



Survival Skills for Teens

Youth Need to Know, too.

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? School is back in session and your children are away from home most of the day, now is the time to review these skills.

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.

Teaching Survival Skills Builds Resilience

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 Survival Skills 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.

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Ask Billie

Q. I'm a "show me" type when it comes to instructions for using a Sun Oven®. Is there a way for me to see how to use one?

A. If you're the "show me" type, we have just the solution: a free pre-recorded class on the many ways you can use your **SUN OVEN**® with Q&A led by world-renowned solar cooking expert Paul Munsen.

Watch this free workshop as many times as you need to get comfortable harnessing the power of the sun to cook, pasteurize water, dehydrate, be better prepared for emergencies and more ...

Basics of Cooking with the Sun

What is your Most Burning Question about Food Storage or Emergency Preparedness?

Send your questions to editor@sunoven.com

Billie Nicholson



10 Proven Uses for Epsom Salts



Plant Care Today

Epsom salt has long been a favorite for many gardeners and for some it is a best friend. With the push towards more “green living” and organic gardening, Epsom salt has been growing in popularity. Epsom salt makes for an ideal answer to a variety of organic gardening needs. Cost-effective, affordable, easy on your plants.

It can help:

- Grow the [best-tasting tomatoes and peppers](#) and improve vegetables overall.
- More [vibrant flower color](#) – Roses love it!

- Help in [germination of seeds](#)
- [Reduce transplanting shock](#)
- Even help in [stump removal](#)

... to name a few. It is a wonderful supplement, perfect for organic gardening. Learn more on ways you can make Epsom salt a welcomed addition to your grower toolbox.

Epsom Salts are a safe and natural product to have at home for many health and beauty uses. In fact, it should be an essential item in every household to provide natural and frugal benefits.

Epsom Salt is a mineral compound of magnesium and sulfate in crystal form – “magnesium sulfate”, which I’ve used on plants for 40+ years. It is sourced from the bitter, salty spring of Epsom in Surrey, England.

1. Epsom Salts Aids In Seed Germination
2. Makes Tastier Tomatoes
3. Increases the Nutrient Uptake of Plants
4. Helps Plants Overcome Transplant Shock
5. Helps Green Up Foliage
6. Sweeten Fruits
7. Helps to Deter Pests
8. Prevent Leaf Curling
9. Boost Pepper Yields
10. Makes Prettier Roses
11. Removing Tree Stump

Magnesium is already pleasant in soil, but adding additional magnesium sulfate will go a long way in improving plant growth.

It also captures carbon dioxide which plants break down and use for energy. If your plants start to turn yellow, that’s a good indication that your plant has a magnesium deficiency. By using sulfate, your vegetables will actually have a stronger flavor.

[Read the Complete Article](#)

5 Ways to Avoid an Approaching Attacker

Jeremiah Johnson

[Ready Nutrition.com](http://ReadyNutrition.com)



Jeremiah Johnson is the Nom de plume of a retired Green Beret of the United States Army Special Forces (Airborne). Mr. Johnson was a Special Forces Medic, EMT and ACLS-certified, with comprehensive training in wilderness survival, rescue, and patient-extraction.

Emphasis should be placed on “escape” here, because you’re dealing with 2 scenarios: 1. The everyday/now, and 2. A SHTF/disaster-stoked scenario. In the scope of this article, we will deal with the first scenario...and this is where threat assessment is more critical.

The reason: the law. Laws more often protect the criminal more than the victim. If you are going to engage one of the morons who is attacking you and you must do it alone, use some of these tools to your advantage, and keep some points in mind:

1. In this CCTV/omnipresent camera age, try to maneuver into an area where there is some sort of security camera. This can dispel doubt and give credence to your case of self-defense and provide evidence that you were defending yourself
2. Make it loud and summon others. You’d be surprised how loud a small air horn (they make them not much larger than a tube/vial of pepper spray these days) can be. Attract attention! Most of these hoodlums do not want to be seen.
3. If you must engage, fight to win. Be as effective as possible and use “**Fabian Tactics**,” in other words, “hit and run.” Inflict the maximum amount of damage with the minimum amount of effort and get out of there. We have covered the vital areas to strike for, as well as improvised weapons in previous articles. It would behoove you to refresh on these.
4. “Any Old Port in a Storm” – be smart: duck into a business or make a break for an area where there are plenty of people. The probability is high that the pursuer(s) will break contact and discontinue the chase.
5. When it’s done, it’s not done – Yeah, that sounds contradictory, but you cannot let it go and think if you’ve escaped them that it’s all over. Best thing to do: file that police report and get them involved. You pay for the “system,” so make it work for you.

