

# AMERICAN SURVIVOR

SURVIVAL INFORMATION FOR THE NEW AMERICAN

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## Surviving an Epidemic

By James C. Jones, EMT

An international pandemic is the most feared and most probable cataclysm facing civilization. Not even a nuclear war has the potential to obliterate civilization and exterminate most or all of the human race as is a highly communicable, incurable and biologically devastating virus or bacteria. **Most experts agree that it is not a matter of "if" but "when" a worldwide epidemic of a serious disease will occur.** Such an event would be as devastating to civilized societies and the world economy as a nuclear war.



Overpopulation, urban concentration and world travel have established the potential

for rapid spread of pathogens faster than it can be detected or isolated. Paradoxically, improved sanitation and over-use of antibiotics has resulted in weakened immune systems in all of the more advanced countries. Massive immigration (legal and illegal) from so-called third-world and conflict-ridden countries brings previously rare disease closer to the world's great cities and civilizations. Laboratory experimentation, biological mutation and even deliberate development can unleash new and more deadly strains of plagues upon a vulnerable population. The most dangerous combination of properties for a pathogen would be a highly communicable pathogen with a long incubation period that could spread, undetected for weeks before symptoms alerted the world of its presence. One with a long recovery time and/or a high mortality rate would certainly destroy civilization as we know it. Once a pandemic began, people would stop going to their jobs. No one delivering food to the market, no one at the fire department, no one at the water pumping station, no one at the power

generating station, no police, and hospitals overwhelmed. The economy crashes, civil disorder abounds.

In addition the accidental, incidental or deliberate initiation of a pandemic. A pandemic could be a secondary effect of a primary disaster. A financial collapse would cause strikes and civil disorder that could result in the interruption of sanitation systems, medical services, water purification and food production and delivery. All of these open the door to communicable diseases. A nuclear war would result in radiation sickness that compromises the immune system and exhibits many of the symptoms of

communicable diseases to begin with. A large-scale natural disaster, an electromagnetic pulse (EMP) or a cyber-attack on the power grid could also trigger a domino-affect that would lead to an epidemic.

### Effects of Infectious Diseases and Biological Agents

I was unable to find any tables or charts that included all of the essential information about the most likely epidemic sources, so I created the tables below for your reference. Note that I included Radiation Sickness to fill the last two columns. While it is not a communicable disease, this does provide a useful for comparison of effects.

Disease / Agent	Typhus	Typhoid Fever	Encephalitis	Brucellosis
<b>Infective</b>	High	Moderate	High	High
<b>Transmittable</b>	None	Moderate	None	None
<b>Incubation Period</b>	6-15 days	7-12 days	5-15 days	7-60 days
<b>Duration of Illness</b>	14-60 days	14-60 days	7-60 days	14-60 days
<b>Mortality Rate *</b>	10-40%	10%	10-80 %	2-10 %
<b>Vaccine Available</b>	Yes	Yes	No	No
<b>Antibiotics Effective **</b>	Yes	?	No	?
<b>Typical Symptoms</b>	Headache Chills High fever Muscle pain Swollen lymph nodes Skin rash Stupor	Headache Weakness Sweating Muscle pain Dry cough Abdominal pain Diarrhea or constipation Rash Swollen abdomen Delirium	Headache Fever Muscle and joint aches Fatigue Confusion and delirium Paralysis Double vision Hearing and speech difficulty Unconsciousness	Headache Fever Chills Sweating Weakness Muscle and back pain

Disease / Agent	Pneumonic Plague	Septicemic Plague	Bubonic Plague	Cholera
<b>Infective</b>	High	High	High	High
<b>Transmittable</b>	High	High	High	High
<b>Incubation Period</b>	2-5 days	2-5 days	2-5 days	2-5 days
<b>Duration of Illness</b>	7-30 days	7-30 days	7-30 days	10-60 days
<b>Mortality Rate *</b>	100%	100%	100%	5 – 75 %

<b>Vaccine Available</b>	?	?	?	No
<b>Antibiotics Effective **</b>	Yes	Yes	Yes	?
<b>Typical Symptoms</b>	Fever Headache Weakness Chest pain Difficulty breathing Cough Pneumonia Bloody mucous	Fever Chills Abdominal pain Weakness Bleeding into skin and other organs Skin turns blue or black at toes, fingers other parts of body	Fever Headache Weakness Painful and swollen lymph nodes	Diarrhea Dehydration Blue, dry skin Stomach cramps Muscle cramps Vomiting Weakness Low blood pressure

