places.

#4 Gold coins. Gold coins are more useful in bartering for big-ticket items — major medical bills, extensive repairs, bribes, etc.

But because gold coins are so much more valuable than silver coins, they’re not as versatile for barter. Still, everyone should have at least some gold coins for barter, particularly smaller-denomination coins. One-ounce gold coins (current market value: around \$320) are harder to use for barter because it’s difficult to make change for them.

For barter, own a few one-ounce gold coins, like the South African *Krugerrand*, the Canadian *Maple Leaf*, the *Australian Corona*, and the American *Eagle*. But also own some of 1/10, 1/4 and 1/2-ounce coins. Many of the popular Australian, Canadian, and South African coins come in these denominations. You'll pay a somewhat higher premium over gold content for them than you will for the larger coins, but they'll be much easier to spend. A 1/10 ounce gold coin, for instance, is currently worth about \$40, more in the range of daily expenses.

#5. Medicines and medical supplies. These are obviously a basic necessity and will be in particularly-high demand after a crisis.

Here, of course, you must be careful about shelf life and storage. *Light and heat are the biggest enemies of medicines.* Make sure you know how long each medicine will last under the conditions it will be stored. Most medicines retain their potency and effectiveness much longer when stored in a cool, dry place. Sometimes manufacturing dates, shelf life, and optimal storage conditions are listed on the container. If not, check with the manufacturer to make sure that you're storing an item properly. Also, label each item with the date of purchase and the estimated shelf-life.

IMPORTANT NOTE: Many medicines will actually stay good long after their official expiration date if they're refrigerated. However, some, including tetracyclines turn toxic and must be thrown away.

How would storing medical supplies work in practice? It can be as simple as one elderly person I know who stocks up on aspirin because his doctor recommends that he take it every day. Medical research has shown that aspirin thins the blood and drastically cuts the risk of stroke.

This man stocks up on aspirin, because he uses so much of it. He buys it in bulk or on sale. The shelf life is about two years. He knows he's going to be taking it every day, so he always keeps a two-year supply on hand, rotating it so that the aspirin with the closest expiration date gets used first, and the aspirin with the furthest date is used last.

He saves money on the aspirin because he buys in large quantities. If he ever needs to barter any of it — say for something he needs even more — he'll have a nice stockpile to choose from. Since aspirin does deteriorate, especially in light, transferring it from clear bottles to dark ones will also extend its life.

Any over-the-counter items you use regularly can be bought and stored in bulk. This includes not only medicines, but also vitamins, canned foods, toothpaste, toilet paper. Whatever you use regularly. They can be used or, if need be, bartered.

When buying bulk, to keep your cost as low as possible, shop at stores like Price Club/Costco and Sam's Buying Club that sell larger quantities at much lower prices. You can also try buying direct from wholesalers. To extend the life of vitamins and other items that deteriorate when exposed to light, be sure to refrigerate and also get a good vacuum sealer.

How to legally accumulate a hoard of prescription medications

I know someone who hoards sleeping pills. She doesn't use them every night, but her doctor doesn't know that. She refills her prescription often, even though she doesn't need it.

Prescription drugs can also be bought in Mexico, and brought into the US, to supplement the supply from your doctor. It's legal to bring a small amount of prescription drugs in for personal use under the FDA "personal-use exemption." But I wouldn't recommend bringing in sedatives, tranquilizers, opiates, or other substances that are controlled. If you're caught, you could come under suspicion of being a drug dealer.

You can also buy certain prescription drugs over the Internet. Viagra — the anti-impotence drug — is widely available.

#6 Unleaded gas. Unleaded gas is essential in today's world. You can't run your car without it. Your neighbors can't run their cars without it. Remember the gas shortages of the 70s? In my area, you could only buy gas every other day. Some gas stations in major metropolitan areas also limited purchases to 5 or 10 gallons *per day*. Even then people lined up for blocks and it could take hours to buy a few gallons of gas.

If the current crisis in the Middle East continues much longer, we may well see sky-high gas prices and even a return to gas rationing, like we saw twice in the 1970s. Many "environmentalists" are already calling for raising gas prices to \$5-a-gallon. You'll want to have as much gasoline as possible stored, both for personal use and for barter.

Storing gasoline, though, is difficult. Obviously, it must be stored away from an open flame. Don't keep it near a stove, water heater, or anything with a pilot light. It also must be properly treated with a preservative.

Bob Cale, writing in *Remnant Review* (October 2, 1998), recommends the following for storing unleaded gasoline:

"Gasoline will lose octane and get rancid with age. You can smell bad fuel. Properly treated with a preservative and kept in air-tight containers, premium unleaded gas can be kept for 3-5 years. Go to Wal-Mart and buy Stabil (for unleaded gas only). Open containers that have been treated can last up to 18 months. It is best to store unleaded gas in Wal-

Use 5-gallon plastic gas cans and use each open container within 12-18 months.”

Mr. Cale offers a short, detailed report on military-spec fuel-storage chemicals, for those who wish to store other fuels, like diesel. These are additives approved and used in military and commercial airlines, oil tankers, hospital emergency generators, and other critical equipment. But they are toxic and require special handling.

His report gives you names of products and how to use them safely and legally. Send two one-dollar bills to: Bob Cale, PO Box 429, Mountainburg, Arkansas 72946.

Chapter 11

Survival Havens

Finding one or creating your own

In the next few years, terrorist attacks could get much worse in the U.S. There are a lot of terrorists very mad at us, and that will only get worse if the U.S. continues to expand its involvement in conflicts throughout the world.

Since September 11th, the U.S. has sent troops to Afghanistan, Pakistan, the former Soviet Republic of Georgia, Yemen, and the Philippines. President Bush has also repeatedly stated that he intends to go after Saddam Hussein and Iraq, and may go after North Korea as well. In early April 2002, the White House also confirmed that the U.S. was planning on sending troops to Israel, the worst military quagmire in the world.

In almost all of these conflicts, “the enemy” are Muslims – giving more and more Muslims the impression that the U.S. is out to get them all, and not just a few terrorists.

With each new troop deployment to another country, the U.S. also loses foreign support for its War on Terror. More and more, it’s looking like the U.S. vs. the world, or at least the U.S. vs. the Muslim world.

Each new troop deployment increases the risk of terrorist retaliation against our citizens and our country. With hundreds of thousands of Muslims and Arabs already living here, there is no real way the U.S. could stop suicide bombers like those terrorizing Israel today. In fact, on Friday, April 19, 2002, the FBI issued an unprecedented warning to 7,600 East Coast banks, savings and loans, credit unions, brokerage houses and other financial institutions that suicide bombings appeared imminent. (Walter Pincus and Bill Millers, “Terror alert issued for financial firms,” *Washington Post*, 4-20-02.)

In a worst-case situation, the U.S. could become another bloody battlefield in the War on Terror. If that happens, some parts of the U.S. could become virtual war zones – without power, mail or phones for weeks, but with lots of rampaging mobs and

machine-gun armed 20 year-old soldiers. If you live in one of these areas, you will need a safer place to live for the “duration.”

What To Look For In A Survival Haven

Unless you want to live like a hermit and hole up in a remote mountain cabin or a cave, your best chance of surviving a worst-case Terror War in the U.S. intact is to find a community of like-minded, friendly, well-prepared people you can trust – or quickly create such a community in your local area. Generally speaking, your best bets are rural areas and small towns, and close-knit urban and suburban ethnic communities.

The worst effects of the Terror War are likely to be experienced in poverty-stricken sections of large cities and the areas immediately surrounding them.

Large cities will likely experience the worst problems, particularly those that have:

- major infrastructure problems; deteriorating roads, antiquated sewer systems, etc.
- corrupt governments and/or major financial problems already
- high crime rates and large numbers of people on welfare (the social group least likely to prepare in advance and the group most likely to quickly turn to violence and looting if government checks stop coming)
- little or no local sources of food
- a fractionalized citizenship with long-standing hostility between different ethnic, racial, religious and economic groups
- strict prohibition on ownership of guns and official hostility toward citizen self-defense

Conversely, areas that are *least likely* to be affected by the War on Terror are rural and exurban areas, particularly those with:

- local sources for food, water and power
- responsible governments with sound finances
- low crime rates and few people on welfare

- a cohesive citizenry with many shared values
- tolerant attitudes toward gun ownership and civilian self-defense
- plenty of experience with coping with local disasters (Southern Florida, for instance, is better prepared for hurricanes than most areas, and Minnesota is better prepared for snowstorms)

The Safest U.S. Cities

Money magazine conducts periodic surveys of the safest and most dangerous places in America to live. They examined 202 cities with a population of 100,000 or more.

They looked at crime rates for carjacking, burglary, aggravated assault, rape, murder and other major crimes. Then they weighed those crimes based upon a poll of how much people living in those cities regarded them as a threat. *Money* found that both the safest and most dangerous cities had certain characteristics in common.

The *safest* cities tend to be very affluent, smaller, less-densely populated, and more suburban in character rather than urban. Conversely, the *most dangerous* cities tend to be larger, very-densely populated, and have many people living below the poverty line.

According to *Money magazine's* latest survey, the ten safest cities in America are:

1	Amherst, NY	Lowest violent-crime and burglary rates
2	Thousand Oaks, CA	Lowest property-crime rate
3	Irvine, CA	Robbery rate 73% below national average
4	Simi Valley, CA	Second-lowest property-crime rate
5	Sunnyvale, CA	Second-lowest burglary rate
6	Virginia Beach, VA	Violent-crime rate 1/3 of U.S. average
7	Livonia, MI	Property-crime rate 26% below national average
8	Plano, TX	Car-theft rate 58% below national average
9	Madison, WI	Aggravated assaults 1/3 of U.S. average

10 Mesquite, TX Robbery 65% below national rate

Money's ten most dangerous US cities are:

- | | | |
|----|-----------------|---|
| 1 | Newark, NJ | Worst robbery and auto-theft rates |
| 2 | Atlanta, GA | Violent crime 5-times the national rate |
| 3 | St. Louis, MO | Among the 10 worst cities for murder, robbery, & burglary |
| 4 | New Orleans, LA | America's worst murder rate |
| 5 | Detroit, MI | Third-worst rate of auto theft |
| 6 | Baltimore, MD | Second-highest robbery rate in U.S. – 7-time US average |
| 7 | Miami, FL | Violent crimes five-times national rate |
| 8 | Washington, DC | Violent crimes triple U.S. rate, despite highest ratio of police-to-residents in the U.S. |
| 9 | Flint, MI | Murder rate 3-times national average |
| 10 | Birmingham, AL | Aggravated assaults almost 4-time national rate |

For a comprehensive review of 327 U.S. cities, including the safest and most dangerous, see www.morganquitno.com/safecity.htm.

Avoid Hard-Core Survivalist Communities

There are many types of survival havens, but one type you should generally avoid is a hard-core, survivalist community. Here's why:

When I was researching my 1999 book *Protect, Survive & Prosper*, I checked-out several such communities. After investigating several, I fled as fast as I could.

The survivalist communities I investigated were suspicious and hostile to “outsiders” to the point of paranoia. Who was an “outsider”? Anyone they didn't know for at least 20 years or who didn't share their particular interpretation of the bible and “end of days” prophecy.

Several were also rabidly anti-Semitic and racist. All were armed to the teeth, and I got the strong impression from some that if you disagree with them about whom to vote for governor or whether abortions should be legal, they'd consider you a “traitor” and gladly shoot you.

One old geezer with missing teeth and a huge .357 magnum strapped to his thigh, gleefully told me he'd like to make my girlfriend one of his wives.

How To Locate A Safe Survival Haven Near You

Recently, I have discovered a HUGE web site listing hundreds of survival communities and people who want to form new ones. Many sound very promising. However, I haven't been able to check them out personally, but you may want to. The web site is:

www.webpal.org/list.htm

You will find communities listed in every state and in every price range. Communities range from extremely expensive to extremely cheap; from libertarian, to Christian communities, to born-again hippy. Some are even planning to survive a nuclear war!

Now, here are some suggestions in what to look for to find the survival retreat that's right for you.

Your Best Survival Retreats

Living in a city with a low crime rate is always a plus, and is particularly important if martial law is declared. Among the best places to live in the U.S. during the Terror War are affluent and tranquil small towns – of which there are thousands in the US.

Ideal small towns should be:

- located at least 100 miles from any major city (200-300 miles is even better) in the event of a nuclear or major bio-terrorism attack
- have few access roads which can be easily blocked in the event of a crisis
- have a well-armed national guard or militia loyal to local citizens, rather than the national government

- have a large population of people prepared for a crisis, like the Mormons in Utah, who are required by their church to have at least a one-year supply of emergency food.

These aren't the most exciting places to live. There may be only a few movie theaters or none at all. There will probably be no discos, nightclubs (other than a roadside bar or two), shopping malls, or symphony orchestras.

However, in many small towns, crime and vandalism are virtually non-existent; you can get to know your neighbors; there are local sources for nutritious food, clean water and power; and most important, people still believe in "old-fashioned" values like honesty, respecting your property, and keeping their word.