Take note of the attacker(s) after you have concluded that an attack is occurring. How are you being approached? “Blocking” is the key word here...placing something in between you and them. A line of cars, a narrow alleyway where they cannot come at you except in a single file, a busy street full of traffic. Put something between you and them. Part of avoiding them from channeling you into an area they can deal with you is your preparations.

[Read the Complete Article Here](#)

[How to Become a Human Lie Detector](#)

Jason Hanson
[Spy Escape & Evasion](#)



Can you tell when a person is telling you the truth or not? Here are thirteen pointers from Jason Hanson of what to look for in conversations to determine “truth or lie.”

1. Never start a conversation with a suspect making an accusation. Begin your conversation with other simple comments. Ask a few questions you already know the answer to and watch the other person’s body language to get a baseline “normal.”
2. Watch the feet - what position are they in? Are they still or moving? Honest responses in conversation should show no change of direction or movement of the feet. If they change direction like they are preparing to get away or if they begin to jiggle or shake, there’s an issue.
3. A person may say they’re cold. Blood rushes to the heart in preparation for the “fight or flight” response, leaving the extremities chilled.
4. Often an accused guilty person will freeze. They do not want to attract attention, so they make no arm or hand movements like you normally see during conversations.
5. Guilty feelings can also be seen when the person retracts from you and doesn’t touch you.
6. Sometimes they squint as if blocking out negativity.
7. Watch for staring too hard at you. Often, in an attempt to convince you of their truthfulness, the lying person will make too much eye contact, appearing to stare.
8. Liars put objects between you and them. They may pick up and hold objects like a pillow or whatever is laying around. They may walk behind a desk or chair.
9. In response to a question, a liar will speak the denial words first and then move the head. Be on the lookout for involuntary gestures, as if the body is protesting to the lie.
10. Liars answer all your questions, some not directly, and they ask none of their own.
11. They hate silence, often answering your questions and going on a long discussion, which may not have anything to do with you question. You should ask the question, wait for the answer and just keep quiet.
12. Watch the eyes. In conversation, looking up to the left indicates recalling things from memory, looking up and to the right means creating answers. You may also see a momentary flicker of true emotions in the eyes, they may look away the they tell a lie.
13. The dead give-away is the extreme over-reaction. The guilty person may become exaggerated in their responses or they may launch a big denial or counter attack. This is an attempt to convince you of the errors of your thoughts. Don’t fall for it.



Photo: RustyBuggy.com

MATERIA MEDICA - THYME

Botanical name: *Thymus vulgaris*

Common name: Thyme, Garden Thyme

Family: Labiatae (Mint)

Parts used: Young leaves and flowers

Native Region: There are more than 220 species of the genus *Thymus*, most of which are low growing, perennial, small evergreen shrubs, native to the Mediterranean region.

Botanical Description: Growth habit is low-growing, often ground creeping, with plant height to 12 inches. The small, lance-shaped, elliptical or oval leaves, up to 3/8" long, are arranged opposite on short stalks. Rubbing the leaves releases a

pungent, lemony scent. Tiny whitish pink to pale lavender flowers are borne in tight, whorled terminal heads. The upper and lower of the two lipped calyxes differ in size or shape between the upper and lower segments. Thyme blooms from May through August.

Growing: Native to dry, rocky soils of southern Europe, thyme is particularly associated with Spain, Portugal, southern France, Italy, and the mountains of Greece. Taken to England by the Romans, it has grown in English gardens since 1548 and in American gardens by 1806 or earlier. It can be grown from seeds, cuttings or layering or by root division. It likes room to spread. Give it at least a foot of space. Plant it in light, warm, dry, well-drained soil with a slightly alkaline pH. [1] Herbalists of the Middle Ages regarded thyme as a stimulant and antispasmodic and recommended sleeping on thyme and inhaling it as a remedy for melancholy and epilepsy. Later herbalists prescribed the oil externally as an antiseptic for fungal infections like athlete's foot. [2]

Harvesting: After 3 or 4 years, it becomes woody and dies back in the center. Clumps can be divided and spread out. Leaves and flowers can be harvested any time of year. Thyme dries well and is one of the eight herbs in the blend Herbs de Provence.

Culinary Uses: Thyme imparts an agreeable depth of flavor to almost any meat dish. Thyme is traditionally combined with bay leaves and parsley to make the French Bouquet Garni can be dropped into soups, stews, and boiled grains as they simmer. The classic blend of Herbs de Provence are widely used in French cooking. These floral herbs flourish in the hills of France and include rosemary, marjoram, thyme, sage, fennel seeds, savory and lavender. Add it to chicken, pork, fish, veal and shrimp recipes. It adds an excellent flavor to stuffings, marinades, and salad dressings. Add it to mashed potatoes, into red or white pasta sauces, gravies, soups and soup stocks. Thyme used alone also add a pleasant flavor.

