

EMERGENCY PREPAREDNESS GUIDE FOR THE THIRD MILLENIUM



HUGH SIMPSON

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3rd Edition

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In 1999, I wrote "***A Family Survival Manual for Y2K & Beyond***", which was well received by the public and even the media. I was featured on the popular radio talk show hosted by Art Bell and both CNN and Fox TV did news segments. One of the reasons that my book was so successful was because I was one of the few members of the media that believed that Y2K could be real and have serious ramifications. I'm a former investigative reporter for Post Newsweek TV.

Of course, as we all know Y2K was more of a yawn than a concern. What happened? Was it a hoax or did the world go into "over-drive" and prepare for the potential melt down? We may never know the truth concerning Y2K.

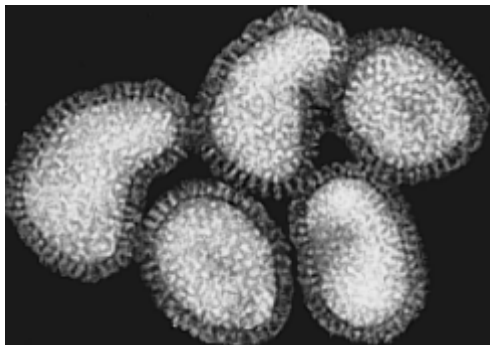
I for one believe that it was a great wake-up call.

With the bureaucratic bungling after Hurricane Katrina we now KNOW what my colleagues and I have said for many years: the United States is VERY vulnerable and we have become too complacent expecting that Big Government, Big Business, and High Technology can take care of all our needs and protect us from disasters...both natural and man-made. Some of the people including myself realized that relying on outside authorities could be the **REAL** disaster, which we all have experienced with Hurricane Katrina.

H5N1 Avian Flu Virus Pandemic

One of my associates, retired Navy Captain Don Sherrill, has been doing research in this area and shares this information with us:

This is one of the most frightening and most highly likely disasters. It could be much more devastating than the [1918 Spanish Flu outbreak](#) which wrought worldwide devastation, killing between 20 million and 40 million people with an average mortality rate of 2.5%. The fatality rate with the bird-transmitted strain has, so far, been an ominous 50%-75%! Since the mutated bird flu virus is something humans have never experienced before, there is absolutely no herd immunity (a human-to-human transmitted strain may be less deadly, as no influenza has topped a 10% mortality rate – yet).



The avian flu appears not to primarily remain in the upper respiratory tract as is common with many influenza strains. Instead, heads to the lungs, even the central nervous system, and the body is helpless. Many patients have died from complications such as pneumonia. WHO has said it considers the most likely scenario to be a death toll of between 2 million and 7.4 million people (for an more detailed article on projected worldwide fatalities, click [HERE](#)).

This pandemic could break out at **any time**, and there is very little individuals can do! Vaccines won't be ready in time for the initial wave of infection, and the only medications that may be of help are the anti-viral drugs Tamiflu (Oseltamivir) manufactured by Roach, and Relenza (Zanamivir) manufactured by Glaxo Wellcome, Inc. Both drugs are in short supply, available only by prescription, and must be administered within two days of onset of symptoms. It is yet unclear just how helpful these anti-viral drugs will be against a mutated human-transmitted strain.

President Bush has actually suggested it may be necessary to use the military to enforce quarantines in areas of the United States where outbreaks occur! During a recent Rose Garden news conference Mr. Bush stated: "*The best way to deal with a pandemic is to isolate it and keep it isolated in the region in which it begins.*"

You just might want to watch the movie [Outbreak](#). While the plot is Hollywood, the film does depict some of the elements of a deadly viral outbreak, including the dramatic race to beat the virus and military quarantine. For a fictional (at this time), albeit realistic feeling "report" by freelance journalist Sally O'Reilly of what we may have in store, click [HERE](#).

What to do? The best defense against H5N1 appears to be to NOT catch it. According to the Department of Health and Human Services' "***Draft Pandemic Influenza Response and Preparedness Plan: Routes of influenza transmission, Annex 8***", virus is spread by:

- **Direct and indirect contact transmission**

Direct transmission involves direct body-to-body surface contact. Indirect transmission occurs via contact with contaminated intermediate objects such as contaminated hands or inanimate objects such as needles or countertops.

- **Droplet transmission**

Droplet transmission occurs when contagious droplets produced by the infected host are propelled a short distance through coughing or sneezing and can come into contact with another person's conjunctiva, mouth or nasal mucosa. Since these droplets generally are large (greater than 10 micrometers) and do not stay suspended in the air, this mode of transmission is not affected by special air handling or control of room pressures.

- **Droplet nuclei (airborne) transmission**

This entails the production of infectious droplet nuclei, generally 5 micrograms or less in diameter. In contrast with larger droplets, these droplets can remain suspended in the air and be disseminated by air currents in a room or through a facility to be inhaled by a susceptible host.

So, NOT catching H5N1 clearly involves severely limiting human contact, plus good personal hygiene, such as frequent and thorough washing of hands (see CDC *Hand Hygiene Guide* [HERE](#)). Of course, avoiding human contact is not so easy, particularly when people must work (after all, bills must still be paid) and go about daily errands, such as purchasing food. It may be advisable to withhold children from school, as schools can be primary centers for the spread of contagious diseases, although schools may be canceled for the duration anyway.

Leaving cities and “heading for the hills” may provide a false sense of security. All it takes to infect even a remote town is just one person, and with modern travel, that will be all too easy. Plus, where would evacuees stay? There would be no shelters as with Hurricane Katrina. And disease would be quickly spread in closely packed areas, which would defeat the reason for leaving the cities in the first place. And with all the concern and near panic that may be ensuing, people are unlikely to be inviting potentially infected strangers into their homes (probably just the opposite!). Would most evacuees have enough money to live away from jobs for weeks? Even months? And what would be happening to their homes, left unattended in urban areas?

The best approach could be to stay put (you may have no choice), avoid person-to-person contact as much as possible (particularly mass transportation, commercial airplanes, and anywhere crowds can be found) and couple that caution with usually vigilant personal hygiene.

Below are some H5N1 related links:

- [Global Outbreak Alert and Response Network](#)
- [Pandemic Influenza Response and Preparedness Plan](#)
- [Centers for Disease Control and Prevention](#)
- [National Institutes of Health](#)
- [Department of Health and Human Services](#)
- [Department of Homeland Security](#)
- [World Health Organization](#)
- [BBC News World Edition](#)

Of course, if you do catch the flu, you would like to be near medical help, although the healthcare system will likely be strained to the breaking point.