<b>Disease / Agent</b>	<b>Small Pox</b>	<b>Anthrax</b>	<b>Yellow Fever</b>	<b>Hemorrhagic Fever</b>
<b>Infective</b>	High	Moderate	Low	Yes
<b>Transmittable</b>	High	None	High	High
<b>Incubation Period</b>	7-16 days	1-5 days	1-5 days	2-3 days
<b>Duration of Illness</b>	12-24 days	3-5 days	7-30 days	20-60 days
<b>Mortality Rate</b>	5-60%	100 %	5 – 40%	90 %
<b>Vaccine Available</b>	Yes	Yes	Yes	No
<b>Antibiotics Effective</b>	No	Yes	?	?
<b>Typical Symptoms</b>	Fever Headaches Severe fatigue Sever back pain Vomiting Red lesions starting on face and hands and spreading to trunk. Lesions turn to pitted weeping blister	Raised itchy bumps Swollen sore lymph nodes Nausea and vomiting Fever Headaches Bloody diarrhea Abdominal pain	ACUTE PHASE Fever Nausea Light sensitivity Dizziness Red eyes, face, tongue Chest pain Shortness of breath Fever Shock TOXIC PHASE Yellow skin Vomiting blood Bleeding from nose and mouth Brain dysfunction Liver and Kidney damage	Headaches Capillary bleeding Fever Skin swelling and bleeding Bloody diarrhea Purple skin spots Low blood pressure Vomiting with blood Muscle and joint pain Shock

Disease / Agent	Influenza	Dysentery	Radiation Sickness (Mild)	Radiation Sickness (Severe)
<b>Infective</b>	Yes	Moderate	No	No
<b>Transmittable</b>	High	High	No	No
<b>Incubation Period</b>	2-3 days	2-3 days	On Contact	On Contact
<b>Duration of Illness</b>	7-15 days	10 - 50 days	7-30 days	6 – 12 Month
<b>Mortality Rate *</b>	5%	15 %	0-20 %	50-100 %
<b>Vaccine Available</b>	Yes	No	No	No
<b>Antibiotics Effective **</b>	No	?	?	?
<b>Typical Symptoms</b>	High fever Runny nose Vomiting Sore throat Cough Muscle pain Headache Diarrhea Fatigue Dehydration	Fever Diarrhea Dehydration Stomach cramps Muscle aches Rectal pain Vomiting Shock Delirium	<b>Symptoms appear in only 10 – 50 % of those exposed within 24 hours</b> Vomiting Nausea Fatigue	<b>Symptoms Appear in more than 50% of those exposed on the day of exposure</b> Vomiting Nausea Fatigue Hair loss dehydration Diarrhea Shock

\* Mortality rates are highly dependent on the age and general health of the victims and on prompt available care.

\*\* The effectiveness of antibiotics depends on the victim's condition and on how soon they are administered. In some cases the antibiotics may not directly affect the disease, but may treat secondary infections and thereby improve the recovery rate.

### Surviving a Contagious Disease Epidemic

Although not always listed specifically, almost all communicable diseases can cause nausea, vomiting, loss of appetite, sweating and diarrhea. These conditions lead directly to severe dehydration that in turn results in organ failure and death if not treated. Maintaining good oral hydration and electrolyte balance in the early stages of these diseases is critical. Once the

patient can no longer tolerate oral fluids and/or is unconscious oral fluids must be avoided and only IV and rectal (fluid enemas) are feasible. Maintaining hydration and the use of antibiotics where effective can greatly reduce mortality rates for most of these diseases.



The use of latex gloves, hydration solutions, N95 respirators, bleach solutions and available fish antibiotics shown above could provide a significant advantage in surviving a large-scale epidemic

The single most effective defense against being infected is the ability to restrict or eliminate all contact with the population and sources of contamination as soon as possible. Once symptoms are detected and the word or rumor of an epidemic is spreading, you must be able to instantly isolate yourself and your family and remain isolated until the epidemic has burned itself out. Being able to hole-up in your home for 4-8 weeks with enough food, water, medical supplies, fire extinguishers, defensive arms, and lighting and heating capacity is the only sure way to avoid becoming a victim of these deadly pathogens. The worst places to be are public transportation, grocery stores, hospitals, and disaster aid centers. If other potentially infected persons attempt to enter your home, you are justified in turning them away and using force if necessary to protect your own life and your family.