Medicinal Uses: The aromatic compounds also called essential or volatile oils are the important part of thyme leaves and flowers. They help to relieve coughs, both as an antispasmodic and an expectorant. [1]

The volatile oil produced in thyme contains phenol, thymol and carvacrol and is strongly antiseptic. The latter two components are antibacterial and anti fungal. An infusion of thyme can be used to bathe infected wounds, to clean them, and promote healing. The essential oil of thyme is one of the most important oils in aromatherapy. It is used

Continued

Common Garden Weeds



Dandelion Photo: Pixabay

Farmer's Almanac

Editor's Note: This article, published recently in the *Old Farmer's Almanac*, has some of the best photos of weeds I've seen. Each weed's image is sharp enough for you to get a real good idea what it looks like to remove that momentary doubt that pops into your head before eating them.

It's important to be able to tell weeds apart from your beautiful flowers, if only because you need to get rid of them! Part of growing your own garden means that you will also be growing weeds at some point. Below is a list of common weeds and their descriptions, so that you can easily identify the intruders in your garden.

Note that some weeds (such as lamb's quarters, pigweed, dandelions, and purslane) are edible—though usually only when young and tender, and when taken from a pesticide-free area. See “[Eating Weeds: Why Not?](#)” for more information.

COMMON GARDEN WEEDS

CRABGRASS

Crabgrass tops America's list of lawn complaints. A fast-growing annual that reproduces by seeds and by rooting at the lower joints, this weed appears from mid-spring through summer when the ground is warm. It grows well under dry, hot conditions. Go after crabgrass as soon as it appears in the garden. Dig it out by the roots with a spading fork or cover it with black plastic. Don't let it go to seed.

To prevent crabgrass in the future, attack the problem in two stages. In the early spring, apply corn gluten meal, an organic pre-emergent herbicide.

Spring is when the soil is cold and the crabgrass is weakest. (Crabgrass is an annual weed, so it starts from seed every year. The preemergent herbicide prevents the seed from germinating—and if the seed can't sprout, it can't grow.) Second, re-seed your lawn in the fall. This will allow the new grass time to grow strong before the next summer's attack.

The best crabgrass preventer is a healthy, thick lawn, and soil with the proper pH balance (7.0-7.5). Perennial ryegrass is the best competition for crabgrass. It also provides some insect control, as it emits a natural poison that gives some small, damaging bugs the “flu.” [Read More](#)



Crabgrass Photo by R. Dyer/Bugwood.org

Solar Roasted Beets - the Start to Pickled Ones



Ingredients

7-8 freshly harvested beets, washed

Pickling solution

1 cup vinegar (white or cider)

½ cup sugar

1 ½ tsp whole cloves

1 ½ tsp whole allspice

1 tsp crushed bay leaves

½ tsp salt

Directions

Set Sun Oven out to preheat.

Cut off green tops except for 1" of stems from beets; wash thoroughly.

Place in preheated SunOven® and bake until glass is steam covered (maintain temperature of 325° F by rotation), about two hours.

Allow to cool, then peel and cut into ½" slices.

Meanwhile, in a small saucepan, combine vinegar, sugar and spices. Bring to a boil and maintain boiling for 5 minutes.

Put sliced beets into a glass jar, pour pickling solution over them. Place a rigid plastic form over beets to keep them submerged. Refrigerate for several days before tasting.

Keep stored in refrigerator.



Note:

Sandwich pictured is SunOven® baked meatloaf, served cold with lettuce and mayonnaise on your choice of bread.

Photos by RustyBuggy.com

Sun Oven® Demonstrated During Sacred Heart Hospital “Earth Week”

As part of the Ascension Medical Systems, Sacred Heart Hospital celebrated Earth Week to promote caring for our planet. Sun Oven® shared energy saving solutions using the sun to provide free energy for cooking. The fragrance of black beans and rice cooking in the hospital courtyard drew the attention of hospital visitors, and staff. Folks can order and save here: [Earth Week](#)



Up-Date on Sleeping Mats from Recycled Grocery Bags

Women in the Florida Panhandle have continued to work to create sleeping mats for the homeless using recycled shopping bags. The Emerald Coast Bag Ladies conduct weekly work sessions, creating “plarn” (plastic yarn) out of clean, used grocery bags and crocheting this into sleeping mats. They have an order of 180 sleeping mats for the homeless in this area, and have created 90 so far to fill that request. The group is on schedule to meet the deadline by the end of the year.

It takes 700 bags and about 100 hours to create each mat. They are made three feet wide and 6 feet long. These light-weight mats are washable, do not harbor pests or parasites, and can be used to keep the sleeper off the ground or used as a blanket to keep warm.