If you decide you want to move to a small town or at least have a retreat in one, you need to get started immediately. To really fit in, you need to get to know the local people, go to church socials, frequent the shops, contribute to the school fund, etc. If you have relatives or close friends in a small town, that will make things considerably easier.

If you decide where you're living now would be too dangerous in a crisis, first check out small towns within a few hours of your present location. Investigate crime rates, income levels, medical facilities, banks, proximity to farms, water supply, the interests and values of locals, if there is high-speed Internet access, etc.

What About Isolated Mountain Cabins, Farms, And Similar Hideaways?

They're available, but most people who haven't grown up in such environments greatly underestimate the difficulty of living in such isolation. For people used to the city or suburbs, just not having a supermarket nearby or cable TV will seem a major hardship!

In such isolated environments, you will have to rely upon yourself for everything from food and shelter, to power and water. If you get sick, there will be no one outside your immediate family to help you.

And unless you're a jack-of-all trades, you will find it a difficult struggle to find your own food, water and fuel; repair all of your own appliances; heal any broken bones; educate your children; and defend your family from stray marauders – 2-legged

or 4-legged. To even consider moving to such an area, make sure you're handy with a rifle and snake-bite kit.

Retreat Essential Supplies

- Make sure it's off the beaten track. The last thing you want if there is a biological or radiological attack is lots of sick, starving people knocking at your door.
- Make sure your retreat is not too ostentatious, so it doesn't attract a lot of attention or envy from locals, and become a target for robbery.
- If possible, locate near a clear spring or other natural source of water.
- Make sure you have at least one fireplace or wood stove for cooking and heat.
- Try to be within walking-distance of a small town where you can buy medical supplies, sugar, flour and other essentials.
- Make sure you have good land on which you can grow crops, and stock plenty of seeds, fertilizer, etc.
- Try to locate in an area where you can hunt and pick fruits.
- Make sure you have plenty of quality hand-tools as well as supplies for repairing your roof, plumbing, electrical systems, etc.
- Install at least a small photovoltaic power-system and backup generator (with plenty of fuel) for lights, radio, your cell phone, laptop computer, etc.
- Make sure you have a supply of all vital medications for every member of your household.
- Make sure and have plenty of games and entertainment for the kids.
- Have something you can trade, whether it's guns, ammo, gold coins, light bulbs or food. (See Chapter 10 for more suggestions.)
- Make sure you are well-armed and have plenty of ammo. Learn how to use a reloader if you plan to shoot for target practice.
- Have plenty of gas for your car.
- Cache your vital supplies – gas, food, etc. – in a safe place, such as buried in a non-descript part of the woods, when you are not at your retreat. Make sure you can find your stash and lay in several different stashes just in case one is discovered.
- If at all possible, create a small group retreat with several people you completely trust. That way someone can always be at your retreat to take of maintenance, protect against vandals, and befriend locals.

Building Economical Retreat Housing

Once you've selected your retreat, you need to think about housing. The simplest inexpensive alternative is to either buy a fixer-upper or build an inexpensive vacation home.

One economical way to do this is to buy a used double-wide, mobile home, which measures about 30' x 50'; 1,500 square feet total. That's enough space for two or three bedrooms, a kitchen, living room and one or two bathrooms.

Double-wide mobile homes are surprisingly economical. In my town, the average 2,500 sq. foot house sells for \$500,000+. But 1,500 sq. ft., double-wide trailers are advertised in the paper for as little as \$4,500. A big part of the difference is the price of land, which is absurdly expensive in many parts of the US.

In small towns, you can still find land for as little as \$1,000 to \$5,000 an acre. So you can build a reasonably-sized vacation home on an acre for as little as \$10,000. Add a solar-power system, and your own septic tank and well, and your total cost will still be under \$20,000.

Once you've set up your mobile home, you can add on a great room, master bedroom suite and other amenities later. You could end up with a terrific home at a fraction of the price of your current one in a safe area that will be great for quiet vacations or retirement even if there are no more major terror attacks.

Double-wide mobile homes can be found in the newspaper or yellow pages under "trailers." Other low-cost housing options include:

- Locating a nice house in a depressed housing market or ghost town. Buy it cheap, then hire professionals to move it to your retreat. It's more common than you might imagine.
- Adopting an unusual but inexpensive space for your needs – such as an abandoned warehouse, fire station, retail store, or school.
- Being creative. Build your own house from non-traditional, inexpensive materials, such as adobe, stone or even old tires.

To learn more about locating and building your perfect retreat, check out the following books available from Loompanics Press, PO Box 1197, Port Townsend, WA 98368, email loompanx@olympus.net, web site www.loompanics.com:

Alternative Housebuilding by Mike McClintock, 1989, 379 pages, \$19.95.

Building With Junk and other good stuff: A guide to home building and remodeling using recycled materials by Jim Broadstreet, 1990, 159 pages, \$19.95.

Buildings of Earth and Straw: Structural design from rammed earth and straw-bale architecture by Bruce King, PE, 1996, 169 pages, \$25.00

The Complete Book of Underground Houses by Rob Roy, 1994, 144 pages, \$14.95.

Discover the Good Life in Rural America by Bob Bone, 1994, 166 pages, \$12.95.

50 Fabulous Places to Retire in America by Ken Stern, CFP, 1996, 311 pages, \$18.99.

The \$50 & Up Underground House Book by Mike Oehler, 1992, 115 pages, \$13.95.

Houses to Go: How to buy a good home cheap by Robert L. Williams, 1997, 145 pages, \$18.95.

How to Buy Land Cheap by Edward Preston, 1996, 136 pages, \$14.95.

How to Find Your Ideal Country Home by Gene Gerue, 1996, 432 pages, \$24.95.

How to Build and Furnish a Log Cabin: The easy natural way using only hand tools and the woods around you by W. Ben Hunt, 1947, 176 pages, \$9.95.

How to Build Your On Home For Less Than \$15,000 by Robert L. Williams, 1996, 216 pages, \$19.95.

Moving to Small Town America by William Seavey, 1996, 159 pages, \$15.95.

The Rammed Earth House: Discovering the most ancient building material by David Easton, 1996, 224 pages, \$30.00.

Travel-Trailer Homesteading Under \$5,000 by Brian D. Kelling, 1995, 80 pages, \$8.00.

Where to Retire: America's Best and Most Affordable Places by John Howells, 1995, 368 pages, \$14.95.

Another way of surviving the terrorism and martial law in style is to move to another, safer country.

Foreign Havens

Which countries would be safest in a U.S. breakdown?

If the U.S. is repeatedly attacked by terrorists, martial law is declared or terrorists attack with nuclear or biological weapons, you may want to get out of the country altogether. At the very least, you may want to have a place to flee to temporarily if the worst happens.

If you have sufficient means, setting up a foreign vacation home makes good sense in light of the growing danger of terrorist attacks and martial law in the U.S.

There are several characteristics that an ideal foreign haven should have:

Abundant food and other essentials. In just six months, from September 2001 to March 2002, the price of oil has skyrocketed nearly 50%, from \$19 a barrel to over \$27. It will go much higher if the U.S. goes to war with Iraq or anywhere in the Middle East. A growing, global War on Terror will also cause the price of shipping to increase sharply. Living in a country rich in natural resources will help keep your costs down and your living standard high.

A non-interventionist — or non-existent — foreign policy. Countries which mind their own business — and don't try to dictate policies to other countries — make less enemies. They are less vulnerable to terrorism. Countries like Costa Rica and Switzerland have a long history of keeping their noses out of other countries business, and have few enemies in the world. Terrorist attacks against them — and their residents or citizens — are rare.

Substantial freedom for its citizens. A country which has substantial economic and political freedom is usually free and prosperous ... and a wonderful place to live. This includes countries like the Cayman Islands, Channel Islands, and (for those who can afford it) Monaco.

Employment. In most isolated and semi-developed countries, it's often difficult to find work or decent pay. The key is to bring your own business with you. It's best if you have a business you can operate from your home — such as consulting, writing, designing software, or mail-order sales (with an agent in the US or Europe to handle fulfillment).

Good weather. Right now, there is unclaimed land in Antarctica the size of several large states, but who in their right mind would want to live there? However, you will

find very pleasant weather at higher altitudes in Mexico, Costa Rica, Ecuador and Chile – as well as tropical resort areas, like the Cayman Islands.

Culture – not only whether or not there are current films available, theater, a symphony, etc. — but the way of life of the people there. After six months of living there will you still find it a fascinating place? Or will you be bored, just sitting on the beach getting a suntan all day? What is their attitude towards foreigners in general, and Americans in particular?

Crime. In some countries, crimes against well-to-do foreigners are common. In other places, you'll find petty crime but serious crime is almost non-existent. Other places are envy-dominated, and those who display too much wealth are targeted. What about bribery? Will you be paying off every minor official in order to get anything accomplished? Will you be targeted for arrest if you don't?

Language. In much of the world, English is the language of banking and international commerce, but how widely is it spoken among the people you will be in daily contact with? Remember you'll have to learn the language of the country you're living in, unless it's a place like the Bahamas or Channel Isles where English is spoken.

Health Care and Medicines. If you have an illness that requires regular medicines or treatment by a doctor, clearly this will be a prime consideration. But even if you're healthy, you will want to investigate local doctors and hospitals to make sure you will receive the level of treatment you want in an emergency. Generally-speaking, excellent health care is available in South America – if you have money.

Prime Areas Of The World To Consider

Here are some personal favorites for weathering the coming storms:

Most of the Caribbean countries, especially former British colonies such as the Bahamas, Bermuda, Virgin Islands, and Cayman Islands.

In Latin America, Costa Rica, which has modern cities and one of the most affluent populations in Latin America, is a best bet. An added plus: In the last election, six of 57 Congressmen in the legislature were elected from their libertarian party, *Movimiento Libertario*.

Baja California, which is home to many Americans, has some appeal because it's close to the U.S., yet separate from the urban centers of the U.S. and Mexico, which could be plagued with violence in any prolonged crisis, or global economic problems.

As this book is being written, some of the Asian countries are extremely cheap places to live due to their continuing economic problems. You can live like a king on \$1,000 a month in many of these countries. Some, like Indonesia or Malaysia have too much political and economic turmoil. But others, including Thailand, parts of the Philippines, Japan, and Taiwan, are still relatively placid despite financial problems.

Wherever you choose to go, it's a good idea to keep your physical possessions to a minimum, so that if you need to leave, you can do so without much hassle.

For more information on finding a haven abroad, see the following:

American Citizens Abroad, 1051 North George Mason Dr., Arlington, VA 22205; Fax: 1-703-527-3269; web site: <http://www.aca.ch/>. This non-profit association helps serve and defend the interests of U.S. citizens, worldwide. There's lots of good information on all the aspects of moving abroad, including legal and tax issues, medical care, and making all-important business and social contacts. Visit their web site, which has links to just about every other web site related to moving abroad. *This is a gold mine.*

Blueprint for Paradise: How to live on a tropic island by Ross Norgrove, Loompanics Press, 1985, \$14.95.

Covers * selecting your island paradise, * considerations in building a home, * up-front and hidden costs, * food, water and medical care.

Buying a Home Abroad by David Hampshire, Loompanics Press, 1996, 237 pages, \$21.95. This book shows you how to make purchasing a home abroad a pleasant experience.

Topics include: Choosing a country, traveling and communications, * finance, mortgages and taxes, * learning the language, * real-estate agents, * choosing a location, * renovation and restoration, * home security, * moving and customs, and much more.

How to Get a Second Passport & Dual Nationality, by Mike Ketcher, editor of the *Financial Privacy Report*, gives you the nitty-gritty details you'll need to know, if you're thinking of expatriating. You'll learn about the best countries to buy a passport and citizenship from, with no residency requirements. It shows you how to avoid second-passport scams that are plaguing the market. You'll also learn details about some of the best countries to move to. For more information: *Financial Privacy Report*, P.O. Box 1277, Burnsville, MN 55337. 1-612-897-8757. Price: \$79 (or free with a one-year subscription for \$96).

International Living, 105 W. Monument St., Baltimore, MD 21201; 1-800-851-7100. This monthly newsletter is the best publication available for those who desire to live abroad. \$34 a year. Detailed information about immigration requirements, lifestyle, expatriate communities, amenities, etc.

The International Society for Individual Liberty, 836-B Southampton Rd., #299, Benicia, CA 94510; 707-746-8796; web site: <http://www.isil.org>.

This non-profit educational organization is fighting for liberty throughout the world and is a great source of information and contacts throughout the world. ISIL has been around for nearly 30 years, and they can put you in touch with contacts throughout the world.

The Sovereign Society, 3 Catharine Street, Waterford, Ireland or PO Box 925, Frederick, MD 21705, 1-888-358-8125, Fax 1-410-230-1208
E-mail: info@sovereignsociety.com.

