

## Are You Water Competent?



The [American Red Cross](#) has been teaching children and adults to swim and to become life guards for the past 100 years. This year, as a part of their centennial celebration, they established a program to teach 50,000 people from 50 cities across 19 states how to swim. How about you and your family? Are you water competent? A new

national survey, conducted by Red Cross, found that only 56% of self-described swimmers could perform all five basic swimming skills that might save their life. The water safety skills include:

- Step or jump into water that's over your head.
- Return to the surface and float or tread water for one minute.
- Turn around in a full circle in the water looking for an exit.
- Swim 25 yards to the exit.
- Exit from the water. If you're in a pool, can you exit without using the ladder?

[The Survival Doctor](#) includes these six suggestions to prevent someone (including yourself) from drowning.

1. Take a class and learn to swim well. Same for your children.
2. If you're in a boat, wear a life preserver. 88% of people who drown aren't wearing one. All youth under age 13 are required by law to wear one.
3. Don't drink alcohol if you're swimming or driving a boat. Seventy percent who drown were drinking.
4. Never swim alone.
5. Never depend on toy flotation devices for safety. Make sure your children know this.
6. Always supervise children. Even then, many who drown have only been out of their parents' sight for a few minutes.

If you see a child drowning and can swim, go pull them out. If you see a conscious adult struggling in the water, call for help. If you're alone, get a pole, stick, oar, or rope. Throw it and urge them to grab on. Don't let them grab you. You will both go down.

## Ask Billie

Our Question and Answer column, covering topics of interest to our readers.

**Judy J. Asks:** I'm a weakling. How can I rotate the Sun Oven® without upsetting the contents?

**Answer:** Place your Sun Oven® on a piece of carpet. This will make it easier to rotate. Make sure you put the balancing leg securely on the carpet as well. When you need to move it to follow the sun, just grab a carpet corner and nudge it around.

What is your Most Burning Question about Food Storage or Emergency Preparedness? Send your questions to [editor@sunoven.com](mailto:editor@sunoven.com)

Billie Nicholson



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## Ebola Update

Joe Alton, MD, aka Dr. Bones

**Ebola virus disease (EVD) or Ebola hemorrhagic fever (EHF)** is the human disease caused by the [Ebola virus](#). Symptoms typically start two days to three weeks after contracting the virus, with a [fever](#), sore throat, [muscle pains](#), and [headaches](#). Typically [nausea](#), vomiting, and [diarrhea](#) follow, along with decreased functioning of the [liver](#) and [kidneys](#). At this point, some people begin to have [bleeding](#) problems.[1]

How Ebola manages to first infect humans is poorly understood. Primates like monkeys and apes are possible agents of transmission (also called vectors), although birds, rodents, bats, pigs, and insects may be more likely to transmit the disease. The virus can even be transmitted to dogs, although they don't seem to get sick.

Ebola appears to be transmitted through saliva and other bodily fluids, even sweat. The practice of relatives and workers washing a body before burial may have helped spread the disease. A 2012 Canadian study suggested that the virus may also be transmitted in air droplets. Given the highly contagious nature of the disease, this would be big trouble if true, but hasn't been proven.

Ebola causes a hemorrhagic fever with a 25-90% death rate, much higher than even the worst of the influenza pandemics of the past century. Symptoms begin presenting about 2 weeks after exposure. Ebola patients develop the sudden onset of what first appears to be influenza: Aches and pains, cough, sore throat, shortness of breath, fever and chills, and malaise are commonly seen at this stage. Nausea is noted, often accompanied by abdominal pain, diarrhea, and vomiting. Later on, The central nervous system becomes affected: Severe headaches, altered mental status, and seizures ensue, sometimes resulting in the patient going into a coma.

