

# TACTICS AND PREPAREDNESS

SKI FOR ALL SITUATIONS

THE

NEED

FOR

SPEED

BY GREG LAPIN PHOTOS BY VATATRainingCENTER.COM

**“Speed is fine, but accuracy is final”. “Slow is smooth and smooth is fast”. These are sayings that have been in our industry for decades, but what do they really mean?**

I remember some training I was doing at Fort Pickett with a Naval Special Warfare unit. They had a bunch of new officers working on pistol skills.

These were guys fresh out of the training pipeline with no platoon time yet. They were drawing their pistols with mechanical perfection. As they pushed the breath slowly out of their lungs, they presented their pistol in slow motion as they pressed one shot. They did this over and over and over again with me-

diocre accuracy for that slow of a speed.

They were getting combat acceptable hits, but at that speed they should have been stacking rounds. I went over and told the young officers, “Hey guys, start to work out of that robotic, slow, perfectly smooth draw and get the gun out and on target as fast as possible and get your hits”. One muttered, “slow is smooth, smooth is fast”, so I decided to pressure test his theory with a drill that I like doing with guys to prove a point and push their speed.

I stood next to him, both of us in front of a target and said, “You get to draw first. When I see you draw, I will draw. Whoever gets a center mass hit first would get the first hit in a gunfight”.

As he got into his stance with his “SWAT hands” up I saw his gun hand move. As he exhaled and moved to his gun, I sprinted my hands to my gun, drove it out and broke a shot, roughly a second later he broke his shot. Now, I was already .25 seconds behind the power curve as I was re- *continued next page*

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LEFT: WORLD SPEED SHOOTING CHAMPION MAX MICHEL, RIGHT: GREG LAPIN, VATA TRAINING.

## 20 ALPHA

One IPSC target at 15 yards - Max Michel

Four strings of 5 shots from the draw, with a par time of 3.00 seconds. Aim for 90% to 95%. As I get more and more successful at this, I am going to decrease my par time by five to 10 percent, continuing to push myself until I can once again work on my recoil management and get better and better.

## 500 POINT AGGREGATE

(pistol, 50 rounds) TAPS – Pat McNamara

15 yd, NRA-B8 25yd pistol bull. Score and repair after each stage.

20 yd – Slow fire 10 rounds

15 yd – Slow fire 10 rounds, strong hand only

15 yd – Slow fire 10 rounds, support hand only

10 yd – 10 rounds from holster in 20 seconds

7 yd – 10 rounds from holster in 10 seconds

500 points possible.

acting to his movement and the average person can fire a round every .25 of a second. You do the math.

So, what's my point? Regardless of the sayings, outside of tactics, winning a gun fight is about one thing. That one thing is blending speed and acceptable accuracy in the right proportions for the need.

“Acceptable accuracy” is kind of a vague term, so what does it mean? It means rounds that terminate in the upper thoracic cavity, head and—depending on situation—the pelvic girdle (on demand) or center mass of a three-dimensional human style target. “Center mass” is another term that I think is sometimes misused in the training environment. Center mass is the center-most area of your given target, so, if half of your target is behind cover, you're trying to bisect the center of what you can see. If all you have is an elbow or knee and thigh, find the center of that and engage it.

I stepped back and started to explain primary wound cavities and how pistol rounds work. I then broke out the pro timer and began

chopping down their times—I don't want you to think I'm all flash and speed though. I don't believe new shooters should work on this until they gain a certain mastery of the fundamentals of marksmanship. The fact is, accuracy matters. You must be able to hit your intended target in a static, non-stressful environment at various distances before you can constructively progress to working speed. When that time comes, it is time to progress. It is time to push your speed limit. How fast is too fast? There's a reason there are giant berms or bullet traps down range. They expect you to miss while training and a miss due to speed is too fast for your ability at that moment.

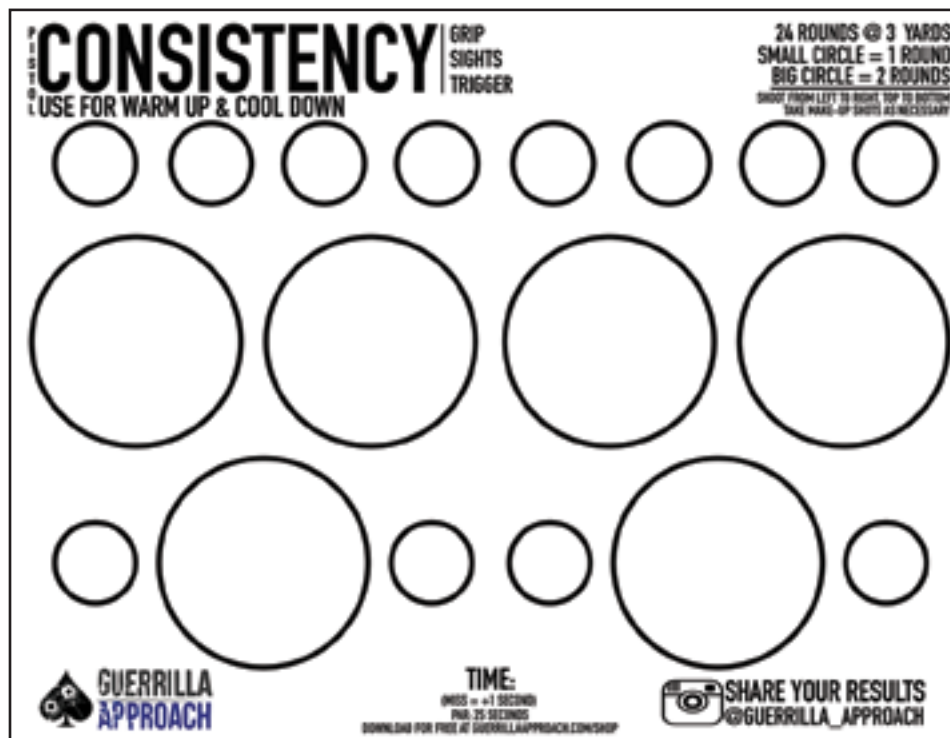
How do we go about doing this? Standards. That's the answer. We need to introduce time standards into our training. Make it work for you and whittle down the time with each training evolution. The most accurate method of introducing and tracking a time standard is with a pro-timer. Accurate to 1/100 of a second it will register your shots. You can track your splits between shots, the time between reloads

and the time from the beep to your first shot. This is about as accurate of a measurement method as they come. Shot timers are used in training by all special operations units, SWAT teams and by every professional shooter out there.