This organization is dedicated to helping people move themselves and their wealth out from under the thumb of the U.S. government. Headed by investment advisor John Pugsley, the organization publishes a newsletter and holds conferences abroad on investing offshore and expatriating. Membership fee is \$295 a year.

Transitions Abroad: A Guide to Learning, Living, and Working Overseas, Box 3000, Denville, NJ 07834. A bi-monthly magazine, geared toward low-budget travel and making money abroad. \$24.95 a year.

A Final Word Of Advice: One step you MUST take if you're thinking of moving abroad

After picking your foreign haven, if at all possible take a month off and check it out in person.

Before moving, live there for a while – not just a weeks' vacation at a resort hotel where most of the other people are tourists. Rent an apartment in a middle-class area of one of the cities. Eat at local restaurants. Drink the water. Visit a hospital. Learn enough of the local language to hold a simple conversation. Talk to people and get to know them. Shop at the local stores.

Remember, what may seem like an exotic adventure for a week, could become a hardship in a month, and hell in six months. Good luck!

Conclusion

You Can Survive Terrorism

**“Are these the shadows of the things that Will be,
or are they shadows of things that May be, only?”**

Charles Dickens, *A Christmas Carol*

If you live long enough, you will be forced to survive a disaster, whether it is an earthquake, hurricane, protracted power blackout, riots, martial law, or a deliberate terrorist attack.

How well you get through a disaster – both physically and emotionally – will largely be determined by how well you prepare in advance. It’s impossible to buy food when shelves are stripped bare by hordes of frightened customers, or to build a fallout shelter the day *after* an atomic attack.

Disaster can strike at any place and at any time, so it’s a good idea to always be prepared. For a few hundred dollars, you can create an emergency kit that fits in your car trunk and provides you with enough food, water, and essential prescription medicines to last a few weeks. In an emergency, that could make the difference between life and death.

By preparing now to survive a disaster, you will also enjoy much greater peace of mind, and you will be in a much better position to help others. A crow bar, cell phone, or bottle of hydrogen peroxide can save a life.

No one can prepare for every possible disaster, but fortunately, preparing for most disasters involves virtually the same preparations: food, water, dry clothing,

medicines, communications, and transportation. You should also be prepared to live without electricity from the utilities for at least a week and preferably for several months, just in case.

At the dawn of the 21st Century, we are witnessing wonders never dreamed of by our forefathers: Atomic power, satellite communications, genetic engineering, cell phones, and very soon, advanced robotics and molecular engineering. Some scientists believe that some people alive today may live to be 140 years old. That's incredible. However, a life can still be snuffed out in an instant by a tornado or terrorist bomb.

Further, the same technology that makes our lives better, also brings new dangers and terrors: Drug-resistant diseases, environmental disaster, nuclear meltdowns, and global terrorism.

In the future as in the past, those who plan ahead and prepare have the best chance of surviving terrorism and other disasters. To survive and prosper in the 21st century, each of us needs to take responsibility for our own future and prepare to survive terrorism.

For liberty, prosperity, and peace,
Jarret B. Wollstein

Appendix 1

For More Information

Recommended publications, organizations vendors, and web sites

Where to buy the books listed here:

Most are available from one or more of the following distributors, unless otherwise stated:

Amazon.com, www.amazon.com

Loompanics, www.loompanics.com, 1-800-380-2230

Rocky Mountain Survival Group, www.artrans.com

Books & Publishers

Booksellers

Financial Privacy Report, PO Box 1277, Burnsville, MN 55337, 1-952-895-8757, Fax 952-882-4962. Publishes financial books by FPR editors Jarret Wollstein and Mike Ketcher, plus some other titles.

The Independent Institute, 100 Swan Way, Oakland, CA 94621-1428, 1-510-632-1366, Fax 510-568-6040, www.independent.org. Also publishes ***Liberty Tree Book Catalog***.

International Society for Individual Liberty, 836-B Southampton Road, #299, Benicia, CA 94510, 707-746-8796, Fax 707/746-8797, www.isil.org. Publishes an excellent series of outreach pamphlets on a wide variety of pro-liberty, pro-free-market topics, and a quarterly newsletter. One year subscription/membership \$35. (Tax-deductible in the U.S.)

Laissez-Faire Books, 938 Howard Street, #202, San Francisco, CA 94103, 1-800-326-0996, 415-541-9780, Fax 415-541-0597, www.laissezfairebooks.com. Large selection of free-market and libertarian books.

Loompanics Unlimited, PO Box 1197, Port Townsend, WA 98368, 1-800-380-2230, www.loompanics.com, E-mail: loompanx@olympus.net. Publishes hundreds of titles on disaster survival, self-defense, growing your own food, emergency medicine, inexpensive shelter and much more.

Ultimate PT Bookstore, www.ptbookstore.cx, E-mail help@ptbookstore.cx. A good selection of books on survival, offshore banking, getting a new ID, locksmithing, military science, and self-defense.

ASSET FORFEITURE

Asset Forfeiture Defense Manual, Volume 1 (Substantive Law and Administrative Procedures) by Brenda Grantland and Judy Osborne, 2002, \$119 + \$12 s/h. The “bible” for defending yourself against unjust government confiscation of your property. Available from FEAR, 20 Sunnyside, Suite A-419, Mill Valley, CA 94941, www.fear.org.

Forfeiting Our Property Rights: Is Your Property Safe from Seizure? By Henry Hyde, 1995. Limited availability, used from Amazon.com, \$15.66.

The Looting of America: How over 400 laws allow police to confiscate everything you own without trial [issue paper](#) by Jarret Wollstein. Available from ISIL along with 50+ other issue papers for \$5 including s/h, 1-707-746-8796, www.isil.org.

Presumed Guilty: The Law’s Victims In the War on Drugs by Andrew Schneider and Mary Pat Flaherty, Pittsburgh Press, 1991, 42 pages. Available free at www.fear.org.

23 Ways to Shield Your Assets from Confiscation by Mike Ketcher, 2001, 30 pages, \$50 or free with a one-year, \$96 subscription to the Financial Privacy Report, PO Box 1277, Burnsville, MN 55337, 952-895-8757, Fax 952-882-4962.

Your House Is Under Arrest: How police can seize your home, car, and business without a trial – and how to protect yourself by Brenda Grantland, 1993, 238 pages, \$29. Available from ISIL.

DISASTER SURVIVAL

Blueprint for Paradise: How to live on a tropic island by Ross Norgrove, Loompanics Press, 1985, \$14.59 Covers: * selecting your island paradise, * considerations in building a home, * up-front and hidden costs, * foods, water and medical care.

Community Technology by Karl Hess, Loompanics Unlimited, Port Townsend, WA, 1979, paperback, 107 pages. The story of how former Presidential speechwriter Karl Hess and his neighbors created nearly self-sufficient communities in the heart of Washington, DC and later in a rural area of West Virginia. This book explains how they grew food, generated power and disposed of waste.

Cooking with the Sun by Beth and Dan Halacy, Loompanics Unlimited, 1992, paperback, 128 pages, \$9.95. Explains how to build your own solar cooker, and how to use it to cook lasagna, chicken curry, chocolate chip cookies, and much more.

Do-It-Yourself Medicine: How to find and use the most effective antibiotics, painkillers, anesthetics, and other miracle drugs...without costly doctors' prescriptions or hospitals by Ragnar Benson, Loompanics Publishers, 1997, 113 pp. paperback, \$20.00. This book explains how to get antibiotics, painkillers and other drugs from non-traditional sources including veterinary centers, foreign suppliers, and dentists.

Earthquake Ready: The Complete Preparedness Guide by Virginia Kimball, Roundtable Publishing, Inc., Santa Monica, CA, 1988, paper 225 pages, \$13.95.

Fieldbook, Boy Scouts of America

How to Develop a Low-Cost Family Food Storage System by Anita Evangelista, Loompanics, 1995, 120 pages paperback, \$10. Includes information on * how to preserve and store foods, including freezing, smoking, water- and pressure-canning, salting, brining, jerking, pickling, cellar-storing, and brandying. * sources for inexpensive bulk grain and how to store it, * recipes and techniques for cooking with stored food, * how to store food.

How to Get A Second Passport & Dual Nationality by Mike Ketcher, editor of the *Financial Privacy Report*. Gives you the nitty-gritty details you'll need to know if you're thinking of moving to another country. You'll learn about the best countries to buy a passport and citizenship from, with no residency requirements. It shows you how to avoid second-passport scams that are plaguing the market. Also details about some of the best countries to move to. Available from: *Financial Privacy Report*, PO Box 1277, Burnsville, MN 55337, 1-612-897-8757. Price: \$79 (or free with a one-year subscription, \$96).

It's Your Fault Too! Earthquake preparedness isn't just for California by Darlene Anderson, Self-published, 1991, 375 pages paper (no price listed) An excellent disaster-survival workbook including many forms and illustrations.

The Joy of Cooking (pre-1997 editions) by Irma Rombauer and Marion Rombauer Becker, Simon & Schuster, New York, \$26. Contains an excellent section on cooking wild game.

Making the Best of Basics, Family Preparedness Handbook by James T. Stevens, Peton Corp, PO Box 11925, Salt Lake City, Utah 84111.

The Survival Retreat by Ragnar Benson, 1986, Paperback, \$12. Instructions on building your own survival retreat. Where to build it, what it's actually for, how to defend it. Available from www.Amazon.com

The SAS Survival Handbook, John Wiseman

The Wild and Free Cookbook by Tom Squier, Loompanics Press, 1996, 306 pages, paperback, \$19.95. Contains recipes for cooking rattlesnake, possum, and other wild animals.

Wright's Complete Disaster Survival Manual: How to prepare for earthquakes, floods, tornadoes, & other natural disasters by Ted Wright, Hampton Roads Publishing, Norfolk, VA, 1993, paper 283 pages, \$14.95.

FINANCIAL MELTDOWN

The Great Reckoning: Protect yourself in the coming depression (revised edition) by James D. Davidson and Lord William Rees-Mogg, Simon & Schuster, New York, 1993, hardcover, 607 pages, \$23. A detailed and insightful explanation of the forces that have caused Japan and other countries to slip into recession, and why the UK and US are next. Discusses global political and economic trends, and the role of violence in world politics – including the terrorist threat. Contains lots of advice on how to protect your investments and yourself.

The Complete Guide to Offshore Money Havens by Jerome Schneider, Prima Publishing, 2000, hardcover, 439 pages, \$30.

GLOBAL POLICE STATE

The Davidian Massacre by Carol Moore, Legacy Communications, 1995, paperback, 494 pages, \$7.95. A completely documented – and shocking account – of what really happened at Waco. Moore demonstrates that the attack on the Branch Davidians by the BATF and FBI was unnecessary, illegal, and vicious.

Freedom In Chains: The rise of the state and the demise of the citizen, by James Bovard, St. Martin's Press, \$26.95. An excellent analysis of the cancerous growth of government in America, and its human victims.

I Am Not A Number: Freeing America from the ID State by Claire Wolfe, Loompanics Unlimited, 1998, 186 pages, \$21.90. "Thinking about going fishing? Enrolling your child in school? Getting a license to work as a plumber or hairdresser? Think again – because in the coming years, you won't be able to do any of the above without a federally-issued ID number." Claire Wolfe explains how close we are in America to being forced to get federal approval for all commercial transactions, receiving medical care, and many other necessary activities. She also explains how you can drop out of this emerging fascist system.

Lost Rights: The Destruction of American Liberty by James Bovard, St. Martin's Press, \$24.95. "From Justice Department officials seizing people's homes based on mere rumors, to the IRS and its master plan to prohibit the nation's self-employed from working for themselves, to the perpetrators of the Waco siege, government officials across the land are tearing the Bill of Rights to pieces." (From the cover leaf.)

101 Things To Do 'Til The Revolution by Claire Wolfe. Extremely-entertaining discussion of how to resist your enslavement by big government. While not all of Wolfe's suggestions are very practical, it is nevertheless very thought-provoking.

Unintended Consequences by John Ross, Accurate Press, St. Louis, 1996, hardcover, 863 pages, \$28.95. An intense novel about the growing tyranny of the US government – and what happens when people start to resist. Contains a wealth of information about the importance of private gun ownership for the maintenance of freedom throughout modern history.

GUNS & Defensive Shooting

The Street-Smart Gun Book, 1990, \$12, The Police Bookshelf, P.O.Box 122, Concord, NH 0330, 800-624-9049 or www.defense-training.com/johnres.html

The Farnam Method of Defensive Handgunning by John S. Farnam, 2000, \$25. DTI Publications Inc., P.O. Box 18746, Boulder, CO 80308-1746

The Farnam Method of Defensive Shotgun and Rifle Shooting by John S. Farnam, 1997, \$19.95. DTI Publications Inc., P.O. Box 18746, Boulder, CO 80308-1746 or www.defense-training.com/johnres.html,

HOME SECURITY

All Thumbs Guide to Home Security by Robert W. Wood, 131 pages, (July 1993), Tab Books, \$9.95.

The Big Book of Secret Hiding Places by Jack Luger. Loompanics Press, \$14.95.