I would like to thank Captain Sherrill for his input, and we would like to hear from you if you have more information to share with us. Please write us at avianflu@usprepared.com.

Cyber-Terrorism

We were very concerned that terrorists might chose to hit New York City during the Millennium Celebration. I interviewed one of the top physicians for the Center for Disease Control who told me that a light bulb filled with anthrax dropped in the New York subway would result in MILLIONS of deaths within a month! The worst scenario would be during an event like the Millennium Celebration because there would be hundreds of thousands of visitors that would carry back the anthrax and spread it to their communities.

We are aware that just before the Millennium Celebration a group of young Iraqi women who were suppose to be students were caught entering the United States and during a body search were found to be carrying the active ingredients for creating anthrax in their body cavities that has been used to smuggle dope. The making of anthrax is very easy and a lethal batch can be created using a home kitchen!

In addition to the natural and man-made disasters, a group of terrorists using sophisticated computer technology could create extensive blackouts and brownouts.

The principal concern among Internet users from small business owners to Fortune 500 companies is **SECURITY**. A dot.com company's very survival relies on having the most up-to-date security. Witness what happened with the recent hacking of the company in Atlanta that handled thousands and thousands or credit card holders' sensitive information.

These hackers live to create chaos and havoc with the Internet. To them it is like a game of chess. Also there will probably **NEVER** be a foolproof system! And when a company announces that they have developed such a system they are opening themselves up to being hacked.

So let's relive a group of scenarios that I created in my other book. This time we will substitute a computer virus that is created by a group of cyber terrorists that has the same devastating effect as an Y2K glitch.

The first scenario will involve an air traffic control center in a major city. As you may know this is one of the most stressful jobs that have ever been created. You are constantly scanning a screen full of blips representing jets either carrying hundreds of passengers to your airport or to other destinations. You must be able to make split second decisions affecting the lives of those passengers. One mistake could result in a mid-air collision. There you are in the last hour of your shift when your screen goes totally blank. You look quickly over to your colleague's screen and see that it is blank. In fact, all the screens are blank! No more blips on the screen. No more communication with pilots that are flying blindly through the skies!

Would it be possible to plant a virus aboard the plane's computer system?

Absolutely.

You are the captain aboard a specially chartered jet carrying a group of engineers to a computer conference in London. These passengers are either catching up on sleep, chatting with friends, studying their emails, or watching the in-flight movie. You suddenly realize that your computer screen has gone blank. You immediately turn to the navigator who has also noted that his screen has gone blank. You realize also that the back-up system is down. You are flying blindly over the ice-cold Atlantic Ocean! Remember, if this is a coordinated terrorist attack then the air traffic control center has been taken out in London. Or most likely the virus will take out the communications system.

We earlier mentioned power and water sources. You are on duty at a power station that controls the electricity for an entire region. Again you are relying on computers that have been infected with a virus. You note that power is being systematically shut down through out the region's grid. You immediately go to the back-up system but the power does not return. Within seconds your phones are ringing. There is not enough manpower to both answer the phones and check out what has gone wrong.

If we were flying a helicopter over the region we would note that there were no lights to be seen for miles. No lights in houses, no traffic lights,

no lights in the region's skyscrapers, no lights period. Also electricity provides heat and on this cold blustery night there is no heat.

Another potential disaster could involve the placement of a virus in the computer that controls the water source. If there is no water available to drink then a person has about five days to live. Or even more diabolical would be the changing of the system so that pollutants flowed through the city's water causing wide spread sickness and eventually death.

If you don't believe that these scenarios are possible, then you are living a Pollyannaish existence.

Winter, Hell & Mother Nature

This time instead of being an Y2K glitch that causes the power outages, we may need to prepare for the some of the worst weather in over 100 years. During the last days of serving as President, former President Clinton has been reported to have been given a secret report and according to reliable sources, he was so horrified with the conclusions that he refused to take action that would be needed for this looming catastrophe. When one of the preparers of the secret report realized that Clinton was not going to take action, he decided to leak the conclusions to an Internet media outlet. Here is a summary of that report that was prepared by the top meteorologists, astronomers, biologists, and oceanographers concerning what has been given the code name "Winter Hell"



- This horror will originate as an Artic cold front that will send the temperatures plunging to 50 below zero!
- Fierce northeasters will come in from the North Atlantic smashing into the New England area and speed across the Plains creating what the scientists fear is the beginning of the New Ice Age. Even areas of south Florida will have freezing sleet and ice.
- The ice storms will take out power lines creating the massive blackouts predicted for Y2K. In addition, lightening strikes will cause death and spread fires across the country.
- With a shortage of heating fuel already anticipated, literally hundreds of thousands of people will die from the bitter cold followed by massive starvation due to food supplies running out.

- The continuing Artic blasts will lead to hundreds of thousands of people coming down with lethal cases of the flu and pneumonia especially the elderly.
- Private and public transportation could come to a stand still as vehicles freeze up and become useless. Communications will break down and utilities will run out of fuel.
- Farm animals will literally freeze to death in their tracks and crops through out the South will be destroyed by ice leading to food riots.
- Millions of both fresh water and saltwater fish will freeze to death further destroying another food source.
- As predicted for Y2K, anarchy will rule as police officers abandon their beats to take care of their families.

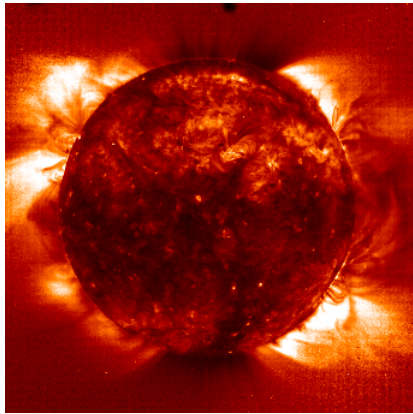
This ex-CIA weather analysts stated: "It's going to be pure hell for months, and only the strongest and BEST PREPARED (my emphasis) will survive."

Are these scientists just another breed of Y2K alarmists or are they on target?

The scientists gathered their information from American weather satellites orbiting the poles and a European satellite that monitors oceanic temperature changes and biological observations on the Earth's surface.

Would you be prepared for this potential Winter Hell?