I believe that once you have reached a high level of competence, we need to make sure our training is well rounded. 20 percent should be focused on pure fundamentals and pinpoint accuracy. I accomplish this with untimed dot drills and bullseye shoots. 60 percent should be a blend of speed and accuracy utilizing difficult yet realistic time standards. Timed dot drills like the Consistency Drill from Guerrilla Approach's Arron Barruga, 500 Point Aggregate from TMACs Pat McNamarra, Max Michel's 20 Alpha Drill and any other drill where there's a fairly strict accuracy and time standard. The last 20 percent should be spent pushing the speed limit. This is where you find out how fast is too fast. This goes for draw stroke and first round hits at multiple distances, reloads, target to target transitions, etc. These drills I typically shoot on an IPSC or silhouette type target. In this phase of practice, misses will happen and the target won't be pretty. The important part is diagnosing why the misses occurred and being able to refine your form. When I press the gas pedal and decide to be Ricky Bobby, I am happy with C zone hits on an IPSC. I will have Ds and misses, but I eventually refine and clean everything up to finish off shooting as fast as I can while maintaining a C zone standard.

"I can't go to the range that often. How am I ever expected to shoot like you?" Well, the answer is simple: dry fire. There is a lot of new tech out there that can assist and enhance dry fire training. If you are short on funds, simply do it the old school way. Make sure your pistol is unloaded, there are no loaded mags that you can access and that you have a safe backstop. Safety is paramount. I dry fire 2:1 with live fire. Draw stroke, presentation, trigger press, reloads can all be refined through deliberate dry fire. You can also incorporate your new shot timer into your dry fire practice. Shot timers have a setting to program a par time. Set your par time for say, 1.5 seconds, press the button, wait for the beep and draw and break your first trigger click with the sights on target before the second beep sounds. As you get better, you adjust the par time down. This also works well for practicing reloads.

There are a few cool products out there that can enhance this practice. SIRT pistols are an awesome option. There are a few other manu-



facturers as well, but the general gist is, these are inert pistols that emit a laser when you press the trigger. You can usually find the same model pistol that you carry, you can set targets up and there are even a couple apps you can download, that will record and show you your hits on playback. The other tool that is pretty cool is called the Mantis X. The basics behind the Mantis is it clips on to your rail or magazine baseplate and records analytics on your draw, movement and trigger press all available through their app on your smart phone as well. Now, the most important part about all of this, whether you go old school or high tech is that you use it. None of it will do you any good in a drawer or gun bag. I treat dry fire the same way I train a puppy, in 2-5 min sessions depending on attention span. If you plan on no more than 5 minutes I believe you will actually set aside some time and conduct your dry fire practice.

Regardless of your background, anyone can achieve a high level of competence. You just need to follow the path. First, go to a good course. YouTube is not a substitute and your concealed carry course is not a substitute. Find a good instructor in your area with some real experience and verifiable credentials and spend a couple days with them. Then practice. The key to being able to utilize any skillset under stress and chaos is that your training and or practice must be recent and repetitive. I believe you must shoot live fire at least once a month, (obviously the more the better), but

coupled with short dry fire intervals each week. One live fire session a month would be what I consider the bare minimum.

You must pressure test your skill set. Pistols are for one purpose only and that is to defend yourself against another person in a life or death fight. That critical incident will not come at the most opportune moment for you. You will not be ready, you will not be calm. Your heart rate will sky rocket, your breathing will be out of control and it will be mass chaos for hopefully only a few brief seconds until you stop their aggressive action and you win your first gunfight.

That's the goal should you find yourself in that situation: win, not survive. I have a buddy who "survived" a gunfight and he is permanently in a wheel chair which he moves around with a straw in his mouth. Winning is the goal. Go train and challenge yourself. Do something every day that makes you harder to kill. ✓

#### BIO

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Finnish snipers did not have scopes. Hayha only used iron sights.



# THE WHITE SNIPER, SIMO HAYHA

BY **TAPIO A.M. SAARELAINEN** SUMMARY BY **JOHN STEVENSON**

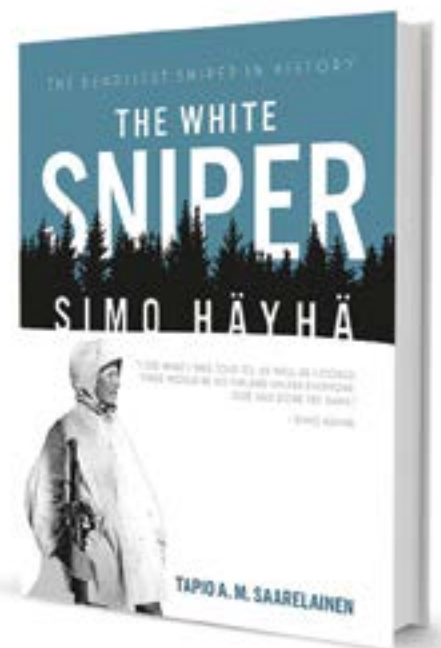
In December of 1939, the Union of Soviet Socialist Republics (USSR) invaded Finland with 23 divisions, totaling approximately 450,000 soldiers in a bid to conquer what Stalin believed was a weak neighbor. The Finns responded with approximately 40,000 troops. Simo Hayha was one of them.