Burglarproof by Michael D. Ketcher, Institute for the Preservation of Wealth, 1997, paperback, \$29.

Basic Home Security: A do it yourself manual by Clay E. Higgins, CPP, Dunn Loring Publishers, Dunn Loring, VA, 1994, paper 140 pages.

The Complete Guide to Home Security— How to protect your family and home from harm by David Alan Wacker, Better Way Publications Inc., Crozet, VA, 1990, paper, 189 pages, \$14.95.

How to Hide Anything by Michael Connor. Shows you how to hide cash, armaments, and even family members, right in your own home. Over 100 drawings show you how to turn ordinary items into extraordinary hiding places. Loompanics Press, \$12.00.

Home Security for Single People: A basic guide to secure living by L. Davis Almand, 1995, Single Services Publications, San Francisco, paper, 152 pages, \$12.95.

Home Safe Home: How to safeguard your home and family against break-ins by Helen and Michael Maxwell, paperback, 220 pages, 1992, New Horizon Press, \$13.95.

How to Implement a High Security Shelter in the Home by Joel Skousen, Swift Learning Resources, 1995, 117 page, \$35. Designed for the do-it-yourselfer, this book

contains plans for building your own economical security room or security closet. it covers design, construction, ventilation, water filtration, 12-volt lighting, sanitation, solar- electric power, radios, antennas, radiation meters and a list of sources for the equipment described.

On Guard!; How you can win the war against the bad guys by Laura E. Quarantiello, Tiare Publications, 1994, paperback, \$17.95. This book explains how to organize your neighborhood to protect yourself from criminals.

The Stash Book: How to hide your valuables by Peter Hjersman, And/Or Press, Berkeley, CA.

SHELTER

Unless otherwise noted, the following books are available from Loompanics Unlimited, PO Box 1197, Port Townsend, WA 98368, 1-800-380-2230, E-mail: loompanx@olympus.net, Web Site www.loompanics.com.

Alternative Housebuilding by Mike McClintock, 1989, 379 pages, \$19.95.

Building With Junk and other good stuff: A guide to home building and remodeling using recycled materials by Jim Broadstreet, 1990, 159 pages, \$19.95.

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How to Buy Land Cheap by Edward Preston, 1996, 136 pages, \$14.95.

How to Find Your Ideal Country Home by Gene Gerue, 1996, 432 pages, \$24.95.

How to Get a Second Passport & Dual Nationality by Mike Ketcher. *Financial Privacy Report*, P.O. Box 1277, Burnsville, MN 55337, 1-612-897-8757. Price: \$79 (or free with a one-year subscription for \$96).

How to Build and Furnish a Log Cabin: The easy natural way using only hand tools and the woods around you by W. Ben Hunt, 1947, 176 pages, \$9.95.

How to Build Your Own Home For Less Than \$15,000 by Robert L. Williams, 1996, 216 pages, \$19.95.

Moving to Small Town America by William Seavey, 1996, 159 pages, \$15.95.

The Rammed Earth House: Discovering the most ancient building material by David Easton, 1996, 224 pages, \$30.00.

Travel-Trailer Homesteading Under \$5,000 by Brian D. Kelling, 1995, 80 pages, \$8.00.

Where to Retire: America's Best and most affordable places by John Howells, 1995, 368 pages, \$14.95.

SOLAR POWER

The New Solar Electric Home: The photovoltaics how-to handbook by Joel Davidson, textbook binding, 416 pages, 1987. \$13.27 from Amazon.com.

Solar Living Source Book: The complete guide to renewable energy technologies & sustainable living, edited by Doug Pratt, Real Goods, 560 pages, 2001, \$37.50. Comprehensive explanation of how to build and install your own solar-power system and extensive catalog of solar panels, inverters, hydroelectric & wind generators, solar lights, and much more. Highly recommended. Available from Real Goods, 1-800-919-2400, Fax 1-800-508-2342, www.realgoods.com.

Using Sunlight For Your Own Solar Electricity: Build your own system, become independent of the grid by Ralph W. Ritchie, ring-bound, 168 pages, 199. \$24.95 from Amazon.com.

Foreign Banks

Anglo-Irish Bank (Austria), which is ideal for those who want an small (under \$10,000) foreign account. Accounts are available in several currencies, so you can use this account to protect yourself from a declining dollar. The minimum to open some accounts is as low as \$5,000. For information: Anglo-Irish Bank, Rathausstrase 20, PO Box 306, A-1011, Vienna, Austria; phone: 011-43-1-61-6145-406.

Cater Allen Bank, in the tax haven of Jersey, in the Channel Islands, offers a VISA debit card with its HICA Gold Account. The account earns interest, yet you can get immediate access to your funds through the VISA card. The account can be denominated in either U.S. dollars or British pounds. For information: Cater Allen Bank (Jersey), Ltd., PO Box 476, Cater Allen House, Commercial Street, St. Helier, Jersey, Channel Islands JE4 8WU. Phone: 011-44-1534 828000 fax: 011-44-1534 828201; e-mail: cabj@cater.com.

VP Bank in Liechtenstein (or its branch in the British Virgin Islands) offers private banking services for wealthy clients. Minimums to open the accounts are \$100,000 (\$500,000 for managed accounts). For more information, contact: VP Bank (In Zentrum, FL-9490 Vaduz; phone: 011-41-75-235-6655. Or, in the British Virgin Islands: VP Bank (BVI), b5 Main St., P.O. Box 3463, Road Town, Tortola, British Virgin Islands. 1-234-494-1100.

Organizations

American Citizens Abroad, 1051 North George Mason Dr., Arlington, VA 22205; fax: 703- 527-3269; www.aca.ch/

World headquarters: ACA, 5 rue Liotard, CH-1202 Geneva, Switzerland, Phone +41 22 3400233, Fax: +41 22 3400448. email: acage@aca.ch.

This non-profit association helps serve and defend the interests of U.S. citizens, worldwide. There's lots of good information on all the aspects of moving abroad, including legal and tax issues, medical care, and making all-important business and social contacts. Visit their web site, which has links to just about every other web site related to moving abroad. *This is a gold mine.*

Defense Training International, PO Box 917, Laporte, CO 80535, 303-482-2520, www.defense-training.com. Courses in firearms training.

FEAR (Forfeiture Endangers American Rights), 20 Sunnywide, Suite A-419, Mill Valley, CA 94941-1928, 1-888-332-7001, www.fear.org. Top source on civil-asset forfeiture and attorney referrals.

The Independent Institute, 100 Swan Way, Oakland, CA 94621-1428, 1-510-632-1366, Fax 1-510-568-6040, www.independent.org. Publishes a large variety of libertarian books and studies. Also publishes *Liberty Tree Book Catalog*.

International Society for Individual Liberty, 836-B Southampton Road, #299, Benicia, CA 94510, 707-746-8796, Fax 707-746-8797, www.isil.org. This non-profit educational organization is fighting for liberty throughout the world and is a great source of information. ISIL has been around for over 30 years, and they can put you in touch with contacts throughout the world.

Lethal Force Institute, PO Box 824, Fairfield, NH 06430, 203-261-8719, www.defenseassociates.com. Courses in firearms training.

Libertarian Party, Washington, D.C., 1-800-ELECTUS, 202-333-0008, www.LP.org. America's third-largest political party, established in 1972. Fighting for your freedom and privacy.

The Sovereign Society, 3 Cartharine Street, Waterford, Ireland or PO Box 925, Frederick, MD 21705, 1-888-358-8125, Fax 1-410-230-1208
E-mail: info@sovereignsociety.com.

This organization is dedicated to helping people move themselves and their wealth out from under the thumb of the U.S. government. Headed by investment advisor John Pugsley, the organization publishes a newsletter and holds conferences abroad on investing offshore and expatriating. Membership fee is \$195 a year.

Publications

Freedom Network News, 836-B Southampton Road, #299, Benicia, CA 94510, 707-746-8796, Fax 707-746-8797, \$35/year. Quarterly, published by ISIL. News of the growing freedom movement in the US and throughout the world.

The Financial Privacy Report. Financial Privacy Report, P.O. Box 1277, Burnsville, MN 55337; 1-612-895-8757, \$96 per year. An excellent source for reliable, completely-legal information about protecting your privacy and wealth.

International Living, 105 W. Monument St., Baltimore, MD 21201; 1-800-851-7100. This monthly newsletter is the best publication available for those who desire to live abroad. \$34 a year. Detailed information about immigration requirements, lifestyle, expatriate communities, amenities, etc.

McAlvany Intelligence Digest, PO Box 84904, Phoenix, AZ 85071, 800-528-0559, Email Mcalvany@indirect.com, Website: www.mcalvany.com. Monthly, \$100/year. Incisive political and economic analysis. Lots of information on the global financial meltdown and the emerging global police state.

The New American, PO Box 8040, Appleton, WI 54912, 1-920-749-3784, Fax 1-920-749-3785, www.thenewamerican.com. Monthly, \$39/year. Lots of scary information about plans for a UN-led world government, global taxation, Russian-American “harmonization” of laws, and the destruction of Constitutional government in the U.S.

Remnant Review, 1217 St. Paul Street, Baltimore, MD 21202; 410-234-0691, monthly, \$129 per year. Dr. Gary North has been a leader in alerting people to economic and political dangers. His newsletter is loaded with provocative and useful information.

Transitions Abroad: A Guide to Learning, Living, and Working Overseas, Box 3000, Denville, NJ 07834. A bi-monthly magazine, geared toward low-budget travel and making money abroad. \$24.95 a year.

Survival Communities

In the wake of 9/11 and the millennium Y2K-scare, there are now hundreds of survival communities in the U.S., Canada, and South America – and more are created every month. Communities range from a few families to groups of over 1,000.

The following web site [lists hundreds of survival communities](http://www.webpal.org) in the U.S. and Canada, and people who want to form new ones:

www.webpal.org

You will also find a comprehensive list of nuclear reactors in each state and areas of likely destruction around each city, in the event of a nuclear attack – ranging from 25% casualties to 100%.

T-Bill Market Funds

With a T-bill money-market fund, you can get immediate, unrestricted access to your money by writing a check against it at any time. Martin Weiss recommends the following funds:

American Century's Capital Preservation Fund, 800-345-2021

U.S. Global's Treasury Securities Cash Fund, 1-800-873-8637

Weiss Treasury-Only Money Market Fund, 800-289-8100

Vendors & Consultants

BANK, INSURANCE, and STOCK RATINGS

Weiss Ratings, 4176 Burns Road, Palm Beach Gardens, FL 33410
1-800-289-9222, Fax 561-627-1011, www.weissratings.com

Weiss' independent ratings that have proven much more accurate than better-known rating services which are funded by the people they're rating.

ENERGY SYSTEMS

For an excellent list of photovoltaic web sites and discussion groups, see:

www.pv.unsw.edu.au/solpages.html

Bergey Windpower. You can contact them at 2001 Priestley Avenue, Norman, OK 74069, Phone 405-364-4212, Fax 404-364-2078, www.bergey.com, E-mail: sales@bergey.com. Offers a large variety of windpower systems.

BP Solar, 630 Solarex Court, Frederick, MD 21703, 800-521-7652, 301-698-4555.

Real Goods, 1-800-919-2400, Fax 1-800-508-2342, www.realgoods.com. A large-variety of do-it-yourself solar supplies, hydroelectric equipment, etc.

Siemens Solar, Frankfurter Ring 152, D-80807 Munich, Germany

Tel: +49 89 636 59 158, Fax: +49 89 636 59 173, Web www.solarpv.com. Siemens is the world's largest manufacturer of solar equipment. Siemens has distributors all over the world. You can find the one closest to you through their website.

Solar Mike, Mike Arenson, solar-energy and solar-electricity specialist. Solar-power symposiums. Santa Cruz, CA. 1-831-427-9070, www.solarmike.net/

SunAmp, 2020 West Pinnacle Peak Road, Phoenix, Arizona 85027-1214
1-800-MR-SOLAR, (623) 580-7700. Fax (623) 587-5714, www.sunamp.com

SunWize Technologies, Inc., 1155 Flatbush Road, Kingston, NY 12401
1-800 817-6527, 1-843-336-0146, Fax 1-843-336-457, www.SunWize.com.
E-mail: sunwize@besicorp.com, Solar and wind-powered systems.

GOLD, SILVER & PERTH MINT DELIVERY ORDERS

Asset Strategies International, 1-800-831-0007; 1-301-881-8600

Blanchard & Co., Inc., 1-800-880-4653, 1-504-837-3010, www.blanchardonline.com

Camino Coins, 1-800-348-8001, 1-650-348-3000, Email: Burtblu@hotmail.com

Dillon-Gage Metals Division, 1-800-375-4653, 1-972-788-4765

Investment Rarities, 1-800-328-1860, 1-952-853-0700, www.gloomdoom.com

Monex International, 1-800-949-4653, 1-949-752-1400

Perth Mint Certificate Program: Asset Strategies International, Inc., 1700 Rockville Pike, Suite #400, Rockville, MD 20852; 1-800-831-0007, www.assetstrategies.com.