In a "worse case" situation where you are forced to evacuate your home or are unable to get to your home, you will need to have survival packs and skills that allow you to survive for an extended time without aid or contact with others. Water filtration,

respiratory protection, safe food, and defensive arms will be especially important to survival in the open.

Anything and anyone coming into contact with you during an epidemic must be considered dangerous. Wearing N-95 respirators when you are away from home or while caring for afflicted family members is essential. All water (regardless of sources) should be boiled for 5-minutes or treated with bleach at  $\frac{1}{4}$  teaspoon per gallon. Wear latex gloves when handling any potentially contaminated items and use a spray of 10% bleach/water solution to decontaminate surfaces, canned goods and any other potentially contaminated items from outside.

Most communities have plans for coping with a mass epidemic. There are stockpiles of antibiotics and medications ready for distribution, but civil disorder, infrastructure disruption and other factors are sure to interfere with these efforts to some extent. Emergency volunteers and medical personnel will get these supplies first. How many of these people will be healthy, available and ready to expose themselves and their families to a highly contagious and debilitating disease is difficult to estimate.

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### **"Lights Out" by Ted Koppel**

by Christopher Nyerges

*Nyerges is the author of 16 books on self-reliance and preparedness, including "How to Survive Anywhere" and "Self-Sufficient Home." He has been conducting survival field trips since 1974. He is an advocate of permaculture and local farmers markets, and he frequently consults to the movie industry.]*

Former Nightline TV journalist Ted Koppel has written a hard-hitting, compelling book

called “Lights Out: A Cyberattack, A Nation Unprepared, Surviving the Aftermath.”

What if, asks Koppel, terrorists decide to strike the power grid of the United States? How, after all, does one “attack” the complex, inter-connected group of thousands of independent companies, in order to take out the ability of the U.S. to have and transport power?

Koppel does his homework and tells us how the electrical system works today, and how power is transmitted. Koppel asks the hard questions to power executives, and lays out the strengths, and weaknesses, of our system. Koppel does not say that this would be an easy task, but someone with the know-how for hacking, with a laptop computer, could conceivably disable any of a number of the transformers throughout the country.

Though the power company executives and Homeland Security officials tried to assure Koppel that this could not happen, or that it would be fixed quickly, Koppel traces the steps to replace a disabled transformer. Replacing transformers, he points out, is not like replacing a battery in a flashlight. Transformers – one of the weak links in the system, according to Koppel – are huge custom-made pieces of equipment, each costing in the neighborhood of \$3 to \$10 million, and enormous, anywhere from 400,000 to 600,000 pounds each. They are not readily transported, assuming there was a backup ready to use.

Knowledgeable hackers could access the system other ways as well, causing havoc in a number of ways. Indeed, Koppel provides clues that hackers have already been exploring digitally, and physically, various aspects of the U.S. power grid. And there are several nations hostile to the U.S. who could launch such a digital attack any day, without the need for any troops, and with a high degree of deniability. According to CENTCOM [Central

Command] Commander General Lloyd Austin, “It’s not a question of if (this will happen), it’s a question of when.”

Finding that a cyber-attack is a distinct possibility, Koppel starts to ask government officials and power executives what can be done. Some deny there is a problem. At least one official indicated that he hoped nothing like this happens anytime soon because he was due for retirement in a few years!

Koppel asked Howard A. Schmidt what someone could do. Schmidt was the former cyber-security coordinator for the Obama administration. According to Schmidt, “There is no answer,” says Schmidt, saying that no government agency has any guidelines for private citizens because Schmidt believes there’s nothing an individual can do to prepare. He adds that “We’re so inter-connected, it’s not just me anymore. It’s me and my neighbors and where I get my electricity from. There’s nothing I can do that can protect me if the system falters.” Koppel describes this answer as very fatalistic, implying that the individual *can’t* do anything, and that the government *won’t* do anything.