**H**ayha was born on a farm in Finland in 1905. He joined the Civil Guard at age 17 and served conscripted service from age 20 - 22. He had been taught how to stalk game and shoot accurately by his father and he honed these skills throughout his military service. He was recognized as an excellent marksman and earned numerous awards for shooting prowess.

On November 26, 1939 Soviet socialists

shelled the town of Mainila to create fake news. Mainila was a Russian town, near the border with Finland, but the socialists claimed the shelling came from Finland. After Russian demands for an apology went unmet, the Soviet socialists invaded, kicking off what has become known as “The Winter War”.

Simo was involved in the fighting from the early days of the war and after seeing ac-





**Hayha was an experienced marksman and hunter who honed his craft and knew his own strengths and weaknesses. He was patient and he sharpened his ability to anticipate the movement and intentions of the enemy.**

tion in several battles, his unit was forced to fall back to the Kollaa River line which they held against incredible odds throughout the remainder of the war.

During Simo's time on the Kollaa front he was ordered to target a Russian sniper who had killed several Finnish officers. Simo set up his hide and waited. He had to remain completely motionless for hours in the subzero temperatures. As evening approached, Simo saw a flicker of light as the sunlight reflected off of the other sniper's scope. He took careful aim and sent a round through the Russian's face accomplishing his mission.

Simo quickly gained fame on both sides of the battle lines and the Russians tried everything that they could to kill him. They used mortars and artillery to saturate entire areas that they suspected that he was operating in.

On one occasion, Simo was sent to take

out a Russian forward observer team consisting of seven men with a spotter scope. It took him two attempts at different times of the day due to the volume and accuracy of incoming enemy fire, but he wiped out the entire team and destroyed their spotting scope. He then waited around, anticipating that a new team would be sent out the following day and upon their arrival, he eliminated that entire team as well.

On December 21, Simo achieved his highest daily tally of 25 confirmed kills and over a three-day period, he amassed a total of 51 confirmed kills. The author estimated that only about one third of Simo's kills were confirmed.

On February 17, 1940, Simo was summoned to the rear headquarters area to be awarded an honorary rifle and medal in recognition of his, "219 enemies shot with a rifle and the same number with a sub-machine gun". He was recognized as the

most distinguished shooter in the corps.

The Kollaa Front was never broken. Time after time, the much smaller Finnish forces pushed the Soviet socialists back with stubborn determination, bravery and the savvy use of terrain.

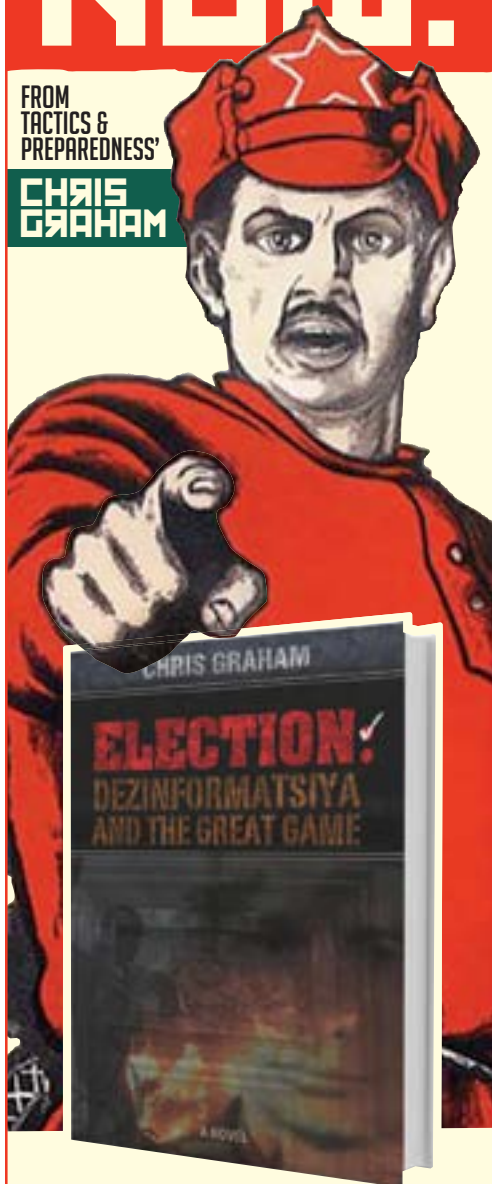
On March 6, 1940, Simo was hit in the jaw by a Russian infantryman's explosive bullet. He had been leading an infantry squad in the forests of Ulismaa and recalled having killed 40 Russians with his sub machine gun before the Soviet pressure became too great and they began to overrun the Finnish forces. When Simo was hit, he remained in a coma for a week. He awoke on March 13, after an armistice was signed ending the Winter War. He underwent 26 surgical procedures to reconstruct his jaw, but he was discharged from military service and did not participate in any of the continuing hostilities of World War II.

Simo returned to his farm where he lived

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CHRIS  
GRAHAM



После развала Советского Союза и превращения КГБ в СВР, организационные наследники успешно продолжили активность в Америке. Что, если президент США был избран в результате дезинформационной компании начатой десятки лет назад? Был ли обвал финансовых рынков 2008г случайностью? Какова роль подрывной деятельности в сегодняшних войнах с исламским терроризмом? Что будет дальше?

"Chris Graham writes the way he flies: low, fast and hair raising. He's one of the best brightest and bravest Marines I've ever known. Now he's proven himself to be a sharp-edged master of suspense. All who savor a thrilling ride will get one in Election: Dezinformatsiya and the Great Game." - Oliver North

DEZINFORMATSIYA

until moving to an assisted living facility where he died in 2002.

The author credited 10 secrets to Simo Hayha's success:

**Will:** Simo had incredible self-discipline and an uncompromising will to complete his missions. He never gave up. He was an experienced marksman and hunter who honed his craft and knew his own strengths and weaknesses. He was patient and he honed his ability to anticipate the movement and intentions of the enemy.