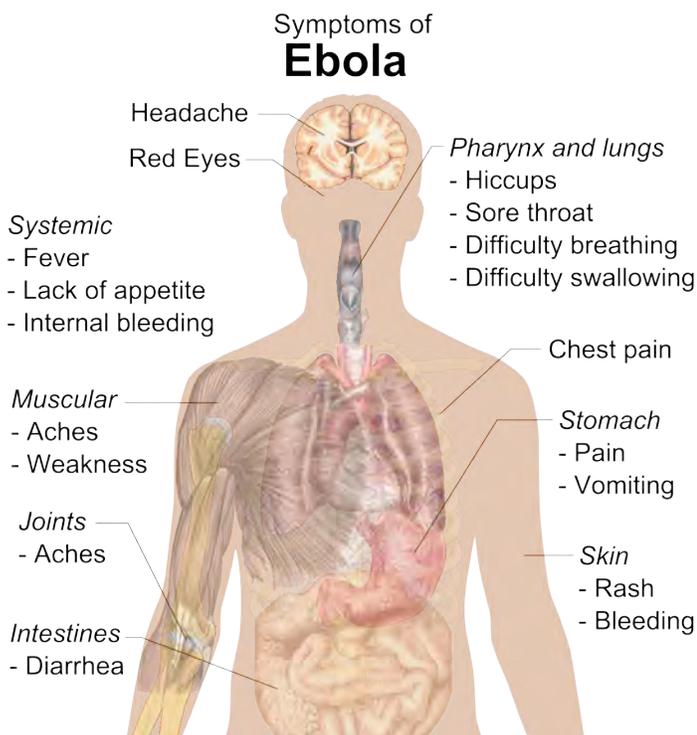
It's thought that Ebola doesn't spread until a victim develops symptoms. As the illness progresses, however, bodily fluids from diarrhea, vomiting, and bleeding become very contagious. Poor hygiene and lack of proper medical supplies in underdeveloped countries, such as in West Africa impede the progress of medical authorities

to tame the outbreak. The best they can do is isolate sick individuals as best they can and follow infectious disease precautions. This is something they are, apparently, not doing so well, because so many medical personnel are getting sick. When the doctors and nurses are dying, you know you have an illness about which to be truly concerned. Imagine if the disease becomes worldwide.

So how do we cure Ebola? We don't. There is no known treatment, cure, or vaccine for Ebola at present. The doctors can only try to make the patient comfortable and hope they get better on their own. Therefore, I recommend stocking up on masks, gowns, eye protection, and gloves, and learn about how to have an effective [survival sick room](#).

This may be a third-world disease now, but it wouldn't take much to make it, indeed, the next great pandemic. Although there shouldn't be panic, I think it is very possible that Ebola will make its way to Europe and North America at some point.

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## Fasting

Billie Nicholson

Fasting is not a new concept. It was written about in many Holy Scriptures. Fasting is often used to teach self-control and humility and is enhanced with prayer. Fasting does not have to last for 40 days, it can be just a few hours or a few days, performed intermittently.

What is intermittent fasting? It is not a diet, but rather a dieting pattern. It is a conscious decision to reduce the number of meals eaten during a 24 hour period. This means eating the calories during a specific time during the day. Eating three meals a day has not always been the norm. There are several different ways to participate in intermittent fasting. One is to regularly eat during a specific time period, for example, eating during an 8 hour window and not eating for the remaining 16 hours of a day. Another way is to skip two meals one day and wait a full 24-hours before eating again.

Why would you want to do this? When you eat a meal, your body spends a few hours processing that food, using part of it to generate energy. Your body prefers to burn carbohydrates/sugar as energy over any other source. During a fasting state, your body doesn't have that recently consumed meal to use for energy, and begins to pull from the fat stored in your body or glycogen in your muscles or liver.<sup>1</sup>

Both your liver and muscles store sugar in the form of glycogen, which, when needed, can be broken down into glucose (sugar) and burned for energy. During a water only fast, your glycogen stores are depleted within about 24 hours. After this is used, your cells begin burning fatty acids for energy - from your fat reserves. Blood cells and brain cells can not use fatty acids to fuel their energy needs. They need glucose. They go looking for glycerol, another component of your fat tissue and your muscles. Muscle tissue is broken down into amino acids to make glucose. It's not the best idea to eat up your muscles to meet the energy requirements for your blood cells and brain. To compensate for this, sometime between the second and third day of a water only fast, your liver begins to generate ketones, again using your fat reserves.

The bulk of toxins in your body are stored in fat reserves, so the longer you fast, the more fat you'll burn and the more toxins you'll eliminate. Significant detoxification only begins if you fast for more than one day; however, your body will increase its rate of ongoing detoxification with more rest or by eating less food, because the less digestive burden means there is more energy for detoxification and healing.

The main benefit of a one day a week fast, is to allow your body an opportunity to rest from food digestion and focus on health-promoting work. The fast does not have to be water only, you can also spend the day eating all raw fruits and vegetables or drinking their freshly pressed juices.<sup>2</sup>

Fasting has also been used to lose weight. There are a number of fasting plans available. One of the most successful ones I've seen is the Fast-5 Life diet. This intermittent fasting plan includes a five hour window for eating and the remaining time with no food, but plenty of water. The major concept here is to eat when you're hungry. There are no dietary restrictions. Eat what you want. The Fast-5 way of eating works because it restores appetite to an appropriate level for the amount of stored energy (fat) you have and the amount of energy you expend in a day. By taking in less food, your body burns more fat, about a pound a week. Many participants notice a loss of inches before pounds and they are reporting diminished symptoms of inflammation.