Part of the reason that the government won’t do anything, according to Koppel, is that government tends to react to emergencies, and nearly all the emergencies that organizations such as FEMA and the Red Cross prepare for are nearly all natural disasters: floods, fires, earthquakes, hurricanes. A cyber-attack taking out the U.S. electrical grid would be very different. No electricity over a large portion of the U.S. would be unprecedented. Normal communication systems would be severely hindered; people would not be able to access money; purchases would be very difficult; problems would arise with sanitation systems and water delivery. Refrigeration would go out.

To determine the potential severity of a nation-wide blackout, Koppel asks then-secretary of Homeland Security, Jeh Johnson, to define the threat-level of a cyber-attack. "It is potentially very large," he responded. "It is potentially devastating." Isn't there something that ordinary citizens could do to prepare for such a possibility as a knock-out of the electrical grid, asks Koppel? Shouldn't the government be trying to get the message out to people of what to do in the first few days? "I suspect there is a message that is out," said Jeh Johnson. "It's just very few people are actually paying attention to it." According to Koppel, the level of interest in government preparing for a grid-down situation has not yet risen to the level of apathy. And government officials to whom Koppel spoke believed that there is nothing to worry about, as there is a very low probability of this ever happening.

The only plans that Koppel was able to discover had to do with either getting the power back on, or evacuating millions of people. Evacuation of millions of people out of cities would be a logistical nightmare, of course, and the only reason that would be considered is because all the natural disaster plans typically involve some evacuation. But a grid-down scenario would be very different than a natural disaster. According to Koppel, the best thing to do would be to stay in one's homes, in most cases.

Most FEMA officials interviewed by Koppel admitted that there is only so much FEMA could do, especially in a scenario with no electricity nation-wide. Some feel that the only way to defend against a cyberattack is by a close coalition between government and industry.

But there are people – many of them – who *are* doing something. Some of these plans are Band-Aids, and some are more extensive. Koppel introduces us to survivalist and preppers in the latter part of

his book. He introduces the reader to folks with large ranches, with lots of guns for defense, and to the Mormon Church, perhaps the single-greatest non-government entity that has consistently focused on all phases of survival preparedness. You could describe the operations of the Mormon Church as a country within this country, for they own farms, canneries, storage facilities, and distribution networks that take care of their own so that the government doesn't have to – assuming it could.

I found the "Solutions" chapter quite useful, and Koppel doesn't ignore the old standbys for emergencies that everyone should have: stored food and water for six months, grinders for beans and wheat, extra supplies, lots of extra cash, medicines – basically, extra of everything you need, and especially the things that you quickly run out of. Plus, there is the encouragement to create, or become a part of, a social-financial network where people can work together in good times or bad. Everyone is also encouraged to take CERT (Community Emergency Response Team) training wherever you live.

The directions for any associations, even very loose associations, should be to locate and establish the needs of the most vulnerable, and determine the skills and assets of those who are willing to share either or both. As Koppel says, "Once disaster strikes, it is already too late."

Koppel is one of our greatest journalists, and he doesn't make his call-to-action without thorough research. "Lights Out" is interesting and entertaining to read, painting a clear picture of the possibility of a cyber-attack, as well as providing many details for individual action.

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## Elite Ops Energy Strips

There is no substitute for a good cup of hot coffee, but under survival and combat

conditions setting up a stove or fire and brewing a pot is not an option. Yet, a caffeine boost is just what you may need. You may not even have a stove or coffee pot, but you can still get all of the taste and caffeine benefits right out of your pocket with Elite Ops Energy Strips. You just place the strips on your tongue and let it dissolve to get the equivalent caffeine of one cup of coffee. The manufacturers have added 100% of your vitamin B6 and B12 needs and 30% of your vitamin E requirements to the supplement as well. Unlike various energy drinks there is zero fat, zero calories and zero sugar in these strips, just 100 mg of caffeine. Remember: it's not what you have but what you have with you that counts in an emergency. Having a package of these strips in your pocket, glove compartment or mini-survival kit could be the boost you need. Packet prices range from .71 cents to \$1.00 depending on quantity purchased. From <https://easyhabits.com> or contact [info@easyhabits.com](mailto:info@easyhabits.com)



Each package (right) contains three packets (left), each the equivalent of one cup of coffee