**Bravery:** He was confident in his abilities because he had enough life experience and training to know what he was capable of and he was able to perform calmly under pressure.

**Fitness:** He felt no hatred towards his enemy. He approached his role as a sniper dispassionately and without anger. He was in excellent physical condition and felt that it was not possible to be a sniper without being physically fit.

**Combat marksmanship:** Most of Simo's kills were between 100-150 meters with open sights. He always aimed center mass and fired quickly. He did not linger on the sight picture. He settled his sights in the center of the available target and released the shot.

**Weapon maintenance:** Simo cleaned his weapon immediately before and after each mission. He was systematic and uncompromising in his routine of maintaining his rifle.

**Field zeroing:** "During combat, Simo Hayha concentrated on destroying the enemy. Whenever there was a lull in the battle he checked the zeroing of his rifle."

**Hunting experience:** Simo was adept at using factors such as sound, smoke, and artillery fire to cover his movements on the battlefield. He was used to having to use distraction and subtlety. These habits grew out of his hunting background. He crawled to his shooting positions under cover of darkness just as he'd done when hunting black grouse growing up.

**Leadership:** Simo assumed personal responsibility for reconnoitering and observing enemy actions and movements as a squad leader. He led from the front, not asking his men to do anything that he had not done. He led by example.

**Terrain analysis:** Simo was able to move from position to position using micro-terrain to mask his movements.

**Firing positions:** Simo was an expert at



Simo was hit in the face by an explosive bullet. He remained in a coma for a week and underwent 26 surgeries to reconstruct his jaw.

choosing and preparing his firing positions. He chose natural hides that only required minor alteration so that they did not draw attention. He made sure that everything blended into the surroundings even soaking the ground in front of his position with water so that the powdery snow in front of his position would not be disturbed by his muzzle blast. He always camouflaged his positions and built backgrounds from snow behind the position so that his silhouette was not noticeable. He camouflaged his weapon and made no unnecessary movements while in his hides.

Simo Hayha may have been the most successful sniper in history. During his 98 days on the battlefield he amassed a staggering total of 542 confirmed kills. It is estimated that his actual total might have been triple that number since he was usually not accompanied by a spotter. Finnish snipers did not have scopes and Hayha only used iron sights. Simo and his brothers maneuvered skillfully, used terrain to advantage, and courageously halted the advance of a force that outnumbered them more than 10 to 1. ✓

#### BIO

*John Stevenson is a former police officer, U.S. Border Patrol agent and Federal Air Marshal.*



**You need to know where, when, and how to apply one.**

# TOURNIQUETS

## JUNCTIONALS, EXTREMITIES AND UPDATES

BY CHRIS CASSELL

**The Committee of Tactical Combat Casualty Care (CoTCCC) has taught tourniquets (TQs) as a number one choice for massive hemorrhage during care under fire.**

In my experience, the education required to know when to take one off or reduce it was almost non-existent because of our quick evacuation times which lessened the need for prolonged field care. This is not a train for the worst-case scenario practice. To be clear, much like shooting long guns and needing to “follow through” the shot, we as medical practitioners need to follow through with the complete training to include converting tourniquets with a compression bandage or even using a hemostatic dressing. This all lends to mindset and not just a matter of the need or the physical application of applying the tourniquet, but knowing when.

When teaching medical techniques, it can sometimes seem simple when only thinking about the motion and action, but when coupled with the *why*, now it gets a little tricky because the human body not only reacts to every input we give it, but sometimes in a detrimental way that we will not be able to control.

### JUNCTIONAL TOURNIQUETS

These are relatively new and while they work for their specific target, they also have some drawbacks. CoTCCC has tested and supported three different ones to date. Going back as far as 2013 these “point use” tourniquets

were designed to arrest bleeding in the hard to reach areas on the abdomen and pelvis. Because of the extremity tourniquets currently in use, extremity wounds that lead to death have been greatly reduced. This has led to torso traumas that limb tourniquets cannot address being the leading cause of death. As the trauma environments have evolved so has the equipment. Currently the three main junctional tourniquets in use most frequently are the JETT, CRoC, and SJT.

These are large and bulky which should indicate it is for specific placement and needs specific training before using. This is certainly not an item to unpack and begin reading in-



JETT



CRoC



SJT



METT



CAT



SOF-T

structions while the patient needs it. Time is blood. Even though we have these, there are always what is known as field expedient methods for when one of these junctional TQ's are not available. These field expedient methods include using belts and Nalgene bottles and a variety of splints as levers for direct pressure. This is so it will act as more of a pressure dressing. As with most field expedient creations, they should be practiced, but should only be used as a last resort and if trained. After proficiency in training, and this means the ability to understand the why in this application and the when, then these devices can be used. Like other tourniquets they are only applied in the direst of circumstances when life or death is the case. After application, the TQs need to be reassessed frequently and have to stay in place until the patient is turned over to a higher echelon of care. If a junctional tourniquet is not available, direct pressure can still be used and in fact civilian EMT medicine still calls for direct pressure and application of hemostatic dressings (Hemcon, Combat Gauze, etc.). What this looks like will be determined by how bad the injury is. Holding pressure and then using hemostatic dressings may be your best bet. Junctional TQs are not in mass use throughout civilian medicine, but there are several references and papers currently published that support their use as gunshots and knife wounds in the torso have become

statistically more frequent in the past 10 years. Paramedics and EMTs in many places still depend on the use of MAST trousers, but that is another tool that does not get practiced enough either. Most of the time they still promote direct pressure and hemostatic agents. Once MAST trousers are applied, they do not come off until a physician gives the order. In the worst of situations where medical assistance is not available and you may be left with no other option, applying a junctional tourniquet may be the only thing between life and death. There are so many problems associated with it, such as stability, how to definitively repair the actual problem, and ultimately, survivability of the wound. Most of the junctionals work on a point pressure mechanism using the body's pelvis and legs as support to hold it in place. With exception of the CRoC, most wrap circumferentially with an adjustable hard pad that is situated over the artery and then either air or a screw mechanism is tightened until there is no more bleeding.