Earth Changes



Some of you may know that we are experiencing the highest incident of solar flares in recent history including just before and after Hurricane Katrina. X-flares (an X-flare is the highest rating and would be equivalent to a category 5 tornado) are being seen in increasing levels. My friend and researcher Steven Hanauer wrote the chapter on solar flares for my previous book. In an interview, Dr. James Baker, head of the U. S. National Oceanic and Atmospheric Administration

(NOAA) stated: "When solar maximum occurs, the sun bursts at its seams with explosive power, and as it churns there is potential for electrical outage, radio problems, and the disabling of satellites." These disruptions could be the worst in years and the United States is particularly concerned because of our heavy reliance on satellites for communications. As you may know, these disruptions could affect telephones, pagers, fax machines, the Global Positioning System (GPS), and most importantly the Internet. In conclusion Dr. Baker had this to say: "these storms may be the REAL (my emphasis) Y2K problem."

As Steven said in my previous book: "The dramatic increase in electromagnetic radiation and x-ray flux of the sun has been producing specific climatological, biological, and technological effects and conditions on a global scale...There appears to be more to solar weather than previously realized, especially with the recent discovery that the sun creates tornadoes and solar quakes."

My ultimate area of concern is the Earth Changes. Do you realize that the genius Sir Isaac Newton was also able to predict natural disasters? He predicted devastating earthquakes and violent weather patterns for England, which occurred 23 years **AFTER** his death! How? Newton used what are called "planetary conjunctions." He calculated that at the time of a solar eclipse, the moon would be closest to the Earth and Jupiter, triggering powerful seismic and atmospheric conditions. He was right on

target. To the day predicted, England was hit with earthquakes and 100 plus mph winds!

I discovered a book that you should certainly read if you have any interest in potential upcoming Earth Changes. Tom Kay, who has researched prophecies dating back to pre-Biblical times, writes it. This includes those made by... Ezekiel, Jesus the Christ, Nostradamus, Hildegard of Bingen, Edgar Cayce, Gordon Michael Scallion, Mary Summer Rain, Mother Shipton, Paul Solomon, Dannion Brinkley, the late Sun Bear, and the Hopi Indians.

The title of the book is "***When the Comet Runs***" and reads like a who-done-it thriller. For those of you who are skeptical about books of this sort, I offer you this review by Dr. Friedbert Karger, a plasma physicist for the prestigious Max Planck Institute:

*"For me as a physicist, it is interesting that Tom Kay not only enumerates and interprets high quality prognostications, but also cites books like **"The Grail Message"** explaining the laws governing the coming events."*

How likely are these massive Earth Changes? It has been demonstrated through geological research, that our Earth has shifted on its axis many times before. Scientists believe we have had a 1-10% shift at least 15 times in the history of the planet.

Also we seem to have experienced three major shifts including the one that wiped out the dinosaurs. When you study the remains of animal life that have been discovered in the Arctic, you find food that was only located in the area of the Equator still in the stomachs! That would indicate the shift was 180 degrees!

Will we experience a shift in our lifetimes? It is possible. What would it be like if it was even a minor shift? In my previous book I presented the following scenario that could occur in the United States if a meteorite hit as in the disaster movie [*Deep Impact*](#).

A meteorite impacting in the Atlantic or Pacific Ocean or Gulf of Mexico would most likely set off giant tidal waves in the range of 300 feet or more.

Of course we are all familiar with the devastation from the tsunami in Indonesia. Another roared into Lituya Bay in Alaska in 1958, causing a wave that measured 1700 feet high, which is a third of a mile!

Waves of this magnitude could also trigger massive shifting of the Earth's plates, bringing about earthquakes that could be measured at 10 or above on the Richter scale. Giant tidal waves could bring about devastation far inland from the coastal United States. In fact, one prediction from a scientist stated that the water from the Atlantic Ocean would come within 20-30 miles of downtown Atlanta. This scenario would most likely be repeated up and down the eastern seaboard. This could also trigger faults that may have been dormant for centuries. For instance, there is a fault that runs from Macon, Georgia through downtown Atlanta, up through the north Georgia Mountains.

Earthquakes as high as 10 or above on the Richter scale would topple most every structure in their paths. This would not only include skyscrapers, but also destroy interstate highways and bridges, cutting off traffic routes for hundreds of thousands of people. It is for this reason we are recommending people be outside of the "urban" ring created by the interstate system.

These earthquakes will most likely lead to explosions and massive firestorms as gas lines begin to spew forth fountains of gas that are constantly fed by newly erupting fires. Service stations with their storage tanks and gas pumps will be exploding in every neighborhood and off of every interstate exit.

It is highly likely that no one would be around to turn off the gas valves and this hellish inferno could continue unabated for days. As far as fire departments are concerned, there would not be enough foam available for these fires even if there were firefighters available to battle this inferno. Another area of concern would be the river of gas fires flowing under vehicles, causing further explosions and death.

Power and telecommunication lines would also be toppling throughout the area, throwing everyone into darkness with NO ability to communicate with

anyone. This would cause mass hysteria and panic throughout the area. It could also happen so swiftly that there would be NO time to get to the SAFE AREAS discussed later in this guide.

There is also concern that mass hysteria and panic would be breeding grounds for widespread urban warfare that would equal the horrors experienced recently in nations like Rwanda and Bosnia. No police or military troops would be able to stop the massive mayhem that would be erupting in the major urban areas.

The looting experienced in New Orleans would be “child’s play” compared to this mayhem. If there is currently little respect for the elderly, women, or children, you can be assured there will be no respect in this “dog-eat-dog” environment.

Guess what else will not be around for your convenience?

McDonalds, Burger King, Wendy’s, Seven Eleven, Winn Dixie, Bi-Lo, Ingles, Kroger, K Mart, Wal-Mart, Sam’s Club, Big Lots, Ace, CVC, Eckerd’s, hospitals, doc-in-the-boxes, power plants, water reservoirs, and most likely even police, fire, and emergency crews.

Could you and your family survive through these potential man-made and natural disasters?

Safe Areas to Survive Upcoming Earth Changes

Where are the SAFEST AREAS in the United States to live?

In my previous book I listed 20 of the SAFEST AREAS during the Earth Changes. I relied heavily upon the late Sun Bear's excellent book, "**Black Dawn/Bright Day**", in which he related the Native American prophecies regarding Earth Changes. Using his map of safe places as a reference, I contacted cities in the areas he recommended.

I also studied Gordon Michael Scallion's map, which I learned had been used by the Department of Defense when considering the closing of military bases. When I looked at Safe Areas, I also recommended that you find a place to live 10-25 miles from the city. Since I am now living in a Safe Area (not on my original list below), I realize that you can live closer than 10 miles from some of the smaller towns on my list.