SURVIVAL FOOD, LIGHTING & HEAT

Alpine Aire, 4031 Alvis Court, Rocklin, CA, 95677, 1-800-322-6325, Fax 916-824-5020, Web www.alpineairefoods.com. Carries emergency foods including "gourmet" dinners, self-heating food, natural foods with no preservatives, dyes or MSG. Dinners are available in foil suitable for backpacking.

Atlantic Solar Products, 9351-J Philadelphia Rd. Baltimore, MD 21237-6060, 1-866-GRIDTIE (47443-843), 1-410-686-2500, Fax: 1-410-686-6221

E-mail: mail@atlanticsolar.com, www.atlanticsolar.com.

Canada Office: 1-819-684-8488, 1-877-684-9114, Fax 1-410-686-6211, E-mail: alex@atlanticsolar.com, Solar-power equipment.

Discount Electric Generators, www.electric-generator.com.

Emergency Essentials, 362 S. Commerce Loop, Suite B, Orem, Utah 84058, Order line 1-800-999-1863. This is a good source of food, tools, and books. \$2.00 for a catalogue. Monthly sale flyers.

International Collectors Associates, 1-800-525-9556, www.mcalvany.com. Freeze-dried foods. Associated with Don McAlvany. Has a network of brokers throughout the U.S.

Just In Case, 3 Ardussi Court, Frankenmuth, MI 48734, 318-336-3060, Fax 318-336-3090, www.justincasefoods.com, E-mail: Arkladie@aol.com. Emergency food.

RV Mobile, 11715 Hwy. 99S, Everett, WA 98204; 425-355-1170, Fax 425-348-3473, website: <http://www.rvmobile.com>. Propane refrigerators and RV-gear.

Survival Center, P.O. Box 234, McKenna, WA 98558
1-800- 321-2900, 1-360-458-6778, Fax 1-360-458-6868, www.zyz.com/survivalcenter
E-mail: sales@survivalcenter.com. "America's oldest continually-operating survival center."
Emergency power, home electric-generating systems, water filters, first-aid supplies.
Nuclear, biological, chemical-warfare protection supplies.

Videos

Excellent source for finding educational videos:

www.videofinders.com

CPR, National Safety Council Basic Life Support Video, 1991, Jones and Bartlett Publishers, Boston, 1-800-832-0034, 617-859-3900. Covers * assessment, * one-rescuer CPR, * infant CPR, * the ABCs of CPR, * child CPR, and * choking.

First Aid, National Safety Council Video, 1991, Jones & Bartlett Publishers, Boston, MA, 1-800-832-0034, 617-859-3900. An excellent first-aid video covering * victim assessment, * bleeding, * poisons, * cold-related emergencies, * bone, spinal, and muscle injuries, * calling emergency medical services, * shock, * burns, * heat-related emergencies, and * heart attacks and strokes.

Surviving the Big One: How to Prepare for a Major Earthquake, Community Television of Southern California, 1989, \$19.95. Video-Finders, 4401 Sunset Boulevard, Los Angeles, CA 90027, 1-800-343-4727, www.videofinders.com. This video provides excellent preparedness advice for *any* disaster. You learn what supplies to store at work and at home; how to safety-proof your home, and steps to take to protect yourself when you're in different types of buildings when an earthquake hits.

The Man Who Planted Trees, CBC/SRC, 1987, 30 minutes, \$95 and worth every penny. The tremendously-inspiring true story of how a solitary shepherd single-handedly transformed a region of Europe devastated by decades of war and nearly bereft of life, into a lush forest. "A film of great beauty and hope, this story is a remarkable parable for all ages and an inspiring testament to the power of one person." Available from The Video Project, 1-800-475-2638, www.videoproject.net.

Waco: The Rules of Engagement, Som/Ford Entertainment, 1997, 136 minutes, \$24.95. A video account of the government's assault on the Branch Davidians in Waco, Texas and its aftermath. This startling video juxtaposes statements of government officials such as "not a single shot was fired" during the final assault, with infra-red film showing FBI agents spraying machine guns into a room filled with women and children, and an FBI tank firing incendiary rounds into the building just before fire broke out. This is MUST viewing for everyone concerned about where America is heading.

Web Sites: NEWS & POLITICAL ANALYSIS

Advocates for Self-Government, www.self-gov.org. An excellent libertarian web site with lots of useful information and special section on the War on Terrorism.

Anti-War.com, www.anti-war.com. Intelligent criticism of the War on Terrorism, U.S. military intervention throughout the world, and war in general.

Forfeiture Endangers American Rights (FEAR), www.fear.org. Great civil-asset forfeiture defense web site.

International Society for Individual Liberty (ISIL) www.ISIL.org
Excellent selection of political issue papers, links to pro-liberty activist groups around the world, practical action suggestions.

Libertarian Party, www.lp.org. Candidates in all 50-states support economic and social freedom, non-interventionist foreign policy, and constitutionally-limited government.

The McAlvany Intelligence Advisor, www.mcalvany.com. McAlvany's web site offers excellent articles and features from his monthly newsletter – principally political commentary – and suggestions for practical steps you can take to protect yourself from the impending crises.

New American, www.thenewamerican.com. Opposes global government and the destruction of Constitutional government in the U.S.

NewsMax.com, www.newsmax.com. One of the largest alternative news web sites in the world. Conservative/republican orientation. Some articles by Jarret Wollstein.

WorldNetDaily, www.worldnetdaily.com. Great libertarian/conservative alternative news.

Appendix 2

Bargain-Hunter's Guide To Preparedness Gear

A huge variety of reasonably-priced – even cheap – preparedness gear is available now. As one pundit observed, “People always wait until the *night before* a hurricane to stock up.” Even though more terrorist attacks – including biological and nuclear attacks – could occur at any time, most people will wait until it's too late.

With U.S. troops now getting involved in conflicts in dozens of countries, terrorist threats to America will continue for many years.

Prepare now! These supplies are also great insurance against natural disasters, toxic chemical spills, and other dangers.

BODY ARMOR

Your most practical protection against knives, bullets, and shrapnel and debris from suicide bombers, is Kevlar vests and clothing, and similar products.

Kevlar is the same material used by police and soldiers to protect themselves on the streets and in battle. Modern body armor incorporating Kevlar is now available in civilian garments that look like your normal dress, including suits, vests, and jackets.

The rule of thumb is the better protection body armor provides, the thicker and more uncomfortable it is. More effective body armor is also heavier, less flexible, and hotter.

At the lowest level, Kevlar body armor that is form-fitting and provides minimal protection. At the highest level, it is extremely bulky, hard to move in, and is roasting in warm weather. So choosing the body armor that is right for you is a balancing act between protection and practicality. Price is also a consideration, and more-effective garments are more expensive.

Body armor is big business. According to the Department of Justice, 80,236 people applied for federal assistance to buy body armor in 2001.

Here are some vendors you can check out:

BulletProofME

6705 Highway 290 West, Suite 502
Austin, Texas 78735
1-800-374-7029, 512-647-7147
www.BulletProofME.com

Protective Products International

1157 Sawgrass Corporate Parkway
Sunrise, FL 33323
<http://208.165.86.17/flash/index.htm>

Second Chance Body Armor, Inc.

7915 Cameron Street, PO Box 578
Central Lake, MI 49622
1-800-253-7090, 1-231-544-5721, Fax 1-231-544-9824
www.secondchance.com

COMMUNICATIONS

An Emergency Short-Wave Radio for \$59

Atlanta Solar Technologies sells an emergency AM/FM/short-wave radio receiver for just \$59. The Luke DP976 operates either from AC current, a built-in crank, a built-in solar cell, or three AAA batteries (not included).

Atlanta Solar also sells a variety of other emergency radios, including a model for \$99 that receives TV channels, police band, and reports from the National Weather Service, in addition to AM/FM and short-wave.

**Atlanta Solar Technologies, 2279 Brockett Rd, Tucker, GA 30084
Phone 770-939-0710 Fax 770-939-4133 www.atlantasolar.com**

FOOD

Meals for 5¢ each!

Breedlove Dehydrated Foods of Lubbock, Texas sells bulk quantities of dehydrated foods such as potatoes, carrots, rice, onions, and fortified textured vegetable protein for the lowest-possible prices.

Sales are in truckload quantities, so use this source you need to order through your church, community association, or neighborhood bulk-food group, but the prices can't be beat. Just add hot water. Each one-cup serving costs approximately 5 cents each, including shipping.

**Breedlove Dehydrated Foods, 1818 North M. L. King Blvd.,
Lubbock, TX 79403 Phone 806-741-0404 Fax 806-741-0447**

Last-minute emergency food

Costco/Price Club, Sam's Club, and other food warehouses. These can be found in many cities. Most require a business membership or small annual fee.

For \$5 you can buy a 50-pound sack of rice or beans – enough to last for months when cooked. You can also buy cases of canned and powdered foods at virtually wholesale prices. Also buy lots of candy bars and diapers, even if you don't personally need them. They'll be worth their weight in gold in a protracted emergency.

HEAT

Cut your home's energy bills 50% or more

Iceynene Foam Insulation can drastically reduce your heating and air-conditioning costs.

Twelve inches of Iceynene Foam Insulation blown into your walls and ceilings reduces air leakage to practically zero. That means you can maintain a desirable temperature for a fraction of the cost.

Iceynene is not cheap: Average cost is \$1.25 per square foot. However, if you live in a cold northwest state, it can pay for itself in reduced heating costs in a single season. Installing this super-efficient R-50 insulation also means you can maintain a comfortable temperature in an emergency with space heaters and fireplaces without bankrupting yourself.

For more information and a list of dealers in your area, contact Iceynene, Inc. To get the best price, comparison-shop prices from several dealers.

Iceynene, Inc.
5805 Whittle Road, Suite 110
Mississauga, Ontario, Canada L4Z 2 J1
Toll Free 1-888-946-7325 Direct Dial 1-905-890-7325
Fax 905-890-7784 www.iceynene.com

Economically heating your home in a crisis

The Taylor Wood Fired Outdoor Waterstove is actually a cost-efficient alternative to conventional gas or electric heating – providing you have access to firewood. In other words, this is a unit for people who live in a house in a suburban or rural area where wood is plentiful. If you do, you can cut your present heating costs by 70% to 90%.

The Taylor Waterstove consists of a durable wood-burning firebox surrounded by a water tank. The firebox heats water. Hot water is pumped through an insulated pipe to a heat-exchange unit located in your heating ductwork. The temperature is controlled by a thermostat located inside your home or business. The unit can also be used to heat a greenhouse or barn. With optional accessories, you can economically heat your pool or hot tub.

Models are available that produce from 115,000 BTU/hr. to 3.2 million BTU/hr. Wood just needs to be added every 12 to 24 hours. Home-sized units look like medium-sized storage sheds with a large stainless-steel pipe on top.

A 750-gallon unit that will heat a 2,500 sq. foot home costs \$5,000.

For more information contact:

Taylor Manufacturing, Inc., PO Box 518, Elizabethtown, NC 28337
Phone 800-545-2293 or 910-862-2576. Fax 910-862-2799.
www.taylormfg.com, Email: tmi@intrstar.net

MAIL-ORDER SUPPLIES

The mail-order suppliers listed below have extensive stocks of emergency-related items, including water, food, camping equipment, solar supplies, and tools. At the time this book is being written, many items are on sale.

Emergency Essentials, 362 S Commerce Loop Suite B, Orem, UT 84058
1-800-999-1863, 1-801-222-9667 Fax 1-801-222-9598 www.beprepared.com
M-F 9-6, Sat 9-5 Closed Sundays This company stocks military MREs (Meals Ready To Eat), crank-powered flashlights, hurricane lamps, folding shovels, 100-hour candles, waterproof matches, portable kerosene and charcoal ovens and stoves, auto-emergency kits, water barrels and much more.

Preparedness Mart, 1090 E. Tabernacle, St. George, UT 84770
1-800-773-0437 1-435-673-1543 Monday-Saturday, 9am – 6 pm, MST
www.preparednessmart.com, Email: mail@preparednessmart.com

Stocks over 3,000 emergency items including 72-hour survival kits, kitchen & camping supplies, water filters, seeds, and books. Their catalog and web site has many pictures of equipment they sell.

SANITATION

A \$20 Emergency Toilet

Parts list: (1) Toilet seat with removable lid. (1) 5-gallon paint bucket and lid
 (1) Box of plastic bags (1) Bottle of pine Sol

Line the bucket with two plastic bags. To use remove the paint bucket lid, and put on the toilet seat. After use spray with Pine Sol and replace the lid. When full, remove the bags, seal with twist ties, and dispose.