**EXTREMITY TOURNIQUETS**

Because they are now mass produced it can be a little difficult to find quality made tourniquets that won't break on the first turn. There are airsoft TQ's (game toys that appear legitimate) and there are also knockoffs. As a quick refresher, tourniquets for the arms and legs all follow basic principles in the build.

They need to be relatively wide to provide less tissue damage for better grip and coverage.

There should be sufficient length to accommodate the thigh (as this is usually the largest circumference).

Due to many knock-offs, the webbing, stitching and windlass should be checked for manufacturer defects. I promote using one out of each batch ordered in training multiple times.

The velcro or hook and pile should be durable and show no signs of fraying. Velcro has gotten a lot better since its inception.

Whichever TQ is chosen, adequate time and training need to be given prior to carrying.

**THE FACTS**

Since the beginning of commercial tourniquets, the idea was fast, durable and the military added one more requirement: one handed. At the end of the day we need to stop the bleeding and stop it fast.

As with just about any medical procedure there are inherent risks associated and TQs are no different. One could point to length of time, improper placement or even faulty equipment, however, it all comes down to lack of training. How many hours is hard to say, but essentially the ability to put on a TQ in the dark while it's raining is a good target. Committee for Tactical Emergency Casualty



**Improvised or low quality tourniquets have been known to fail surprisingly frequently.**

Care (C-TECC) standards exist to help the general population get it right. These guidelines are based on existing evidence and best practices.

There are many companies that like to demonstrate field expedient techniques and while this is not necessarily a bad thing studies conducted by CoTCCC show that up to 40 percent of the field expedient TQs conducted were judged ineffective. What that tells me is find a good one that is manufactured and purchase backups so that you will not need to rely on field expedients.

As a last point of contention, the CoTCCC has determined that TQs lasting longer than two hours can present complications. These would be the type of complications that require further medical intervention at a hospital such as nerve damage and vascular compromise.

## **LIMB TOURNIQUETS AND UPDATES**

### **MET**

The MET Tourniquet will need quite a bit of familiarization and I would not recommend it unless you have extensive practice in its ap-

plication. This tourniquet has some nice features as the windlass is metal and not prone to snapping with an overzealous user, but the key fact I do like is that when slipped over a limb it does not have to be cinched all the way down as when turning the windlass it will eventually take out the slack. The older versions of the MET used a thinner strap. The Gen 3 now has a wider strap.

### **CAT**

Probably the most familiar and most widely used commercial TQ out today. I may be so bold as to say it has become almost the standard which all others follow. While the original TQ was improved upon it, would seem that the newer improvements are user specific. This is easy to use from the beginning, but what is most disturbing is the amount of knockoffs that fail under testing. So, if you think you are getting a good deal price-wise then scrutinize where they came from and if they are originals. Someone's life may depend on it someday. I have always trained for the double loop strap because in the Gen 7 there is only one loop to go through and if the patient is dragged for any reason the Velcro

can catch and pull off rendering the TQ completely useless. The true key to this critique is simply mindset and good training repetitions.

### **SOF-T**

The SOF-T is a durable well-designed piece of equipment. With a metal windlass and locking triangles at each end it can be easy to use and apply. The newer version of the SOF-T has a wider strap allowing for better coverage without sacrificing the ease of application. Lastly this TQ has one of the only adaptable features of opening up completely at the buckle. The alligator clamp is nice to have to ensure it doesn't come off when being knocked around.

### **RACHET STRAPS**

We used to refer to this as the Ranger Ratchet strap. These are the latest in ratcheting technology applied to the tourniquet world. When introduced there was a vehicle tie down grade ratchet strap sewn to some heavy-duty web nylon and when applied, was as easy as clicking away. One of the problems was it was too good. With enough ratcheting you could really do some damage and when under duress that



**RATCHET STRAP**



**T-BAND**

can easily happen. The newer version is more like a snowboard binding that pulls through a plastic slide. It is also much easier to release.

**“BAND” DEVICES**

Band device tourniquets are what they sound like, a simple strap where the ends may vary. Some of these are very simple yet, like any

device, need good repetitions in training in order to be employed correctly. Other band devices can be complicated and take even more time to learn. Application is simple as you would wrap around the affected limb, sometimes repeatedly. They can be hard to get the proper pressure needed to stop arterial bleeding, but that again is a matter of practice.

There are a multitude of tourniquets, but these few are founded in research trials and continue to be improved upon. Tourniquets, when applied at the right time and with the right training, save lives. There are many different types and the right tool is the tool you train with. Take the time to know the “why” because the “how” is pretty easy. The why we execute action is rooted in the mindset and should be applied as often as possible. As an example, when applying a CAT TQ to an arm there are book written rules in the PHTLS manual that will state 2” above the wound. This is optimal, but *why*? Knowing that it is because of less tissue loss is key, but do your current circumstances allow you that latitude? If in a remote conflict zone, you may not have the luxury of time and you need to push the TQ as high and tight as possible to move the

patient. So, we have a few new nuances, but still the most important feature of any medical intervention is the mindset. The point of the tourniquet is to stop bleeding as quickly as possible. Be safe and train with what you have. ✓

**BIO**

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**GEAR REVIEW**

**HAWAIIAN SLING**

This primitive tool for underwater hunting is made of a wood shooter, attached latex tubing and a machined aluminum spear holder and spear. Pictured in a set with a 60 inch, 7mm spring steel spear that is built to be stronger and faster than many 8mm spears. Whether you order one or simply build your own, the Hawaiian Sling is another simple tool for enjoying the outdoors and putting food on your plate.