Here is my list of Safe Areas (statistics have changed since being published in 1999):

- Beckley, WV. Population - 19,000. Annual rainfall - 39 inches; snowfall - 62 inches. Education: 25 elementary; 2 jr hi; 5 sr hi; 3 private; College of West VA;
- Valley College of Technology; Concord College. Health: Vet Admin Medical Ctr; Columbia Raleigh General; Beckley Appalachian Regional. Shopping: 5 shopping centers, 22 fast food/restaurants, 4 grocery/convenient, Wal-Mart Super Center. Chamber: 304/252-7328.
- Bedford, VA. Pop - 6400. Rain - 45; snow - 17. Education: 13 elementary; 3 middle; 3 sr hi. Health: Bedford County Memorial. Shopping: 3 shopping centers, 30 fast food/restaurants, 7 grocery/conv, Wal-Mart. Chamber: 800-933-9535

- Bethel, ME. Pop - 2400. Snow - 100-120. Education: 1 elementary; 1 mid/hi, Gould Academy. Health: Bethel Health Center. Shopping: 1 shopping center, 19 fast food/restaurants, 2 grocery/conv, Wal-Mart - 40 miles away. Chamber: 207-824-7123
- Canandaigua, NY. Pop - 11,000. Rain - 34; snow - 100. Education: 2 elementary; 1 middle; 1 sr. hi; 1 private; Finger Lakes Com College. Health: F.F Thompson Health System; Vet Admin Med Ctr. Shopping: 6 shopping centers, 22 fast food/restaurants, 2 grocery/conv, Wal-Mart. Chamber: 800-792-8724
- Chemung County, NY. Pop- 100,000 with 34,000 in Elmira. Rain - 33; snow- 45. Education: 17 elementary; 1 middle; 3 jr hi; 5 sr hi; 10 private; Corning Com College; Elmira College. Health: Arnot Ogden Med Ctr; St. Joseph=s Hosp. Shopping: 5 shopping centers, 54 fast food/restaurants, 9 grocery/conv, Wal-Mart. Chamber: 607-734-5137
- Clarion, PA. Pop - 6500. Rain - 30; snow - 38. Education: 1 elementary (K-8); 1 sr hi; 5 private; Clarion University. Health: Clarion Hospital. Shopping: 1 shopping center, 16 fast food/restaurants, 3 grocery/conv, Wal-Mart Super Center. Chamber: 814-226-9161
- Corbin, KY. Pop - 8500. Rain - 42; snow - 9. Education: 2 elementary; 1 middle; 1 sr hi; 1 private; Eastern Kentucky University. Health: Baptist Regional. Shopping: 3 shopping centers, 36 fast food/restaurants, 15 grocery/conv, Wal-Mart. Chamber: 800-528-7123
- Coudersport, PA. Pop - 2900. Rain - 29; snow - 37. Education: 1 (K-8); 1 sr hi. Health: Charles Cole Memorial Hospital.
- Shopping: 3 shopping centers, 7 fast food/restaurants, 4 grocery/conv, Wal-Mart 55 miles away. Chamber: 814-274-8165
- Crosslake, MN. Pop - 1300. Rain - 26; snow - 44. Education: 1 elementary; 1 jr hi; 1 sr hi; Central Lakes Com College. Health: St.

Joseph's Med Center 23 miles away. Shopping: 1 shopping center, 11 fast food/restaurants, 1 grocery/conv, Wal-Mart 20 miles away. Chamber: 800-692-4027

- Defiance, OH. Pop - 17,000. Rain - 32; snow - 26. Education: 4 elementary; 1 jr hi; 1 sr hi; 4 private; Defiance College. Health: Defiance Hospital. Shopping: 2 shopping centers, 43 fast food/restaurants, 20 grocery/conv, Wal-Mart 20 miles away. Chamber: 419-782-7946
- Detroit Lakes, MN. Pop - 7500. Rain -23; snow -48. Education: 3 elementary; 1 middle; 1 sr hi; 2 private; Northwest Tech. Health: St. Mary=s Regional. Shopping: 1 shopping center, 28 fast food/restaurants, 12 grocery/conv, 2 Wal-Marts 45 miles away. Chamber: 800-542-3992
- Farmington, ME. Pop - 7500. Snow - 100. Education: 2 elementary; 1 middle; 1 sr hi; 1 private; University of Maine (Farmington). Health: Franklin Memorial. Shopping: 1 shopping center, 8 fast food/restaurants, 2 grocery/conv, Wal-Mart. Chamber: 207-778-4215
- Marshfield, WI. Pop - 20,000. Rain/snow - 29. Education: 7 elementary; 1 jr hi; 1 sr hi; 1 private; Mid-State Tech; University of Wisconsin (Marshfield). Health: Marshfield Clinic; St. Joseph=s Hospital. Shopping: 1 shopping center, 35 fast food/restaurants, 16 grocery/conv, Wal-Mart 30 miles away. Chamber: 715-384-3454
- Montrose, CO. Pop - 11,200. Rain - 10; snow - 32. Education (Montrose County): 6 elementary; 2 middle; 1 jr hi; 3 sr hi; 4 private; Messa State; Western State College. Health: Montrose Memorial Hospital. Shopping: 3 shopping centers, 30 fast food/restaurants, 9 grocery/conv, Wal-Mart Super Center. Chamber: 800-923-5515
- Murray, KY. Pop - 15,450. Rain - 41; snow - 8. Education: 1 elementary; 1 middle; 1 sr hi; 2 private; Murray State Univesity.