Best of all Live Free USA gets 10% of all profit from the sale of this product

## Sharp-N-Spark Mini

You must have the capability to start a fire with you at all times. I carry cheap magnesium fire starters in every jacket pocket. In larger survival kits, I advocate having three means of fire starting. One of the best ways to assure having a fire starter with you is to have it on your key chain. Some magnesium sticks are liable to break in the pocket or (even worse) strike a spark when you don't want one. The Sharp-N-Spark Mini is a good sized magnesium rod enclosed in a solid plastic case. The striker on the outside of the case doubles as a fine knife sharpener and the V-grooved sharpener can be used for coarse sharpening or even to sharpening metal items to make an improvised blade. Since any prepared person always carries a knife, the sharpener is a great added benefit. In addition the new model has added a bottle opener to the handle. The whole item is just 3-inches long and about  $\frac{3}{4}$  of an inch wide. Perfect for the "survival key chain" alongside that mini flashlight. \$25.00 from Live Free Outfitters, [www.LiveFreeOutfitters.com](http://www.LiveFreeOutfitters.com), or contact [will@LiveFreeOutfitters.com](mailto:will@LiveFreeOutfitters.com)



The black cap unscrews to expose the magnesium rod. The groove contains coarse sharpener while the hardened steel strip (lower right) doubles as a fire-striker and fine knife sharpener.

## **Dwelling Portably and Light Living Library**

A Review by Jim Jones

The great majority of “survivalist” or “preparedness advocates” tend to live “normal” lives. That is to say that they are part of society, have a home address, jobs and affiliations with the community. They are defined by their level of emergency preparedness and *potential* independence from the system. There is a subculture that actually practices a minimalist and mobile lifestyle. These folks go far beyond survival preparedness or even the level of independence seen in Mother Earth News. Live Free has maintained a good relationship with these folks for many, many years through their publications. While the majority of our members would not undertake to live on the road and completely off the grid unless it was necessary it is precisely the capacity they seek to acquire for emergencies. These folks have elected to abandon most of the goods and services provided by the economic system and the state in exchange for greater freedoms. They live in vehicles or camp as they scrounge, forage and minimize needs. They are not vagrants or beggars. They live “off the grid” and “off the record”. They pay no taxes, have no cell phones, need no credit cards and hardly worry about identity theft. In order to survive they have acquired a great deal of experiences, skills and knowledge that would be of great value to anyone forced to get along without the support of what we call civilization.

Dwelling Portably is a small newsletter packed with information about how to live off the grid to varying degrees. There are all kinds of money saving ideas, alternative methods and improvised devices. As far as

I can determine it is produced on a typewriter not a computer and the print is small and jammed tight to save paper. I don't expect to see a web site from these folks anytime soon! Their publications are hand addressed and may include hand written notes. The regrettable thing is that all of their great ideas and projects reach so few because they are not digital. Yes, you are going to have to snail-mail them to subscribe.

**The publication sells for \$3.00 per 3 issues, \$5.00 for 6 issues. From: DP c/o Lisa Ahne, P.O. Box 181, Alsea, OR 97324.** You will also want to send an extra \$1.00 and request a list of their **Light Living Library** publications. This includes scores of low cost papers on all aspects of alternative living technology. Something you should checkout.

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## **More Survival Voices Dying**

The owner if Paladin Press died last month and it seems unlikely that his wife will continue to operate the business, Paladin Press is the largest publisher of paramilitary and survival publications in the United States and have most of the major survival writers under contract. Paladin published Soldiers of Fortune magazine and several major survival magazines in the 80s and 90s. Almost all of the other survival magazines and book publishers have gone under in the last few years. Of course, within every disaster lie opportunities. We will keep you informed.

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## **The Superwinter of 1709**

Throughout history the unexpected and the extreme has been the cause of widespread death and misery. Such an

event occurred in the year 1709. A cold snaps of late 1708 had already challenged the population of Europe, but on the night of January 6-7, 1709 the temperatures crashed to well below zero and heavy snow followed. The Baltic Sea froze solid from shore to shore for four months. Rivers, canals and ports froze as far south as the Mediterranean coast. Ice covered the Adriatic Sea east of Italy. Transportation of food was imposable. Wood fuel stocks were quickly exhausted and people burned their furniture for warmth. The poor starved and froze in their cabins. Even the rich could not keep their big drafty manors and castles warm. Bread, meat and even some alcoholic drinks froze. Trees shattered and church bells cracked when rung. Anyone found to be hording grain could be condemned to death. Millions of inhabitants died of malnutrition and hypothermia before the thaw came in mid-April. The thaw brought floods, followed by famine and disease. Most livestock had perished along with many vines, fruit trees and other crops. Dead farmers plow no fields. The weakened population was then decimated by the plague that spread from the Ottoman Empire in 1709-1710. The health, economic and political effects of the superwinter continued for several years afterwards