[www.makospearguns.com](http://www.makospearguns.com)



**I believe rulers and those who aspire to power have had different techniques for pursuing similar aspirations for control over populations throughout history.**

In the past, serfs lived and toiled on their lord's estates. Today, people either live under openly authoritarian regimes or pay property taxes to live in homes owned by mortgage companies and drive vehicles owned by lenders. Controlling energy and controlling currency are not new techniques for wielding power.

In 1971, a small group of private citizens gained full control of our currency when it was unpegged from the gold standard. Now, the dollar is a fiat currency with no intrinsic value; only the collective confidence of people. All fiat currencies in history have failed eventually. It is important to note that our currency is debt which will eventually be due

with interest. Food supplies, medicine, entertainment, communication technologies and media are all clearly under the control of various conglomerates.


I believe key power nodes control these critical industries and media is commonly used to craft desired narratives. One report that I believe is a half-truth is that industrial farming is feeding the world. Maybe. But at what cost? The above serves as motivation—at least for me—to become more self-reliant. To me, self-reliance means food, water, energy, medicine and education independent of government or corporate distribution. Here are my top 10 reasons to grow food at home:

**10. Permaculturists, farmers and the U.N. have very different perspectives on how society should operate, but they agree on one thing.** At the current rate of poisoning and mining our top-soil, we only have decades left before it is mined and or destroyed. Currently, most of our food comes from the soil in one way or another; either from plants or from animals that eat plants.

**9. For annual crops, new seeds must be planted every harvest and from them, typically one harvest is possible.** Perennial crops are plants that after 5 or 10 minutes of effort (digging a hole and planting with good dirt), will produce a yield for generations to

# 10 Reasons to Grow Food at Home and How to Start

BY JIM GALE



**“Someday we shall look back on this dark era of agriculture and shake our heads. How could we have ever believed that it was a good idea to grow our food with poisons?”**

**—Dr. Jane Goodall**



**“Give me control over a nation’s currency, and I care not who makes its laws.”  
—Mayer Amshel Rothschild**

come. In fact, there is an olive tree that was planted over 2,000 years ago on the Greek Island of Crete that is still producing olives today. Fruit trees and berry bushes that you plant today could provide fruit for your great grandkids 100 years from now. Take a \$20 grafted fruit tree for example. By year three, she is producing 10 apples, by year seven, she is producing 200 apples. She’s also producing shade, animal habitat, flowers and beauty. By year seven, just in apples, you have received over 1000 percent return on your investment in cash value. Annuals on the other hand can pay back around 500 percent year one, they just take a tiny bit more effort. For instance, I planted my gardens March 21st. I did a Facebook Live of the event. I have planted five more raised beds since. My total cost was \$520. We only buy organic, so one cucumber at Publix is \$3.50. We’ve got hundreds of cucumbers growing. Just in cucumbers, we’ll make our money back in the next six months. Return on investment is reason number nine.

**8. Over the past several weeks, farmers have been warning us that our food supply chains are at risk and failing.** Some United Nations officials have warned to expect between 135 and 250 million deaths due

to famine and starvation over the coming year. The UN frequently gets their facts wrong, so maybe it won’t happen like that, but, if one more major event happens, whether man made or an act of nature, our supply chains could collapse. If, for example, banks tighten lending to farmers (already happening), if “lockdown” mandates supply chain workers stay home from work or fear prevents workers from going to work, then seeds and crews may not be available to plant in the spring. If one segment of the supply chain breaks, then the whole system fails. How good would it feel right now to have more food growing in your yard than your family needs to survive? “Food security” is reason number eight.

**7. If your doctor doesn’t understand that nutrition and diet are fundamental components of health, then fire your doctor immediately and find one that does.** Is our society healthier today than in the past? Actually no, and for the first time in generations, our life expectancy is expected to decline, at the same time, our medical bills are going up. Pharmaceutical companies pay billions per year in lawsuits for harming or killing people and there is a lot of B.S. (bad science).

Do some of their chemicals work? Yes, but

beware of the half-truth! How do they work? Is it because some compound in nature has been found that works and then it has been modified so it can be patented, then sold to you for a huge profit? I am all for profits, but not when they are wrapped in lies and do harm. That is what I call “unsustainable”. At the same time, these industries lobby to make competing solutions and well-known plants like cannabis (historically, one of the most valued plants in the world) illegal. Many of us just shrug it off, but nutrition, disease and disease are reason number seven.

**6. Are we going through the 6th mass extinction in the history of our world?** It has been said that we are and, that we are causing it. Not an asteroid or major volcanic eruption, but humans. It is not the organic farmers who are adding destruction to the world. It is industrial agriculture giants. Many scientists are saying that species loss is more of a risk to humanity than any other. The possibility of mass extinction and the low cost of natural risk mitigation measures is my reason number six.

**5. It is extremely arrogant and destructive for corporations to pretend that they know enough about the microbiome to**

**use poisons.** These poisons kill much more than just one “bug” or “weed”. In fact, there are no “weeds” in nature. Every plant in nature has a place. What we call “weeds” are actually necessary components in the natural system. They aerate the soil, they often have tap roots which find water, they add needed minerals. Without weeds, we would all be dead. Without viruses, we would all be dead.

**4. Food grown at home, in healthy soil and picked ripe is healthier than food purchased at the grocery store.** Why? One reason is because it is vine ripened. This means better taste and more nutrients. In fact, studies of historical food composition data found median declines of up to 40 percent or even 80 percent in some minerals from industrial farmed foods.

**3. The act of gardening has similar benefits as meditation.** Studies show reductions in depression, anxiety and body mass index, and an increase in life satisfaction.

**2. It is estimated that an average U.S. meal travels about 1,500 miles to get from farm to plate.** Think about the supply chain expense and resources used, usually with five or six different vehicles and six or seven different handlers. By growing food at home, we reduce the distance traveled from 1,500 miles to 150 feet. That is a tremendous conservation of resources.