Health: Murray Calloway County Hospital. Shopping: 1 shopping center, 43 fast food/restaurants, 3 grocery/conv, Wal-Mart Super Center. Chamber: 502-753-5171

- Presque Isle, ME. Pop - 10,500. Snow - 110. Education: 3 elementary; 2 middle; 1 sr hi; University of Maine (Presque Isle); Northern Maine Tech. Health: Aroostock Medical Center. Shopping: 4 shopping centers, 18 fast food/restaurants, 7 grocery/conv, Wal-Mart. Chamber: 207-764-6561
- Redmond, OR. Pop - 12,000. Rain - 48; snow - 12. Education: 6 elementary; 2 middle; 1 sr hi; 1 private; Central Oregon Com College. Health: Central Oregon District Hospital. Shopping: 3 shopping centers, 40 fast food/restaurants, 10 grocery/conv, Wal-Mart. Chamber: 800-574-1325
- Rogers, AR. Pop - 35,400. Rain - 44; snow - 6. Education: 10 elementary; 2 middle; 2 jr hi; 1 sr hi; Northwest Arkansas Com College. Health: St. Mary=s Hospital. Shopping: 22 shopping centers, 43 fast food/restaurants, 37 grocery/conv, Wal-Mart Super Center. Chamber: 800-364-1240
- Sandpoint, ID. Pop - 6000. Rain - 32; snow - 64. Education: 3 elementary; 1jr hi; 1 sr hi; 2 private. Health: Bonner Gen Hospital. Shopping: 3 shopping centers, 36 fast food/restaurants, 4 grocery/conv, Wal-Mart. Chamber: 800-800-2106
- Saranac Lake, NY. Pop - 5500. Rain/snow - 39. Education: 4 elementary; 1 middle; 1 sr hi; 1 private; Paul Smith=s College;
- North County Com College. Health: Adirondack Med Center. Shopping: no shopping center, 26 fast food/restaurants, 10 grocery/conv, Wal-Mart 45 miles away.

Why did I select these SAFE AREAS?

You may wonder why there are no SAFE AREAS in Texas, Oklahoma, Kansas, New Mexico, Arizona, Nevada, parts of Colorado, California, Utah, Nebraska, Missouri, South Dakota, North Dakota, and the eastern coastal states?

According to **USPREPARED** research collaborated with others, we feel that following the catastrophic natural disasters associated with the Earth Changes, much of the eastern coastal states will be most likely under deep water: Rhode Island, Connecticut, New York, New Jersey, Delaware, Maryland, and Virginia. The coasts of North Carolina, South Carolina and Georgia will most likely be flooded along with all of Florida and the south coasts of Alabama, Louisiana, and Mississippi.

The "Big One" is still expected in California...putting most of that state under the Pacific Ocean! Also if Scallion is correct, then the Great Lakes will flow south towards the Gulf of Mexico, causing the Mississippi River to become a 100 mile-wide torrent of water flooding most of the states along its banks! (Remember, Scallion's map and predictions have been taken very seriously by the Department of Defense).

In the Midwest, we have the Realfoot Rift, which runs the entire length of the Mississippi River and is 25 MILES deep! The predictions are a massive earthquake in this area would be more devastating than one in California since this area of the Midwest is home too much of the smokestack industry, which could destroy a major portion of the United States industries. It is estimated that the damage could be 100 times greater than a similar quake in California!

Remember this is the area where one of the United States most deadly quakes originated. It was during the winter of 1811-12 when the Madrid quake occurred which was felt all the way to Atlanta, Georgia and even tumbled chimneys from Richmond, Virginia homes! Even the Mississippi River temporarily reversed its direction!

After careful study, I even eliminated some SAFE AREAS that Sun Bear had selected due to recent rapid decline in water sources in areas of Arizona, New Mexico, Nevada, Utah, and even parts of Colorado. If you have been

keeping up with the news, then you are aware of the “water wars” heating up in these areas.

Finally, I also eliminated an area from South Dakota to Texas known as the Grain Belt. Why? This is the area that is serviced by the Oglala Aquifer, which holds as much water as Lake Huron, plus one-fifth of Lake Ontario. This area is sinking very rapidly and within only 40 years this area will have dried up. This entire eight state area will then only have precipitation to rely on!

Remember, that my list was created before I learned about Winter Hell. Granted a number of my SAFE AREAS are where the temperatures will be like the North Pole. I have since discovered other SAFE AREAS especially in the western North Carolina Mountains and also in certain areas of Tennessee.

Also, some of you may wonder if I’m on the payroll of Wal-Mart. NO! In my research, I found that a Wal-Mart was more likely to have a larger assortment of emergency preparedness, hardware, and gardening products than any other chain.

Be Prepared!

So let's relive a scenario that I created in my other book. This time we will substitute a massive Arctic front that sweeps down across the United States plunging temperatures to 50 below zero as far south as my western North Carolina Mountains.

Like Y2K, there will those in your neighborhood who will laugh and ridicule this possibility. Remember, those left behind after the Biblical flood began had laughed at Noah and his ark. My advice is to ignore these people who do not have sense enough to prepare. Don't argue...PREPARE!

You and your family wake up on New Year's Day to reports of this massive Arctic cold front developing that has gigantic proportions. You are ready since you decided to prepare. First you check your gas-powered generator to make sure it is functioning correctly.

It will only have to be used as a last resort since you have also had the foresight to install passive solar panels to provide electricity. As you may know these panels have been greatly improved over the years and the price has come down.

Since you have anticipated that food could go quickly, you have purchased a 6-month to one-year supply of freeze-dried, dehydrated food or even canned goods. If you have not already canned your garden's produce, it will be too late. Also you have purchased enough water cans to carry you and your family through six months. Or you have purchased a gravity-fed water purifier as discussed.

You also have decided to take advantage of the Energy Audit offered by your local electrical utility. This audit will enable you to see how weather proof and insulated your home really is. You must be prepared to withstand Arctic cold as low as 50 below even in the South.

You are also prepared to hibernate at your home for up to six months. As mentioned above, it is highly likely that this severe Arctic cold will literally freeze up vehicle engines. What will you do if you need to leave your house? WALK! It is imperative that you and your family stay in top physical shape.

Anticipating the hibernation, you have collected numerous board games and toys that do NOT require electricity or batteries. It is still a good idea to purchase a selection of rechargeable batteries and one of those battery chargers that is solar-powered.

Also make sure to have a large assortment of crayons and coloring books for your little ones. Now is the time to add to your book collection from garage sales, used bookstores, and flea markets. In addition to purchasing novels make sure to add how-to books especially as related to emergency preparedness and self-reliance; personal self-defense; alternative health care; community development and collaboration; and first aid. Other categories to consider: updated encyclopedias, Great Books of the Western World, and children books.

Speaking of self-reliance, one of my former Y2K members, Kathy, came up with a brilliant idea as related to staying warm. She suggested that people purchase a high quality tent that could be set up in your living room. As you know, when there are two or more people in a tent more body heat is created and contained. When all power is lost and the house is ice cold the use of thermal clothing and high quality sleeping bags will be essential. **USPREPARED** has access to tents from **Quickdraw** that need NO assembly. You literally take the tent and throw it up in the air. Before it hits the ground, it is erected! If you are outdoors, you still have to secure the tent to the ground but that only takes minutes.