You can also buy a similar toilet ready-made from:

Emergency Essentials, 362 S Commerce Loop Suite B, Orem, UT 84058
1-800-999-1863, www.beprepared.com

Cut Your Toilet Water Use 70%

Briggs Vacuity Toilets drastically reduce toilet-water usage by using a high-efficiency vacuum mechanism and 100% water transfer from the toilet reservoir. The price is right also: You can cut your toilet water usage up to 70% and get a new toilet for as little as \$150. Briggs Vacuity Toilets are carried by many large hardware and plumbing stores. But for the best price, contact the manufacturer direct.

Briggs Plumbing Products, Inc.
1720 East Main Street
Duncan, SC 29334
Phone 1-800-888-4458 Fax 1-843-569-1092
www.briggsplumbing.com

SOLAR POWER

Solar-Powered Lights & Other Products

Many solar products – including lights, heaters, stoves, and water purifiers – are available. Even hardware stores now carry solar-powered lights, panels, and battery chargers.

Below is a list of some products available from Atlanta Solar Products:

Twelve Volt Lights – \$42

Solar Battery Charger – \$24

For use with rechargeable batteries sizes AAA, AA, C and D.

Solar Water Purifier – \$23

Uses evaporation and condensation to purify water. Water should still be boiled to remove other impurities.

Atlanta Solar Technologies, 2279 Brockett Rd, Tucker, GA 30084
Phone 770-939-0710 Fax 770-939-4133 www.atlantasolar.com

Another excellent source:

Real Goods Trading Corporation
200 Clara, Ukiah, CA 95428
1-800-919-2400, Fax 1-800-508-2342
www.realgoods.com

SURVIVAL INFORMATION

A 70-Volume "Survival Library" For Less Than \$30

The Steve Lucas Survival Library on three CD-ROMS gives you the information you need to survive every conceivable disaster – from earthquakes, to terrorism, to the end of civilization! For less than \$30, it's an incredible value. You'll need a computer with a CD drive to use it.

Here's a partial listing of the contents.

Construction Projects: Hand-Pump, Homebrew Power Generator, Solar Box Cooker, Outdoor Oven, Solar Heater, Solar Water Distiller, Emergency Shelter

Food Information: Food Shelf-Life Recommendation, Food Storage Information, Pest Control, How-To On Home Canning, Canning Meat/Fish/Poultry, Cooking On An Open Fire, Making Jerky Safely

Solar Energy: Solar-Power Generator, Solar-Powered Hand tools

Preparing Your Home: Rock Construction, Ferro-Cement, Kerosene Lamps, Natural Air Conditioning, Emergency Heating & Lighting

Water Information: Emergency Water Supply, Emergency Water Purification

Gardening: Hydroponics, Saving Seed, Pest Control

Miscellaneous: Firearms for Hunting, Wind-Power Chart, Survival Communications/Radio, How to Make Soap

Medical Readiness: Basic First-Aid Kit, Cold-Weather Issues, Emergency Childbirth

Available for \$29 from: Steve Lucas, 31913 Mission Trail, Suite 221, Lake Elsinore, CA 92530, 1-909-471-5529.

1,050 Volume “Appropriate Technology” Library for 52¢ a volume

The massive, 150,000-page, Appropriate Technology Library can answer practically every question you have on first aid, purifying drinking water, small-scale farming and gardening, building and maintaining pumps, sanitation, solar energy, home schooling, and preparing for disaster.

The entire library is on CD ROM disks (PC and Mac compatible). Subjects include:

- Agricultural Tools, • Agriculture, • Aquaculture, • Beekeeping, • Crop Preservation, • Disaster, • Energy: Biogas, • Energy: Cook-stoves, • Energy: Solar, • Energy: Water, • Energy: Wind, • Forestry, • Health Care, • Housing, • Local Self-Reliance, • Non-Formal Education, • Science Teaching, • Small Enterprises, • Small Industries, • Transportation, • Water Supply, and • Workshop.

For just \$495, you get everything.

Appropriate Technology Library
Village Earth, PO Box 797, Fort Collins, CO 80522
1-800-648-8043, Fax 1-970-491-2729
www.villageearth.org/Merchant2/merchant.mv
Email: atlibrary@villageearth.org

WATER

A \$30 Water Purifier

For \$27.50 you can buy a “**Super Stearasy!**” ceramic candle element from a British Berkfield water purifier. You can find this element at many hardware stores and other stores selling water purifiers.

Get an inexpensive, five-gallon plastic bucket and drill a ½” hole in the center. Then insert the ceramic candle through the hole. Fill with water and collect the water as it drips out. The silver in the Super Stearasy! will remove most biological contaminants and produce pure water at the rate of ¼ gallon per hour.

For about \$30 you have an inexpensive, emergency water purifier.

Appendix 3

Survival Checklists & Action Plan

Your Survival Action Plan

In this section, we have broken down the sometimes-overwhelming task of preparing for terrorism and disasters into three key steps. Each is covered in turn, along with sample action plans and check-lists to help motivate you and get you started.

In order to properly prepare for any disaster or emergency you must:

- 1. Assess your risks.**
- 2. Create your personal survival plan.**
- 3. Assemble your emergency supplies.**

Step #1. Assessing Your Risks

How dangerous is your area?

All areas of the US are subject to one or more hazards, be it hurricanes, earthquakes, terrorist attacks, infrastructure failure, floods, wildfires, or epidemic disease. However, some areas are at much greater risk than others.

- **Terrorist attacks** are most likely in large cities, since terrorist aim for high-profile attacks with large body counts. The most dangerous cities in the U.S. are Washington, D.C., New York, Los Angeles, Chicago, Boston, and San Francisco, in roughly that order. Suburban and rural areas within 50 miles of those cities are

also at high risk in the event of a biochemical or radiological attack.

- **Earthquakes** occur most frequently in Western US states, particularly in California, Oregon, Nevada, Idaho, Western Montana, and New Mexico. In California, the probability of a potentially-devastating magnitude 6.7 or higher earthquake is now estimated at 70% in the next 30 years.

What most people don't realize is that many other eastern and central states are also at high risk of an earthquake according to the US Geological Survey. Those states include Arkansas, Illinois, Indiana, New York, Kentucky, Mississippi, Missouri, and Tennessee. Check US Geological Survey earthquake maps to determine the earthquake risk in your area.

- **Hurricane risk** is highest along the eastern seaboard and the Gulf of Mexico, particularly Alabama, Florida, Georgia, Louisiana, North Carolina, South Carolina, Virginia, New England, and parts of Texas.
- **Blizzards, snowstorms and deadly ice storms** are most likely in northern states, from Colorado to Montana to New England, although they can occur as far south as Georgia and Texas.
- **Infrastructure failure** – including power outages – is most likely in large cities with very old sewers, bridges and water pipes, including Philadelphia, Chicago, New York, and Detroit.
- **Crime** rates, including violent crimes like murder and assault, are generally highest in large cities.
- **Martial law crackdowns** also tend to affect large cities more.

In general, large cities are subject to the greatest number of different risks. However, that's little consolation if your rural property is hit by a devastating hurricane or snow storm. That's why everyone needs to prepare for disasters.

How Uncle Sam rates natural hazards in your area

The US Geological Survey rates the likelihood of various hazards in areas throughout the United States. Hazards rated include • earthquakes, • floods, • wildfires, • volcanoes, and • hurricanes and other coastal storms.

To appraise your risks, check out their web site,:

www.usgs.gov < <http://www.usgs.gov> >

Assessing Disaster Risks In Your Area Checklist

<u>DISASTER</u>	Risk in my area in the next 10 yrs <u>(0%-100%)</u>	<u>POSSIBLE CONSEQUENCES</u>
Terrorist Attack biological, chemical or radiological	_____ %	<ul style="list-style-type: none"> • Water contaminated • Power fails • Martial Law • Increased crime/localized rioting • Hospitals overwhelmed • Radiation danger
Terrorist Attack	_____ %	<ul style="list-style-type: none"> • Power and gas fails • Loss of drinking water • Airlines unsafe • Traffic lights fail • Recession, bankruptcies, layoffs
Hurricane or Tornado	_____ %	<ul style="list-style-type: none"> • Power fails • Loss of home, car or business • Breakdown of sewers • Spoilage of food • Looting • Local banks closed
Severe snowstorm	_____ %	<ul style="list-style-type: none"> • Downed power lines • Unable to get to store or safely travel for days • Loss of heat
Earthquake magnitude 6+	_____ %	<ul style="list-style-type: none"> • Power fails • Phones fail • Home damaged/uninhabitable • Loss of drinking water • Looting
Flash Flood	_____ %	<ul style="list-style-type: none"> • Roads washed out • Power fails • Trapped by rising water • Drinking water contaminated • Home and car damaged or destroyed • Contaminated water • Food supplies cut off
Nuclear Plant Accident (Chernobyl-level)	_____ %	<ul style="list-style-type: none"> • Radiation risk within 50 miles of plant • Contaminated ground water • Emergency evacuation • Fallout risk within 300 miles of plant

Step #2 Developing a personal disaster-survival plan

To develop your personal disaster survival plan:

- 1. Research the history of your area.** If possible, look at disaster records over the last 150 years. Librarians and local historians can help simplify your research.
- 2. Estimate your likelihood** of experiencing each type of disaster listed on the previous page, in the next 10 years, from 0% (no chance) to 100% (virtually certain). Information from the USGS web site will help you estimate your risk of various natural disasters.
- 3. Fill out the relevant disaster checklists in the rest of this chapter.** For example, if your risk of experiencing an earthquake of magnitude 6 or greater in the 10 years is less than 20%, you can probably not worry about it at this time. Naturally, feel free to use whatever probability levels you are most comfortable with in deciding how to take action. We recommend that everyone have at least basic supplies to last for two weeks and an emergency survival kit.
- 4. Finally, formulate your personal disaster-survival plan.** Create a “disaster budget.” Begin to accumulate supplies for the disasters that pose the greatest risk to you. Decide where family members will meet if they are apart during a disaster.

Step #3 Assemble Emergency Supplies

An emergency-supply kit is an essential part of any survival action plan. The quicker you assemble yours, the better. However, your kit is only useful if you have it nearby when you need it. That's why we recommend preparing emergency kits for each family member. These kits should be stashed at each location where you spend a large amount of time. For instance, keep one at home, one in your car, one in your office.

Kits you might want to assemble include:

1. **Home-survival emergency kit** (usually your primary, most complete kit).
2. Portable **evacuation "Grab-and-Go Kit"**. Light enough so you can easily carry.
3. **Emergency car kits** – one per vehicle. These kits should also contain tools and fluids for car maintenance and emergency repair.
4. **Work-emergency kit**. This typically would also include important business numbers, extra checks, and a place for a laptop computer with extra batteries, if you own one.
5. **Children's kits**, including essential medicines, toys, and games.
6. **Pet kits**, including pet food, leashes, pet medicines, and bedding.
7. **Special-needs kits** for the disabled, elderly, those on special diets.

Tips for Assembling Your Emergency Kits

1. Create a reasonable budget and timetable for acquiring your supplies.
2. Comparison-shop. Prices vary tremendously.
3. Make up a weekly shopping list. Having some supplies is better than having none.
4. Get the most important essentials first: Water, food, clothing, basic medicines, etc.
5. Buy only what you think you really need. Don't let a salesman talk you into spending more than you can afford.
6. Practice using any new or unfamiliar equipment (e.g., propane stove, solar heater, etc.).
7. Don't fall into the perfectionist trap of not buying anything because you can't immediately buy everything.

Before Terrorists Strike . . .

Basic Preparedness Action Plan

- 1. Identify the safest and most dangerous places in your home and office. Plan to stay away from windows, mirrors, and other glass objects. Avoid knick-knack cabinets, shelves with heavy objects, bookcases, and computer monitors. Stay away from fireplaces, chimneys, brick and masonry veneers.
 - Most dangerous places in homes: Kitchens and garages.
 - Most dangerous place in offices: Storage rooms.

- 2. Keep emergency flashlights and tools in several places in your home and office. One essential emergency tool is a crowbar or prybar, which can be used to open blocked doors and windows, and used for removing debris. Keep a crowbar or prybar by your bed, in your hall closet, in your car, and in your office.

Other good tools include shovels, screwdrivers, wrenches (for turning off gas valves), electrical tape, a sledgehammer (for breaking up concrete), boltcutters, heavy work gloves.

- 3. Plan escape routes from your home and office.

- 4. Plan an escape route out-of-town, and make sure you have a place to stay. Naturally, the most economical would be with friends or relatives.

- 6. Buy a cell phone for emergency use. If phone lines are down, cell phones may still work. For less than \$20 a month, you can lease an emergency cell phone.

- 7. Create an emergency kit including cash, essential medicines, a change of clothing, battery-operated radio, extra batteries, phone book with essential numbers, first-aid kit, and flashlight.

- 8. Provide for your pets. Most shelters won't take them.

- 9. Keep fire extinguishers in your home, office, and car.