**1. All paths to freedom must include decentralization and decentralization of our most basic needs.**

If your food supply comes from 1,500 miles away, then you are not secure. If your water is treated with poisonous chemicals and unfiltered or if your water can be turned off, then you are not secure. If you are addicted to any pharmaceuticals, then you are not secure. If you don't have alternative energy (especially in cold climates) options, then you are not secure. This has been proven many times throughout history. In 1989 in Cuba when their ruling body, the USSR, collapsed and pulled out, the people were starving. Now, most Cu-

bans grow some of their own food at home. In Venezuela today, people meet their own needs or go hungry. In the USA during the great depression and both world wars, people went hungry, and that was when most people still farmed or had gardens. What would happen now? Individual freedom and reduction of dependence is my number one reason to grow food at home.

#### **ACTION STEPS:**

Join a local growers co-op. Go on the *nextdoor* neighbor app or local Facebook pages and engage in a conversation about growing, then get started simultaneously. Growing is a skill. Skills are always less painful to learn when you want to learn rather than after an emergency that makes you have to learn. You are only a grower after you have successfully grown something.

Reading, planning, and dialogue don't make you a grower any more than those things make you a surfer. Taking action in the real world is the only road to becoming a grower. Plant seeds—both annuals for short term and perennials for long term food supplies. Learn about microgreens and purchase microgreen seeds. They are easy to grow on your kitchen counter and they are very nutritious. Then you will actually be a grower and the only question will be: On what scale do you want to grow and when?

✓

#### **BIO**

*Jim Gale is an entrepreneur, inventor and eco-village developer. He is launching a franchise which will promote and sell decentralized food, water and energy systems around the world ([www.food-forestabundance.com](http://www.food-forestabundance.com)). His long term vision is food forests and edible landscapes everywhere. His eco-village in Costa Rica is called Osa Mountain Village and has over 2000 fruit trees and 150 different types of food growing on-site.*

**“The politicians are put there to give you the impression that you have freedom of choice.”**

**—George Carlin**



# PRIVACY & SECURITY IN A DIGITAL ENVIRONMENT:

## SEARCH ENGINES

BY **JIM LeBLANC**

**It goes without saying that when using a browser, you can increase your security by using a non-tracking search engine.**

### **GOOGLE**

Google is the most widely used search engine in the world. It doesn't offer all the shopping center features of Yahoo, but Google is fast, relevant and the largest single catalog of web pages available. The search giant also tracks an incredible amount of information that many people don't know they are giving out.

Google maps, images and news features are some of its features.

Google is one of the most intrusive search engines, Google logs all of your search history, plain and simple. If you want to use any of the company's services—such as YouTube, Gmail, and Google Maps—and have those services personalized, you must be signed in with a Google account.

With ongoing privacy concerns, you should

know the kind of information Google tracks about you, how it uses this information, and what you can do to better protect and safeguard your Google searches.

Once you're signed in to one of your accounts, Google actively tracks the following:

- What you search for
- How you search
- Your search patterns
- The ads you're interested in
- The links you click
- Images you view
- Which videos you watch

Google provides details about all this surveillance in its terms of service, as well as in their privacy policy. While these are legal documents, you should give them at least a quick look if you're at all concerned about

how Google tracks and stores your information.

Every time you use the internet, traces of your identity are left behind, like IP (internet protocol address, a unique number for every user that identifies the city, state/region, postal/zip code, country name, ISP and time zone. This data can be used by various agencies to find the exact owner of any address.) addresses, MAC (machine address code) addresses, and other unique identifiers. In addition, most web browsers, websites, and applications require you to opt into the utilization of cookies to better personalize your browsing experience.

Even if you're not logged into Google, you're still making available a plethora of information about you simply by being online.

This includes the following:

- Where you are in the world, geographically
- Your IP address
- Information about the Google services you use and how you use them based on your activity patterns
- What ads you click and where those ads are located
- What devices you use to access Google services, the internet and other applications
- Server information
- Identifying information gleaned from your use of partner services

All this information is used for targeted (and retargeted) ad placement and search relevancy. The data is also made available to people who own sites that are tracking data via Google's statistics tool, Google Analytics.

These sites won't necessarily be able to drill down and see what neighborhood you're accessing their site from, but other identifying information will be available, such as device information, browser, time of day, approximate location, time on the site, and what content is being accessed.

Here are a few examples of what Google collects from you:

**Information that you give to Google** — including personal information such as name, email address, phone number, credit card and photos

**Information gleaned from the use of Google services** — like data usage, personal preferences, emails, photos, videos, browsing history, map searches, spreadsheets and documents

**Information from the device you're using to access Google's services** — including hardware model, mobile network information (yes, this includes your phone number) and what operating system you're using

**Server log information** — collected from when you're actively using their services like search queries, phone information (time and date of calls, types of calls, forwarding numbers, etc.), IP addresses, cookies that are uniquely linked to your web browser or

Google account and device activity information (e.g., crashes, hardware settings, language)

**Location information** — about where you are in the world, including your city, state, neighborhood and approximate address

**A "unique application number" from peripheral services and apps** — that provides more identifying information to Google when queried

**Your Google Search history** — which includes personal information found in Google services like YouTube, Google Maps and Google Images