Here is a list that I created for the previous book that might be of benefit:

Try to get your physician to give you a six-month prescription for your medicines and also begin to create a six-month supply of the over-the-counter products you may need.

- A high quality rugged tool kit with a wide assortment of nuts, bolts, screws, fasteners, hinges, handles, and nails.
- A non-electric sewing machine, water purification system, and dehydrator.
- Assortment of school, crafts, and art supplies. You might consider purchasing a handloom and learning to weave.
- High quality 2-mile minimum range two-way radios since this may be the only communication link you will have if the telecommunications system is not functioning. According to the secret report, the Internet could even be knocked out. Also don't count on wireless technology. Your best bet is to join with your neighbors and stay in touch with the two-way radios. I have seen these on sale for as low as \$9.95 a radio when you buy two receivers that now have up to a 5-mile range.
- Assortment of non-electrical musical instruments.
- Fireproof safe.
- Assortment of photos and memorabilia for each family member to connect with the past and share his/her story with other community members.
- Assortment of ingredients for making safe, non-toxic, personal, home care products, and medical tinctures. If you are not interested in making your own products, check out the **Meleluca** line.
- LARGE supply of 8-hour candles.

- A wide band battery powered or solar powered short wave radio.
- A safe portable cooking stove.
- A couple of pump-handle or “shaken” flashlights.
- A hand-cranked powerful spotlight.
- A generator.

Even though you have both the generator and the solar panels, you have taken the extra precaution of storing a 3-6 month supply of wood for either your fireplace or wood-burning stove.

Now we are going to focus on the most important aspect of your preparation...

Neighborhood Preparation

As I mentioned earlier, NOW is the time to share this E-book with every neighbor and form a neighborhood group that can help each other. Even if you are located in - or relocate to - a "safe area" the report emphasizes that anarchy and riots could break out and law enforcement agencies may be operating sporadically if at all as we have witnessed in New Orleans.

Your first question may be: "What if I don't know my neighbors?" Well, this would be an excellent way to get to know them. You can go door-to-door inviting them to your house for a meeting. Or if your neighborhood has a meeting room, then reserve that room. If you live in an apartment complex, then reserve your clubhouse. Also some neighborhood associations and apartment complexes have a newsletter. Prepare a notice about your meeting. You might also consider distributing flyers.

The secret to getting people to attend is the old "What's in it for me?" You need to create something that shows what could happen if the neighborhood is not prepared and how that could have a direct effect on the attendees and their families. Share with them the findings of the report and what could be the consequences of not being prepared.

Certainly, some of the people will not believe the report. You might consider using the Dunwoody, GA tornado and how if the neighborhood had been prepared then a lot of the hard aches and hardships could have been avoided. This tornado struck in the middle of the night in a very upscale neighborhood. Unfortunately, these people had always seen these devastating tornados touching down in poor rural areas usually destroying trailers. They had not learned the most important law with Mother Nature...she is NOT a respecter of persons or places! Especially with this horror potentially on the horizon, she will not care if you live in a \$50,000 trailer or a \$1,000,000 mansion. There will be only one structure that will make it through this predicted Winter Hell...a **Monolithic Dome**.

Your second question will probably be: "What do I do at the meeting?" First, I would have nametags and an agenda sheet available for each

attendee. Also make sure to have a sign-in sheet that has ENOUGH space for the name, address, phone number, and even e-mail of each attendee. At the same time ask for the following information that will be very important for the directory that is being created:

- Names, addresses/e-mails of EVERY physician, nurse, carpenter, plumber, mechanic, fire fighter, police officer, electrician, builder, physically challenged person, and elderly person in the neighborhood/complex.
- Names and ages of children in each family.
- Locations of each house supplied with gas.

Then I would invite the attendees to serve themselves refreshments and mingle.

After allowing enough time for the attendees to arrive, I would then go around the room asking every attendee to give his/her name and a brief reason that he/she decided to attend the meeting. I would assign someone to keep notes and if feasible I would have a flip chart available. You will want to have someone write out the reasons on the flip chart.

I would then reiterate the reason you have called the meeting especially emphasizing what's in it for the attendees and their families. The first item on the agenda might be how the neighborhood could set up a buying cooperative for the items that could be helpful doing an emergency i.e. the eight plus hour candles, generators, hand-cranked flashlights and short wave radios, FDA-approved water containers, first aid kits, bulk food, non-hybrid seeds, water purifiers, etc. (available in our **PREPAREDNESS-IN-A-BOX** discussed later).

This would be an excellent time to form a food cooperative/buying program. Also suggest to the attendees that when they go to the grocery store, buy DOUBLE the amount of canned goods each week until they have at least a six month supply on hand... preferably one year supply. They might consider buying dehydrated/freeze-dried food.

You might check with your local grocery store and see if they will allow you to buy canned goods in cases for your group. We found a local IGA store in Atlanta that was willing to work with us for Y2K preparation. How long will these cans last?

In my research for the previous book, I learned that your canned goods have a shelf life of 2-5 years! If you are not sure and would like to be safe, then look on the label and call the 800 number. The person will ask for the code on the can. With this information he/she will be able to tell you when this can was sealed and the average shelf life of the can.

You will also want to consider plans to develop community garden when spring returns. The report states that food supplies may be unavailable for many months after The Winter Hell. Even if there is food available it could be more expensive than a highflying dot.com stock! Even if nothing happens, a community garden can be a wonderful project for the neighborhood.

Your group should purchase an assortment of Non-Hybrid seeds that can be used for growing food. It is very important they be Non-Hybrid since these are the only seeds you can use from the full-grown plants. The majority of the seeds available today will not grow another crop forcing you to buy more seeds. Ask us at [USPREPARED](#) about non-hybrid seeds.

The following are some points that gardening expert Bev Kates shared for my first book:

- Research the relative nutritional merits of fruits, vegetables, and grains, which you would like to include in your diet.
- Emphasize those rich in vitamins, minerals, proteins, and starches for sustenance.
- Make sure and have a variety of colors, textures, and tastes.
- Include a wide variety of both summer and winter crops.

- Make sure your seeds are disease-resistant, productive strains (also non-hybrid).
- Pack your seeds and spores (mushrooms) in generous quantity in an airtight container.
- Investigate companion planting (which varieties to plant next to each other for maximum productivity and insect and disease resistance).

Now Bev is going to share 2 gardening technique for even the smallest apartment.

- Consider square foot gardening techniques to maximize production in a minimum amount of space.
- Get in the habit of recycling plant waste matter (discarded leaves and stems, vegetable peelings, eggshells, coffee grounds, etc.) in a mulch pile.