How does this work? Our bodies react to energy consumption with insulin production. The more sensitive your body is to insulin, the more likely your body will consume what you eat more efficiently. Fewer meals, means less food is needed and less time spent preparing meals.<sup>3</sup> In an emergency situation, this procedure may make even more sense.

References

## The Fascinating Fig

Billie Nicholson

The fig is the most talked about fruit in the Bible, referenced 43 times. The fig tree provided the first clothing mentioned and some suspect that the forbidden fruit might have been a fig rather than an apple. As a token of honor, figs were used as a training food by early Olympians, and were presented as laurels to winners like Olympic medals. At one time in Greece, they were regarded with such esteem that laws were established forbidding the export of the best quality figs. Mentioned in many Mediterranean writings, the fig is reported to have been the favorite fruit of Cleopatra, as the asp that ended her life was brought to her in a basket of figs.<sup>1</sup> The fig tree is considered a



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symbol of abundance, fertility and sweetness. In Roman times, figs were considered to be restorative - to increase the strength of young people, to maintain the elderly in better health and to make them look younger with fewer wrinkles.<sup>2</sup> Today, most of us think of the Fig Newton® when figs are mentioned. They first appeared commercially in 1891, made by the Kennedy Biscuit Works (later called Nabisco) using a machine that worked like a funnel inside a funnel, pumping out an endless cookie dough filled with fig jam.<sup>3</sup>

Figs are a highly prized and nourishing fruit that has been used to treat every known disease since ancient times. They can provide phenomenal amounts of energy and vitality to a body as well as aid in the repair and restoration of many bodily systems. As one of the most alkaline fruits available, they are rich in readily assimilative minerals, like calcium and potassium.<sup>4</sup> They are a decadent treat when in season and can be dried or processed into jam so the pleasure can last all year.

This year our fig tree yielded enough fruit for us to make 18 pints of jam, provided enough figs to feed at least twenty families in our community and we're still eating fresh ones every day. We save washed, 18 - egg



*Ripened Figs*

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*Processing Underway*

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*Finished Batch*

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cartons for storage to minimize mashing. For jam, you can crush figs or cook them whole. Make sure to remove any hard stems. Place 8 quarts of figs in a large pot, add 1 quart of water and bring to a rapid boil. Add a lemon or two thinly sliced and 2 cups of sugar. Simmer, uncovered for up to three hours, or until compote is reduced to half volume and thickened. Return it to a boil and add one large package of raspberry jello, boiling for one minute. Ladle hot jam into sterilized jars, cover with lids and screw on bands. Process 10 minutes, submerged in a boiling water bath. Yields 10 pints.

### References

**Sun Oven® Demonstrations Coming to a Location Near You**

Check your calendar and make your reservations to attend one or more of these upcoming emergency preparedness training expos. We will be there with lectures and demonstrations using the Sun Oven®. Plan to take one home along with lots of other preparedness ideas.

**Mid-Atlantic Emergency Preparedness and Survival Expo August 16-17 Boonsboro MD**



**Prepper Camp™ September 12, 13 & 14, Orchard Lake Campground, Saluda, NC**



**Mother Earth News Fair October 25-26, Topeka, KS**



## Are You Losing 40%

Billie Nicholson

Today I was listening to a video by [Healthy Prepper](#) in which she shared the concept of dehydrating fruit and vegetables at their prime ripeness. She had just purchased many bags of price-reduced items. The groceries were beautiful, just really, really ripe. Studies reveal that 40% of food we purchase goes to waste. You can dehydrate almost any fruit or veggie, so there is no reason food should go to waste.

The SUNOVEN® is perfect for dehydrating produce. Green peppers, tomatoes, mushrooms, grapes and figs are in abundance in my refrigerator. Rather than hope that we'll get around to eating them all before they spoil, I decided to begin a dehydrating project.

When dehydrating with the SUN OVEN®, focusing the oven into the sun is not necessary. The goal is to have a consistent temperature that ranges from 110° - 155° F. Keep the latches open for moisture and excess heat to escape. A higher temperature will effectively cook the produce rather than dry it. Use parchment paper and the racks provided with the oven. Drying time will vary depending on thickness. Try to be consistent so the pieces will dry at about the same rate. Check the oven from time to time to see how things are going. If your fruit or vegetables have not dried by the end of the day, simply leave them inside the SUN OVEN® over night. Collapse the reflectors and latch the door. The next day, resume drying with the door unlatched. For more details, watch our video on [Dehydrating with the Sun Oven®](#).