The causes of this “superwinter” or Great Frost” have never been determined. There had been significant volcanic activity in the previous year and 1709 falls within the cycle when solar energy diminishes. Whether such an event could be predicted today is unclear. A few years ago the so-called “polar vortex” was responsible for many deaths and significant economic damage and it was far less severe than the winter of 1709

While we have better forecasting and greater resources than those poor folks had in 1709, we also have a much more dependent and fragile infrastructure. The sever winter of a few years ago froze the coal barges that bring coal to power plants and broke water mains and pipelines. The population of 1709 had independent food stock and fuel (wood) supplies. Today we depend totally on electrical wires staying up, roads staying clear for food deliveries, engines starting, and emergency services operating. Unlike the tough rural population of the 1709 our society is packed into vulnerable urban centers.

A winter like the one in 1709 could still devastate our Twenty-First Century civilization and may not be much more predicable or preventable. Such unexpected events are more common than those we expect.

*Note: While most scientists now admit that a global warming trend is in progress, this does not diminish the potential for severe extremes in cold or heat. In fact it may increase these kinds of events.*

# CAMP INDEPENDENCE RESCHEDULED for MAY 19<sup>th</sup> 2018

We are forced to reschedule Camp Independence from September 9<sup>th</sup> of this year until May 20<sup>th</sup> of 2018. It will be held at the same location at **CAMP TO-PE-NE-BEE, 297 N. Homerville Rd, Michigan City IN Rd off US Highway 421 south of I-94 and north of I-80/90 Indiana Tolle Road at county Road 100 N.**

Several of our key instructors have had significant medical emergencies and some others could not make the September date. Many former participants preferred the spring over the fall for outdoor programs. The horrendous traffic congestions resulting from the construction on Interstates 80-94 doubles the travel time for most participants. **This is the first time Live Free USA has had to postpone or reschedule any event, but we wanted to make this the very best survival education and networking event for everyone involved.** We already have several additional instructors and outdoor action events set up for next May. The more early registration we get, the more programs we can establish. We already have demonstrations and field training in outdoor survival skills, first aid, map and compass, archery, pioneer survival, home-emergency preparedness, unarmed and armed self-protection skills, camping skills, camouflage, children's survival, medical emergency scenarios, Survival and evacuation packs and gear, and much more in the works. Mark your calendar and register early for Camp Independence, May 20<sup>th</sup> 2018.

*Since we rescheduled Camp Independence, we have added two new events for this year.*



## CAMP LIBERTY

**Saturday October 28<sup>th</sup> from 10:00 AM till 4:00 PM**  
**At Goodenow Grove Forest Preserve, In Will County IL**  
**Camp Sites 5 A and 5 B**

**Camping and night activities optional breaking camp on Sunday AM**

Come for the day activities or and/or camp overnight. Test your cool or cold weather camping skills, practice essential outdoor survival skills share survival skills and knowledge with experts. Also: just enjoy an autumn camping experience with fellow members. Park admission is free, but there is a small charge for camping overnight.

*Goodenow Grove can be accessed from US 394 south of where it crosses US 1 (the old Balmoral access) take West Goodenow Rd. just a few miles, the park entrance is on the left. Follow the park road to the campgrounds.*

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## HOME & OUTDOOR SURVIVAL SEMINAR

**Day/Date: Saturday December 2nd, Time: 10:00 AM till 4:00 PM**

**Location: CABELA'S Sporting Goods Store, 7700 Cabela Drive, Hammond IN**  
**Just South of I-80 at the Indianapolis Blvd. Exit**

A variety of programs, demonstrations and exhibits will be presented by Live Free USA's instructors. Programs will include: basic first aid demonstrations, pioneer survival demonstrations, winter survival, survival equipment and home emergency equipment.

Outdoor survival methods and skills. Opportunities to sign up for further classes.

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**Live Free, P.O. Box 3295, Munster, IN 46321, USA or survivorjj@aol.com**

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**IN COMING ISSUES: Surviving a Nuclear Event, Medical Skills, Surviving a Wildfire, Urban Go-Bags, Control of Fear, Human Extinction, and more**

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