You might also consider hydroponics.

Next on the agenda should be water sources. It is very possible that the water source may be contaminated and potentially dangerous water could be flowing in your pipes. Do not under any circumstances drink from the tap during an emergency (it is advisable to even avoid washing with this water).

You are going to need a minimum of one gallon of water for each member of the household per day. This will be used for drinking, cooking, washing your hands, and brushing your teeth. The Red Cross says that you should have at least a three-day supply but I believe very strongly that you should have a 6-month to one-year supply. Witness in New Orleans that they were still finding people in their attics 14 DAYS after Hurricane Katrina!

Your first choice should be a non-electric water purifier. The military and missionaries have used these water purifiers for years. The majority of the water sources these agencies have available are as contaminated as your

local cesspool! By using these water purifiers it is possible to remove over 99% of the impurities from the dirtiest water on the Planet. You can create a system where the water collects in plastic garbage bag covered garbage cans. Then you can take that water and run it through the purifier. Most of these purifiers will clean at least 10,000 gallons of water before the filters have to be replaced.

Now, if you do not want to invest in a water purifier, you can check and see if your local grocery has a water vending machine. This will be usually water that has been processed using reverse osmosis, which is the purest water you can get. You will want to start collecting those gallon containers that distilled water comes in or plastic drink bottles. NEVER use the plastic MILK containers as they have the potential of leaving deadly bacteria even after washing in the hottest water. Usually you can get a gallon out of the machine for 25 cents.

I am sure that some of you reading this guide may not be able to afford the expense of a water purifier or even the water machine. There is another alternative that will work.

You can also fall back on the old standby of chlorine bleach or iodine for decontaminating your water. The bleach you buy should state on the label that it contains 5.5% sodium chloride. Most times you will use 8 drops of the bleach per gallon. You will want to make sure that you can both TASTE and SMELL the bleach before drinking it. If you are not sure then add another 8 drops. If the water appears to be cloudy then add 16 drops in the beginning. Mix the water thoroughly and let it stand for at least 30 minutes.

In regards to iodine, there are new tablets available that purify the water and also remove the taste of the iodine.

So where are you going to store this water? Your first choice should be the FDA-approved containers that can store from 5 gallons to 55 gallons (available through [USPREPARED](#)). You would only want to consider the 55 gallon containers if you plan not to move them.

Your best bet is the five gallon ones. Remember the five-gallon container will last one member of your family five days. You should place the containers on their sides and stack them. You also want to make sure and keep these containers off the floor and away from strong odors i.e. gasoline. The water supply should last from 2-3 years; however, it is a good idea to rotate the containers as you purify using the older water first.

You can use the plastic jugs...NOT MILK JUGS...but they will not last as long as the FDA-approved containers.

There will be emergencies when you will have to take drastic measures. You can usually drink the water from the toilet TANK not the bowl. Or you can drink the water from the hot water heater.

You attach a garden hose at the bottom of the hot water heater. Make sure you have turned off the heat first and also drained out the sediment that collects at the bottom of the hot water heater.

You should pass out information that explains what to do as soon as the disaster occurs. Most likely the electricity is going to shut down as predicted in the report. You begin to pull out that supply of candles you bought especially those 8-hour plus ones. Also you have an assortment of flashlights with fresh batteries and even a couple of those flashlights you can hand crank or shake.

Speaking of hand-cranked devices, you also locate your short wave radio that also offers a solar powered backup source. Why short wave? Because these radios offer extra emergency bands that might come in handy at this time. Also if the time of power outage is very long then the news and entertainment on the short wave can take the place of television (unless you have a battery powered one). You might also keep fresh batteries in the kids' toys and video game units to keep them entertained. Ditto for your laptop or PDA.

If you have gas ranges, dryers, or other appliances IMMEDIATELY go to the source and TURN IT OFF! Every member of the family over twelve years old should know how to turn off the gas at the source which is

usually by the street. Why do this? Because there could be a gas line break from the disaster and the last thing you want to deal with at this time is a deadly explosion. I would also recommend assigning people at your meeting to act as "back-up" checkers for the entire community in regards to shutting off the gas. This will also immediately get them involved in the project.

Now you should cover the importance of obtaining alternate sources of power. Remind them to purchase a 3-6 month supply of firewood. Keep on hand the store bought starter logs so that you can get the fire going quickly. If you run out of these logs then you can take old newspaper (preferably without color since this can out gas potentially dangerous fumes) and roll them up tightly to create your own logs.

Remember to keep on hand both fireproof matches and the disposable lighters.

You then might discuss the signaling system for neighborhood communications that I discussed in my previous book. It is extremely important to be able to communicate with your neighbors especially after a natural disaster. The telephone lines will most likely be down.

You will want to develop a rotating schedule where one person is responsible for touring your neighborhood or apartment complex to check on the signaling system. This system is very simple and requires that a family who has an emergency at their home or apartment prominently display a RED ribbon where the "checker" can see it. The "checker" should immediately go to the door and knock LOUDLY and call out. If there is no response then the "checker" should make the decision to enter the house or apartment. Remember, someone may be unconscious and unable to respond; every minute will count. You might ask if this is legal.

I would discuss the feasibility of getting the attendees to agree to sign an agreement authorizing someone to enter a home or apartment after reasonable attempts to get a response are exhausted. Before creating this agreement it would be good to check with an attorney.

Another very important agenda item should be CPR and first aid. You should determine who has had both CPR and first aid instruction. EVERY attendee should have been certified for CPR. If they are not, then one of the first priorities is getting a certified instructor to attend a meeting to teach CPR. EVERY person in the family should attend that meeting from 10 years old to the grand parents!

Let me share a story. When I lived in Atlanta, I had two old spinsters for neighbors named Vera and Sara. Vera worked at the neighborhood McDonalds and learned CPR. One day Vera and Sara were shopping at the mall when Sara collapsed. Vera knew how to perform CPR and saved Sara's life! What if your child was lying unconscious? Would you know how to administer CPR? Remember, paramedics have to respond to the 911 situation and even with rapid response, the minutes a person is not breathing means more of a chance of permanent brain damage and even death.

There should be at least one person who is also trained in first aid and the neighborhood group should also look into the purchase of a group first-aid like we use.

What follows is VERY important to share with your neighbors. During any emergency situation, valuable personal information could be inaccessible or even destroyed. I shared this "buddy system" in my previous book and I want to make sure you prepare your information program before you have your first meeting. You will want to choose a TRUSTED out-of-area contact or close relative to create the "buddy system." You are going to exchange the following very valuable information with them.