- 10. Make special provision for infants, the elderly and disabled, or sick family members.
- 11. Create an emergency meeting place. In your home, all family members should know where to go in the event of an earthquake, fire, home invasion, or other emergency. In a disaster, if family members are apart, each should have the same emergency number to call and several alternative places to meet in the event your home is damaged.
- 12. Always have enough emergency food and water to last at least 30 days. In the event of a flood, earthquake, hurricane, or other disaster, it can take that long before regular supplies are again available. Make sure at least some of your supplies are easily portable.
- 13. Secure your property. Make sure you have good locks on your doors and windows, such as deadbolts on all doors. The fasteners on most windows are NOT locks and are useless in keeping out professional thieves, or desperate people in an emergency.
- 14. Purchase a gun and plenty of ammunition for home defense, including both a shotgun and a handgun. Learn how to use them and store them safely. Guns are the most effective weapon for most people, and time and again save lives in the event of home invasion.
- 15. Post emergency numbers for police, fire and paramedics near all phones. Make sure all children know how to dial 9-1-1.
- 16. Know the location of the nearest fire department, police station, and hospital.
- 17. Have at least one family member take first-aid courses such as those offered by the Red Cross.
- 18. Have a family meeting, and create a family action plan.

After a Terrorist Attack

Survival & Recovery Action Plan

1. **Stay calm.** Keep others around you calm.
2. **If you are inside, make sure your immediate area is safe.** If not, put on sturdy shoes, grab your portable emergency supply kit, and exit immediately.
3. **Locate a flashlight and tools,** such as a pry bar to open windows.
4. **Dress in your sturdiest clothes** to protect you from debris, glass, and falling objects. Make sure your body is fully covered. Put on jeans, a long-sleeve shirt, a bike or motorcycle helmet, gloves, and coat.
5. **Make sure all family members are safe.** Help any who are injured. Call emergency services if it's imperative.
6. **Keep your cell phone charged and with you.**
7. **Make sure your portable emergency kit is where you can easily locate it.** Your kit should contain cash, essential medicines, a change of clothing, a battery-operated radio, extra batteries, phone book with essential numbers, flash light, and first aid kit.
8. **Check for leaking gas and any exposed wires.** Turn off power and gas if necessary.
9. **Fill your tub with cold water, if you haven't already done so.**
10. **Locate and confine frightened pets.**
11. **Avoid using phones,** except in extreme emergency.
12. **Turn on your battery-operated radio or TV for emergency instructions.** Also make sure you have a battery charger, preferably one that will plug into your car cigarette lighter.
13. **Stay out of dangerous areas.**

Last-Minute Terrorism Preparedness Tips

Even if you've waited until the last minute and have a very limited budget, there is still a lot you can do to make sure you survive a terrorist attack or any disaster.

- Make sure you have plenty of water for all family members.** 55-gallon water-storage containers are readily available for \$30 to \$75.
- Extra food.** Buy a few cases of beef stew, tuna, canned vegetables and other fully-prepared canned foods at your supermarket. This will cost you less than \$100, and you can live on it for weeks. Make sure you have at least one manual can opener.
- Be with people you trust and who are also prepared.** You don't want to be alone if there is a major terrorist attack.
- Make sure you have a gun, or that you are with someone who does.**
- Make sure you have enough cash for at least 30 days.** Most of this should be in small bills: \$5, \$10, \$20. Also rolls of quarters and dimes for pay phones, etc.
- Refill you prescriptions NOW and get a 30-day supply of crucial medications.**
- Have a good first-aid kit and manual on hand.**
- Staying warm if power fails.** Make sure you have plenty of warm, layered clothing. Have a backup source of heat, such as a propane heater or plenty of wood for your fireplace or an electric heater (if your gas supply fails). Even a few large candles can be a significant source of heat in a small, well-insulated room. Make sure you have sturdy candle-holders and nothing flammable anywhere near the candle.
- Make sure you make and store several hard copies of all important records and documents,** including at least one set outside your home.
- Keep the gas tanks in all of your vehicles full, and make sure you have another place to stay in case things get really bad in your area.**

Step #3 Assemble Emergency Supplies

An emergency-supply kit is an essential part of any survival action plan. The quicker you assemble yours, the better. However, your kit is only useful if you have it nearby when you need it. That's why we recommend preparing emergency kits for each family member. These kits should be stashed at each location where you spend a large amount of time. For instance, keep one at home, one in your car, one in your office.

Kits you might want to assemble include:

1. **Home-survival emergency kit** (usually your primary, most complete kit).
2. Portable **evacuation "Grab-and-Go Kit"**. Light enough so you can easily carry.
3. **Emergency car kits** – one per vehicle. These kits should also contain tools and fluids for car maintenance and emergency repair.
4. **Work-emergency kit**. This typically would also include important business numbers, extra checks, and a place for a laptop computer with extra batteries, if you own one.
5. **Children's kits**, including essential medicines, toys, and games.
6. **Pet kits**, including pet food, leashes, pet medicines, and bedding.
7. **Special-needs kits** for the disabled, elderly, those on special diets.

Tips for Assembling Your Emergency Kits

1. Create a reasonable budget and timetable for acquiring your supplies.
2. Comparison-shop. Prices vary tremendously.
3. Make up a weekly shopping list. Having some supplies is better than having none.
4. Get the most important essentials first: Water, food, clothing, basic medicines, etc.
5. Buy only what you think you really need. Don't let a salesman talk you into spending more than you can afford.
6. Practice using any new or unfamiliar equipment (e.g., propane stove, solar heater, etc.).
7. Don't fall into the perfectionist trap of not buying anything because you can't immediately buy everything.

Survival Essentials Checklist

- | | |
|--|---|
| <input type="checkbox"/> Water: 1 gallon per person/per day | <input type="checkbox"/> At least 100 heavy-duty trash bags |
| <input type="checkbox"/> Warm clothing | <input type="checkbox"/> One 5 or 8 gallon heavy-duty bucket with tight lid for each family member |
| <input type="checkbox"/> First-aid kit – freshly stocked | <input type="checkbox"/> Whistle |
| <input type="checkbox"/> First-aid manual | <input type="checkbox"/> Hand gun |
| <input type="checkbox"/> Food: 1,500 - 2,500 calories per person, per day (packaged, canned, no-cook, baby food, and special diet foods) | <input type="checkbox"/> Shotgun |
| <input type="checkbox"/> Can opener - manual | <input type="checkbox"/> Rifle |
| <input type="checkbox"/> Blankets or sleeping bags | <input type="checkbox"/> At least 1,000 rounds of ammo |
| <input type="checkbox"/> Battery-operated radio (preferably AM/FM and short-wave) | <input type="checkbox"/> Portable tool kit |
| <input type="checkbox"/> 30-day supply of spare batteries for each battery-operated device including radios and flashlights | <input type="checkbox"/> Battery-operated watch (one per adult) |
| <input type="checkbox"/> Flashlights - at least one per person | <input type="checkbox"/> Candles |
| <input type="checkbox"/> Essential medications and glasses | <input type="checkbox"/> Waterproof matches and butane lighter |
| <input type="checkbox"/> Fire extinguisher (ABC-type) | <input type="checkbox"/> Escape ladder for second-story of house |
| <input type="checkbox"/> Food and water for pets | <input type="checkbox"/> Wood for fireplace |
| <input type="checkbox"/> Cash in small bills (\$1, \$5, \$10 and \$20) | <input type="checkbox"/> Deck of cards, games & tapes or CDs to entertain children |
| <input type="checkbox"/> Rolls of quarters and dimes | <input type="checkbox"/> Cell phone with extra battery packs and a charger that plugs into your car cigarette lighter |
| <input type="checkbox"/> Emergency phone number list in zip-lock bag | OPTIONAL: |
| <input type="checkbox"/> Multi-function knife | <input type="checkbox"/> Battery-operated TV |
| <input type="checkbox"/> Water purification tablets | <input type="checkbox"/> Solar battery recharger |
| <input type="checkbox"/> Chlorine bleach | <input type="checkbox"/> Lap-top computer with extra battery packs and recharger |

Food, Water and Cooking Supplies

FOOD

At least a 14-day supply of non-perishable food is recommended. Select ready-to-eat foods that require no refrigeration, and little or no preparation or cooking. For dehydrated foods, be sure to include extra water.

Store enough food for each person for three days in easy-to-carry containers, such as duffle bags and camping backpacks

- Ready-to-eat canned meats, fruits, and vegetables.**
- Cereals in airtight containers**
- Rice and beans**
- Coffee, tea, instant hot chocolate**
- Canned or boxed juices**
- Powdered or canned milk.**
- Sugar, salt, pepper, and packets of ketchup, mayonaisse, mustard, etc.**
- High-energy foods - peanut butter, jelly, crackers, nuts, dried fruits, granola bars, energy bars, trail mix**
- Vitamins and supplements**
- Foods for infants**
- Food for the elderly**
- Special diet foods**
- Pet food**
- Sugar, honey**
- Hard candies**

WATER

Store water in plastic containers, such as soft-drink bottles, sealed plastic buckets, and 55-gallon water drums. Avoid containers that decompose or break easily, such as milk cartons. Note that high temperatures and intense physical activity increase water requirements by 100% or more.

- One gallon per person per day, or 14 gallons per person for 2 weeks.**
- Water bottles or pouches for car.**
- Keep at least 3 gallons per person in easily-movable form in the event of evacuation.**

COOKING

- Barbecue, camp stove, chafing dish**
- Fuel for cooking (charcoal, propane, sterno, etc.)**
- Plastic knives, forks, spoons**
- Paper plates, cups, paper towels**
- Sharp knife**
- Heavy-duty aluminum foil**
- Plastic bags, various sizes, sealable**
- Matches, lighters**
- Pots and pans, at least two each**
- Metal stirring spoon and tongs**
- Hot mitts**
- Manual can opener**

Clothing, Sanitation & Tools

Clothing/Bedding/Shelter

- Sturdy shoes or work boots - one pair per family member
- Rain gear
- Warm hat & gloves for each person
- Mylar space blanket
- Thermal underwear
- Sunglasses, cap, and sun hat
- Blankets and sleeping bags (one bag per family member)
- Complete change of clothes
- Tent

Sanitation/Waste Disposal

- Bar of soap or liquid detergent
- Chlorine bleach
- Shampoo - waterless (sold in pharmacies)
- Toothpaste and toothbrushes
- Pre-moistened towelettes
- Deodorant
- Denture cleaner
- Feminine-hygiene supplies

- Toilet paper
- Infant supplies: diapers, baby wipes, powder, etc.
- Powdered chlorinated lime - add to sewage to deodorize, disinfect and keep away insects
- Large, heavy-duty trash bags
- Plastic buckets with tight lids and snap-on toilet seat with lid.

Tools & Supplies

- Crow bar or pry bar
- Tool kit, including pliers, hammer, wrenches, screwdrivers, and electrical tape
- Shovel
- Axe
- Broom
- 50' to 100' nylon, 1/2" rope
- Plastic tape, plastic sheeting.
- Maps of area (for locating shelter)
- Needles, thread
- Medicine dropper
- Gas siphon
- Extra gas cans (metal or plastic)

First-Aid Supplies Checklist

DRUGS

- Antibiotic ointment
- Aspirin tablets (5-grain)
- Spirit of Ipecac (to induce vomiting)
- Motion-sickness medication
- Crucial prescription drugs (examples):
 - a. Insulin
 - b. Penicillin
- Bee-sting kit
- Diarrhea medication
- Laxative
- Eye drops (Murine, Saline)
- Ear drops
- Nose drops
- Antacid
- Allergy medication: Benadryl, etc.

DRESSINGS

- Adhesive tape, roll 2" wide
- Bandage, sterile roll 2" wide
- Bandage, sterile roll 4" wide
- Bandage, large triangular
- Bandages, plastic strips
- Splints: finger, arm, leg
- Cotton-tipped swaps
- Cotton, sterile absorbent
- Ace bandage
- Butterfly bandages
- Eye patch

OTHER SUPPLIES

- Handbook (ex. Red Cross)
- Tweezers
- Scissors
- Safety pins, assorted
- Thermometer
- Rubbing alcohol
- Petroleum jelly
- Skin lotion
- Tissues
- Blood-pressure monitor
- Clean sheets, can be used as tourniquets, slings, bandages
- Bug repellent
- Antiseptic soap
- Cold pack
- Smelling salts
- Inhalation aid (Vicks, Mentholatum)
- Condoms
- Toothache remedy
- Baking soda
- Hydrogen peroxide
- Mylar space blanket
- Pocket knife

Prescription Medications List

Family Member #1 _____ Used to Treat _____

Name of Drug (brand or generic): _____

Dosage _____ How Often _____

Special Instructions (Ex: Empty stomach) _____

Pharmacy _____ Phone Number _____

Prescribing Doctor _____ Phone Number _____

Family Member #2 _____ Used to Treat _____

Name of Drug (brand or generic): _____

Dosage _____ How Often _____

Special Instructions (Ex: Empty stomach) _____

Pharmacy _____ Phone Number _____

Prescribing Doctor _____ Phone Number _____

Family Member #3 _____ Used to Treat _____

Name of Drug (brand or generic): _____

Dosage _____ How Often _____

Special Instructions (Ex: Empty stomach) _____

Pharmacy _____ Phone Number _____

Prescribing Doctor _____ Phone Number _____

**Make additional copies of this form for other family members
or different prescriptions**

Car Mini-Emergency Kit

TIP: Store your supplies in a dufflebag or backpack for easy transportation.