After the produce has dried, there are a variety of ways to store them. The figs were packed in FoodSaver® bags and vacuum sealed. The Bay Laurel leaves, were stored in a plastic container. The tomatoes were stored in a glass jar with an oxygen absorber and vacuum sealed. What a great way to increase your food storage, reduce waste, and use the sun's energy. What are you drying?



*Seasoned Cherry Tomatoes*

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*Bay Laurel Leaves*

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*Figs Sliced for Drying*

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*Vacuum Sealed Figs*

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## Survival Skills for Teens

Billie and Robert Nicholson

Have you discussed basic survival techniques with the young people in your home? If they were lost or were involved in an accident, would they know what to do?

As your children grow up, starting at a very young age they learn their name, address and telephone number. They also learn how to dial 9-1-1. Let's not forget riding a bike and swimming. Do they know how to find their way home in your neighborhood or town? What about basic survival skills? What if your family went on a hike and somehow got separated, or an adult was injured? Would they know what to

do? Teens were not born knowing everything, even though there are some who will argue that. Sharing these life lessons may be critical some day.

Before we get into some of the things they should know, let's discuss how to share this as parents, guardians and mentors. The goal of raising children to become responsible adults involves teaching them more than reading, writing and arithmetic. They need to learn other skills, like critical thinking, leadership and teamwork. Sam Goldstein, a neuropsychologist and co-author of [\*Raising Resilient Children\*](#), recommends a fourth "R", that of resilience. It may be the most valuable skill of all.

We need to be empathetic, communicate with respect, be flexible and give undivided attention. Kids need to be given a chance to solve problems and make decisions on their own and help get projects done. Mistakes need to be used as learning experiences, with strengths recognized, and any corrections or discipline administered with love and kindness. Resilience means bouncing back. What should a teen know?

- Not Panic - This is one of the most basic of survival skills. In panic-mode we make bad decisions. Frightened youth, with limited life experiences, may do things which could be life threatening.
- Be Aware - Does your child know how to decide if they should run, hide or fight back? Are they aware of where you are going, whether walking or riding on a bike or in an auto? Do they know which places are dangerous to go to and what people and types of behaviors that may put them in a compromising situation? As much as we would like to keep our youth in a protective bubble, they need to learn to recognize that bad things happen, even to good people, and they need to know how to handle them.
- First Aid - Do your children know how to stop bleeding, remove a splinter or treat a burn? Taking a Red Cross CPR/First Aid class or practicing some of the skills in that *Boy Scout Book of First Aid* you have in your Bug-out-Bag may be a good weekend family project.
- How to Handle a Firearm - Every teen should take a gun safety course. A child who knows how to handle a gun safely is less likely to be involved in a shooting mishap. He/she may need to know how to use a firearm for a number of reasons.
- Feed Himself - This skill can range from opening a can without an electric can opener, using a stove safely, harvesting and preparing garden produce, or hunting, cleaning and preparing game.
- Self Defense - Do your children know how to defend themselves against an attacker; when to run?
- Get Back Home - Another fun weekend project, day or night. Also, make a family fire escape plan.
- Skills - Can your child use simple tools - hammer, drill, or screwdriver - other than a game box?
- Stay Warm - Can they build a shelter, start a fire and understand the importance of warmth?
- Getting Help - Do they know who to ask and how to leave clues if they're lost?

**Do you know all these skills?** Share them. *Thanks to [Mom with a Prep](#) for these pointers.*



## Meatless Monday Pasta Sauce from the Solar Chef



*This easy to prepare vegetarian pasta topping is a good alternative to traditional meat sauce. Unlike most pasta sauces, it tastes better when served over whole wheat pasta than white.*

### Easy SUN OVEN® Lentil Pasta Sauce

#### Ingredients

1 cup dried green lentils, picked over and rinsed

2 1/2 cups water

1 tablespoon olive oil

2 cloves garlic, minced

1 (8-ounce) can tomato sauce

Salt and pepper to taste

Optional topping

freshly grated Parmesan cheese

chopped flat-leaf parsley

#### Preparation

Set Sun Oven® out to preheat.

In a large pot, combine the lentils and water. Cover and cook in the Sun Oven until the lentils are tender but not falling apart, 45 minutes to 1 hour. Remove the lentils from the Sun Oven and drain. In the same pot, combine the oil, garlic, and tomato sauce. Stir in the cooked lentils. Cover and return the pot to the Sun Oven. Continue cooking until heated through and the flavors have blended. Season to taste with salt and pepper. Serve over whole wheat pasta or brown rice.

Makes 4 - 6 servings.