- Your name and address
- Your children's full names and birthday
- Color of your children's eyes and hair
- Children's mother's and father's name
- Children's sex and race
- Children's heights and weights (make sure and keep this current)
- Children's scars and birthmark

- Name, address, phone number/e-mail of your children's daycare/school and person in charge
- Children's pediatrician/physician names and phone numbers/e-mail
- Children's other identifiers (glasses, braces, etc.)
- Children's fingerprints and current photos
- Name, phone number/e-mail of children's sitter (keep this current)
- Family physician's phone number/e-mail
- Blood types of all members
- Social security numbers of all members
- Birth dates of all members
- Home/work phone numbers/e-mail
- List of all special health problems, allergies to medications, and prescriptions of all members
- Attorney's name and phone number/e-mail
- Your bank, branch, contact person, phone number/e-mail, and checking account numbers
- Your savings account, or Certificate of Deposit number, branch location, and phone number/e-mail
- Your safety deposit box number and location
- Your home-owner's insurance company, policy number, agent's phone number/e-mail
- Your life insurance carrier, policy number, agent's phone number/e-mail

Now you can see why I emphasized a TRUSTED friend or relative. You are going to be sharing a great deal of confidential and important information with this person. Of course, he/she is going to be doing the same. Also it would be wise to have some of the real vital information in a special emergency packet that is going to be kept by **EVERY** person in the household. The absolute required information would include the person's name, address and phone number; the parent's names, address, phone number(s)/e-mail(s); the person's birth date; the person's finger prints and current photo; the person's blood type and any special medical problems, allergies to medications, and current prescriptions; and most importantly the name, address, phone number(s)/e-mail of the out-of-area contact person or relative.

If one of your children should get separated from you, this information should be very valuable to law enforcement agencies.

At the end of this meeting you might want to give out the **USPREPARED** web site at <http://www.usprepared.com> where they can also download this e-book.

This might even be too much to consider for the first meeting; however, it will certainly get you started. It is very important to follow-up with your second meeting within a week. Get them committed to that second meeting NOW! Also it is important to get the people involved. Ask them to prepare information reports on the different areas discussed at the initial meeting. For instance, ask someone to check the availability of the water machines at the local grocery store (I know Publix offers these machines). Another person or persons could check into a local grocery store providing bulk food buying at a discount (check for an IGA store in your area). Get people involved!

I would like to gift you my friend Mark Joyner's Simpleology 101 which could be excellent material for you as you make preparations for your neighborhood or apartment/condo complex. This will help with ALL aspects of your life! So go to

<http://hugh009.simpleology.com> to learn more.

Next, we are going to look into...

Monolithic Domes



USPREPARED has found the near-to-perfect solution to surviving Winter Hell and even a small Earth Change. When I wrote the first book I had a chapter on Housing Alternatives where I mentioned Geodesic Domes. The first geodesic dome was created by the late genius Buckminster Fuller. You have seen an

example of the dome at Disney World's Epcot Center. Definitely this dome was amazing and possessed structural strength that few structures could equal. Unfortunately this dome also leaked during a downpour.

David South decided to improve upon Bucky's structure and created the seamless Monolithic Dome. Today the **Monolithic Dome Institute** in Italy, Texas offer many designs of this dome.

Here are some of the reasons I have become sold on David South's structure:

- Will withstand winds in excess of 300 mph, which is considered a Force 5 hurricane or tornado. Also fares very well during an earthquake because the usual sideways movement of a structure does not affect it during an earthquake.
- Due to the usage of a combination of polyurethane foam and concrete the dome offers an R-value 60 or better. In fact, there are reports from the Institute that some owners heat their domes with the equivalent of two 1,250-watt heaters and cool them with an air conditioning unit designed for an RV.
- The fire rating of the dome (Type II) is the same as any other concrete structure because concrete is considered noncombustible. Also the polyurethane foam is fire-retardant.

- One homeowner reported his homeowner's insurance annual premium was \$174!
- It is rot-proof since it is made of mostly concrete. The wooden windows and doorframes are sealed and moisture-proofed.
- It is termite-proof since concrete is not on the menu of termites.

One of your questions might be: what are the costs per square foot? Like any other structure it can vary due to: geographical location and how much of the work you are able to do yourself. One owner reported that he was able to build his 42-foot diameter dome for \$55 per square foot, which included the costs of the land. This 2,000 square foot home costs \$110,000 and has a current market value of \$250,000! Check out the [Monolithic Dome Institute](#).

Another unique housing solution is the **Custom Super Homes** concept.

- Better than using frame, brick, concrete or adobe to build residential, commercial, and industrial buildings!
- It is "Well over" R-75 self-insulating.
- It can be exposed to open blowtorch flame for 4 1/2 hours.
- It has a sound absorption coefficient of over #40.
- It accepts screws and nails. (No studs required).
- Is seismically (Earthquakes) superior to what is standard.
- It can handle wind gusts of 145 mph to well over 300 mph.
- It is neither toxic nor hazardous.
- It is made with mass recycled materials.
- It is BULLET proof! (no "paper thin walls" as with frame)
- It Costs THE SAME as if building with WOOD FRAME.

If you would like further information on Custom Super Homes, send an email to: superhome@usprepared.com.

Preparedness in A Box

I realize that as you read this e-book and think about all the things that you might need for you and your family it is overwhelming. It was the same for me as I prepared the research for the original "***Family Survival Manual for Y2K & Beyond***". Day after day I would pour over catalogs and web sites looking at what was available. Based on that and additional, updated research, USPREPARED has created **PREPAREDNESS IN A BOX** kits, and will soon be making the kits available through the USPREPARED website.

Some Final Thoughts...

We hope that you have enjoyed and profited from this material. We plan to keep you posted with updates, if you so desire. We will soon be deleting our current email list, so make sure to go to the bottom of the webpage after clicking [HERE](#) and opt in to receive our **PREPAREDNESS NEWSLETTER** and information regarding our **PREPAREDNESS-IN-A-BOX KITS**, (this will confirm to us that you want to continue receiving updates, and we will not be accused of sending out Spam). Our updates will be from our new experts and YOU since we would love for you to contribute the new **USPREPARED** community.

Now that we have made it possible for this e-book to be sent on to your loved ones and friends, PLEASE do so if you feel it appropriate. We want to make this is one of the most read e-books of all times!