- | | |
|--|---|
| <input type="checkbox"/> Extra shoes and clothing | <input type="checkbox"/> Short rubber hose or gas siphon |
| <input type="checkbox"/> Extra glasses or contacts | <input type="checkbox"/> New 5 gallon gas can – 1 or 2 |
| <input type="checkbox"/> Gun and ammo | <input type="checkbox"/> Extra antifreeze, oil, and transmission fluid |
| <input type="checkbox"/> Local maps/compass | <input type="checkbox"/> Stop-a-leak |
| <input type="checkbox"/> First-aid kit & manual | <input type="checkbox"/> Jack |
| <input type="checkbox"/> Essential medications | <input type="checkbox"/> Kitty Litter (for traction) |
| <input type="checkbox"/> One roll of paper towels | <input type="checkbox"/> Battery-operated AM/FM radio |
| <input type="checkbox"/> One roll, toilet paper | <input type="checkbox"/> Extra batteries and recharger |
| <input type="checkbox"/> Extra checks, credit cards | <input type="checkbox"/> Loose change for pay phones, tolls |
| <input type="checkbox"/> Fire extinguisher - CO2 | <input type="checkbox"/> Candles and matches (store in a jar) |
| <input type="checkbox"/> Flares | <input type="checkbox"/> Butane lighter |
| <input type="checkbox"/> Flashlight with extra bulb and batteries | <input type="checkbox"/> A good book, crossword puzzles, children's games |
| <input type="checkbox"/> Non-perishable food | <input type="checkbox"/> Survival manual |
| <input type="checkbox"/> Blanket or sleeping bag | <input type="checkbox"/> Cell phone |
| <input type="checkbox"/> Sealable plastic bags | <input type="checkbox"/> Extra batteries for cell phone |
| <input type="checkbox"/> Mini-tool kit: screwdriver, pliers, wire, knife | <input type="checkbox"/> Pen, pencil & writing paper |
| <input type="checkbox"/> Box of tissues | <input type="checkbox"/> Multi-purpose knife (Swiss Army-style) |
| <input type="checkbox"/> Large trash bags with ties | |
| <input type="checkbox"/> Rope | |

CBR Attack Checklist

(Chemical-Biological-Radiological)

Before a CBR Attack (if you have advanced warning):

- Decide if the situation warrants your leaving the area.
- Make sure and take an emergency medical kit, battery-operated radio, warm clothing, extra food, vital documents, cash, checks and credit cards
- Fill your vehicle with gasoline and take extra gas cans and oil with you.
- Make sure your guns are loaded and you have plenty of ammunition

During and After a CBR Attack:

- Stay indoors
- In the event of a nuclear explosion, do not look at the flash
- Seal your home
- Shower thoroughly with antibacterial soap if you or any member of your family may have been contaminated
- Avoid all contact with neighbors and anyone else who may have been exposed
- For chemical attack:** Go to the highest point in the house (chemicals settle to the ground)
- For biological and radiological attack:** Go to the lowest point in your house.
- Radiological attack:** Immediately treat every member of your family with an anti-radiation drug like Potassium Iodate.
- Nuclear attack:** Do not look at atomic flash. Get to shelter immediately.
- Do not leave your house until officials advise you that it is safe
- Avoid hospitals and ambulances except as a last resort, they're repositories of disease and contamination

Preventive Procedures To Minimize Harm from CBR attacks

(from the Medical Corps, www.medicalcorps.com)

Identifying Biological, Chemical and Radiological Hazards

1. Virtually all diseases have flu-like symptoms – including the flu. Therefore, flu-like symptoms are not an accurate indicator.
2. Identifying the exact agent is usually done after the disease is well-established.
3. Control and containment (sanitation) is the most effective way to lessen the impact of any disease. That is why we have a sanitation manual on our site.
4. Never assume that only one bio-agent has been used.
5. If an outbreak occurs, the sick will gather at hospitals and other medical facilities. These areas should be considered a reservoir of disease (see sanitation). This "concentrating" of the infection includes ambulances.

General Guidelines for Treating CBR Victims (from the Medical Corps)

Adult: Dosing Guidelines are as follows:

1. Doxycycline: 200 mg to 300 mg per day (divided in two or three equal doses)
2. Tetracycline: 2,000 mg to 3,000mg per day (divided in four equal doses)
3. Oxytetracycline: 2,000 mg to 3,000 mg per day (divided in four equal doses)
4. Ciprofloxacin: 1,000 mg to 1,500 mg per day (divided in two equal doses)

How long do you have to take it?

That depends on the disease. For instance:

1. Anthrax: 60 days – no less.
2. Plague: 14-30 days or duration of outbreak
3. Tularemia: 14 days or duration of outbreak

What about two Bio-agents at once?

1. If Anthrax and Plague are both used (a possibility) then the Anthrax schedule should be followed. (60 days)
2. Do not add two doses together. More is not necessarily better.

How do we know if a biological agent has been used?

1. Medical authorities will tell you.
2. However, they will know because people are sick.

So, who gets sick first?

1. People with "compromised" immune systems. Alcoholics, junkies, people who have suppressed their system with corticosteroids and people who are HIV-positive.
2. If there is an outbreak of "something" it will hit these "compromised" groups first.
2. Will prevention work for these groups? Perhaps and hopefully (unless they already have symptoms).
4. If these immune-suppressed groups discontinue their antibiotics after the recommended prophylaxis duration, will they then come down with symptoms? Probably. Perhaps only a few will present symptoms, maybe all.
5. Should they continue preventive treatment longer than recommended? That should be theirs and their doctor's decision.

Additional Guidelines:

1. Dosing of children? Clark's Rule is the better guide. (See Bio-charts)
2. Need to study the different medications (see our Rx reference)
3. Will C - silver work? No. However, if you wish to use it...
4. What are the drugs of choice? Doxycycline, Tetracycline, Oxytetracycline or, Ciprofloxacin
5. See your doctor for a prescription.
6. Can you buy the above without a prescription? No.
[Note: These medicines are now sold over-the-counter in Mexico.]
7. Finally: Do I think there will be a nuclear or bio or chemical terrorism attack? No. But I really didn't believe anyone would do what has already been done.

Appendix 4

120 Cities Most At Risk of Terrorist Attacks

For the past few years, the federal government has been providing training and assistance to police and emergency response workers in the 120 cities considered *most* at risk of terrorist attacks. A complete list of those cities appears at the end of this report.

As you will see, the list includes major government centers (Philadelphia, Miami, Sacramento, Washington, D.C.), cities with extensive industry (Detroit, Houston, San Jose), major business centers (Chicago, Miami, Philadelphia), important media centers (New York, Los Angeles, Washington, D.C.), major seaports (Newport News, Oakland, San Diego, Tampa), and important military facilities (Colorado Springs, Honolulu, Long Beach, Norfolk, San Francisco).

If you live within 50 miles of one of these cities, consider yourself at significant risk for the duration of the War on Terror. For the foreseeable future, if you wish to survive, your own preparations will be the most important step you can take.

The federal government is providing extensive training provided for police and emergency workers in these 120 cities, including preparation for conventional (e.g., bomb), biological, chemical and radiological (“dirty bomb”) attacks.

Are the “at risk cities” now prepared?

The short answer is no, they are not. So if you live in or within 50 miles of these cities, you should consider yourself at significant risk for the duration of the War on Terror, which President Bush says could last as long as 50 years.

Fifty miles should be considered the minimal safe distance from an “at risk” city. The reason is that in event of even a small radiological or nuclear attack (5-20 kiloton weapon), lethal radiation and fallout will be carried by prevailing winds at least that far. In plain English, if the winds are blowing away from you, you will probably survive if you are 10-20 miles away. However, if winds are blowing toward you, you will probably be dead in a few days. Similarly, in event of a major biological attack, winds and fleeing survivors could easily carry pathogens at least 50 miles.

In the event a more serious attack, you may need to be as much as 100-300 miles away from a target city to survive.

While the government is now attempting to train emergency personnel in the 120 cities at greatest risk, please recognize it will take many years before most cities are even minimally prepared. Even then, government assistance is absolutely no guarantee that there will be enough drugs, water and food to go around for everyone in the event of a radiological, nuclear, or biological attack, which could put hundreds of thousands, even millions of people at risk. *In many cases, the consequences will be nationwide.*

Furthermore, there are many biological weapons for which no effective treatments exist, and the only protection is to not be anywhere in the area when people are exposed, and to get out before you and your family are exposed.

Also, in a crisis, expect emergency facilities – including hospitals and medical clinics – to be quickly overwhelmed. In fact, they are likely to be reservoirs of disease and contagion.

Dark Winter: What to expect in event of a bioterrorist attack

On June 22-23, 2001, the Center for Strategic and International Studies (CSIS) conducted what they term “a senior-level war game” examining the likely consequences of a smallpox outbreak in the U.S. Again, let me emphasize this is an exercise based on high-level computer analysis and prediction, not an actual occurrence.

The results were alarming: During the exercise, smallpox was projected to spread to 25 states and 15 foreign countries. By the 13th day of the exercise, “A total

of 16,000 smallpox cases have been reported in 25 states.” But that’s just the beginning.

By the end of the exercise, the National Security Council projects “that in worst-case conditions, the third generation of cases could conceivably comprise as many as 3,000,000 cases of smallpox and lead to as many as 1,000,000 deaths.” (“Shining Light on ‘Dark Winter’,” Center for Civilian Biodefense Strategies, Johns Hopkins University, Baltimore, Maryland, Electronically published 19 February 2002.)

Other conclusions of the Dark Winter study:

- “States have restricted nonessential travel.”
- “Food shortages are growing in some places, and the national economy is suffering.”
- “Residents have fled and are fleeing cities where new cases emerge.”
- “Canada and Mexico have closed their borders to the United States.”
- “The public demands mandatory isolation of smallpox victims and their contacts, but identifying contacts has become logistically impossible.”
- **“The individual actions of US citizens will be critical to ending the spread of contagious diseases.”**

This last point to me is the most important lesson of Dark Winter: To survive you need to prepare in advance.

For more information on Dark Winter . . .

Check out these on-line resources:

Collection of articles on Dark Winter available at <http://www.hopkins-biodefense.org/darkwinter.html>

“Shining Light” On Dark Winter, available at <http://www.journals.uchicago.edu/CID/journal/issues/v34n7/020165/020165.html>

120 cities most at risk

Alabama	Florida	Grand Rapids	Oklahoma
Birmingham	Hialeah	Warren	Oklahoma City
Huntsville	Jacksonville		
Mobile	Miami	Minnesota	Oregon
Montgomery	St. Petersburg	Minneapolis	Portland
	Tampa	St. Paul	
Alaska	Georgia		Pennsylvania
Anchorage	Atlanta	Mississippi	Philadelphia
	Columbus	Jackson	Pittsburgh
Arkansas	Hawaii		
Little Rock	Honolulu, HI	Missouri	Oklahoma
		Kansas City	Tulsa
Arizona	Illinois	St. Louis	
Glendale	Chicago	Nebraska	Rhode Island
Phoenix		Lincoln	Providence
Mesa, AZ	Indiana	Omaha	
Tucson	Fort Wayne		Tennessee
California	Indianapolis	Nevada	Chattanooga
Anaheim		Las Vegas	Knoxville
Bakersfield	Iowa		Memphis
Fremont	Des Moines	New Jersey	Nashville
Fresno		Jersey City	
Glendale	Kansas	Newark	Texas
Fort Lauderdale	Kansas City		Amarillo
Huntington Beach	Wichita	New Mexico	Arlington
Long Beach		Albuquerque	Austin
Los Angeles	Kentucky		Corpus Christi
Modesto	Lexington	New York	Dallas
Oakland	Louisville	Buffalo	El Paso
Orlando		New York	Fort Worth
Riverside	Louisiana	Rochester	Garland
San Bernardino	Baton Rouge	Syracuse	Houston
San Diego	Metairie	Yonkers	Irving
San Francisco	New Orleans		Lubbock
Santa Ana	Shreveport	North Carolina	San Antonio
San Jose		Charlotte	
Sacramento	Maryland	Greensboro	Utah
	Baltimore	Raleigh	Salt Lake City
Colorado			
Aurora	Massachusetts	Ohio	Virginia
Colorado Springs	Boston	Akron	Arlington
Denver	Springfield	Cincinnati	Chesapeake
	Worcester	Cleveland	Newport News
District of		Columbus	Norfolk
Columbia	Michigan	Dayton	Richmond, VA
Washington, D.C.	Detroit	Toledo	

Virginia continued

Stockton

Virginia Beach

Washington

Seattle

Spokane

Tacoma

Wisconsin

Madison, WI

Milwaukee, WI