**Your interactions with other sites and**

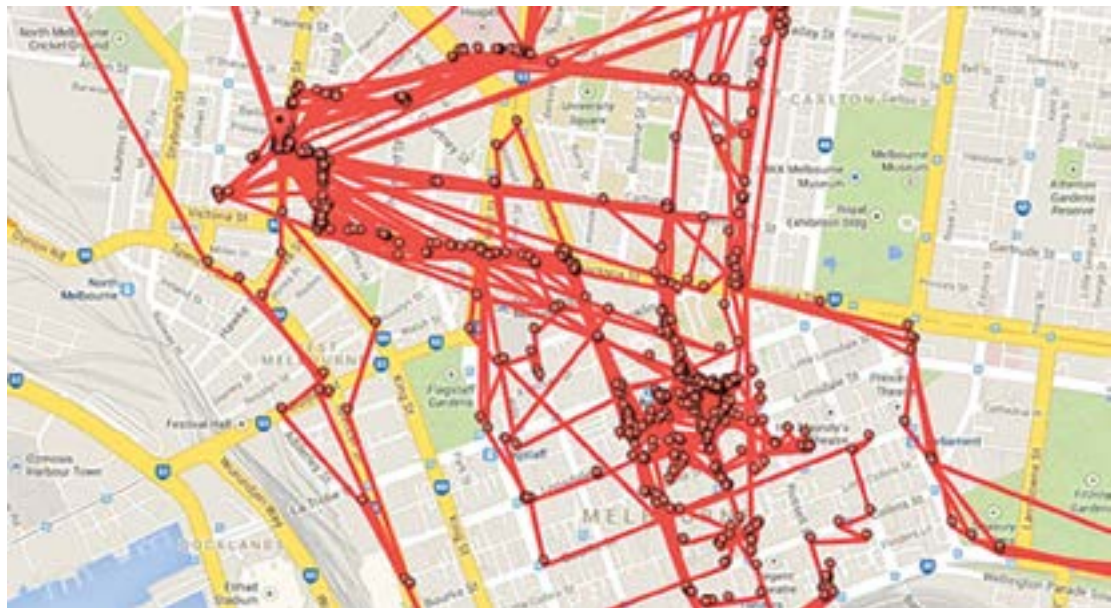
more relevant results to you, which isn't necessarily a bad thing. However, growing privacy concerns have motivated many people to carefully monitor their data, including data shared online.

There are a few ways to stop Google's data collection.

By far, the simplest way to disallow Google from tracking your data is to simply not use any Google services.

Alternative search engines like DuckDuckGo are available that don't track your search history or collect any of your personal information.

There are also plenty of other free email



**One of the most intrusive search engines, Google tracks not only where you are in the virtual world, but where you are in the physical world.**

**services** — especially when you interact with ads

One of the effects of Google's tracking is ads that follow you around online.

In order for Google to deliver the amazingly detailed and relevant results on which so many people have come to rely, the search engine needs a certain amount of really specific data.

For example, if you have a history of searching for videos about training a dog, and you've signed into Google (i.e., opted into sharing your data with Google), Google infers that you'd like to see targeted results about dog training on all the Google services that you use. This might include Gmail, YouTube, web search, images and others.

Google's primary purpose in tracking and storing so much information is to deliver

services you can use instead of Gmail, some which are even built around privacy.

YouTube is another big part of the Google ecosystem, but it's not the only video sharing website out there. There are other alternatives.

If you want to continue using Google without being tracked, you can definitely do so by simply not signing into your Google account.

Another example of Google tracking is the map on this page.<sup>6</sup>

Google is constantly tracking you.

This option is somewhat of a double-edged sword, though, because while Google won't track your information, your search relevancy will decline because Google uses the information it collects about your movements and choices to refine and personalize search results.<sup>7</sup>

In addition to surveillance and tracking, it is important to realize that just because information is found on the internet, it may be intentionally skewed. Indeed, every time you search with Google instead of, say, Bing or DuckDuckGo, you are using an information colossus that's working to possibly alter your perception of truth. One year ago, Robert Epstein warned Congress about the very real threat Google poses to our government and how to deal with that threat.

Robert Epstein, a Harvard-educated behavioral psychologist, and the former editor-in-chief of Psychology Today, gave sworn Senate testimony that began, "I love America and democracy, and I am also not a conservative." Having established his left-leaning bona fides, he then offered evidence of what every fair-minded person who's ever done a politics-related Google search has long suspected: "Data I've collected since 2016 show that Google displays content to the American public that is biased in favor of one political party — a party I happen to like, but that's irrelevant."

"Democracy as originally conceived," he said, "cannot survive Big Tech as currently empowered."

Epstein went on to explain what he calls the Search Engine Manipulation Effect, or SEME, which measures how opinions (and votes) can be altered by search algorithms that favor one candidate or party over another.<sup>8</sup>

*Thus, it is important that information gathered by any search engine be validated to ensure its accuracy.*

## BING

Bing is the second most popular search engine used after Google. It is generally safe but has a few issues. One of the issues is a browser hijacker that set Bing.com as a default search tool in web browsers. It mostly affects Mac users, although Windows users are targets, too. Once infected, the user may see a different home or new tab page in Chrome, Firefox, Safari or other browser. Typically, such browser hijackers are not critically dangerous and can be removed quite easily, as they belong to potentially unwanted programs (PUPs) category. A free tool, Malwarebytes Anti Malware can remove this hijack.

Another issue with Bing is Microsoft quietly announced in January 2020 that it will change the default search engine of Google's Chrome to Bing — Microsoft's own search service — on personal computers running Office 365 ProPlus, the productivity applications that serve as the heart of the enterprise-grade subscriptions. Microsoft said that the Chrome search switch would occur, at least initially, only on devices in Australia, Canada, France, Germany, India, the U.K. and the U.S. *The swap of search defaults within Chrome will begin next in February 2020 and wrap up in July.* (Emphasis added Ed.)

In order to turn off personalized ad tracking on Bing, you need to opt out of customized ads on all Microsoft sites and partners (such as AOL). To do this, go to **choice.microsoft.com** or from the Bing homepage, select 'Settings' from the menu in the corner, then More > Personalization and select the

link to the Personalization Settings Page. Under 'Other privacy settings', select 'Advertising Preferences'.

From there, you can toggle 'Personalized ads in this browser' to **OFF**, and if you are signed into your Microsoft account, you can also turn off 'Personalized ads wherever I use my Microsoft account'.

You can also opt out of personalized ads from other companies served by Microsoft, by selecting 'Do you want personalized ads from other companies?' under 'More choices'.

On this page, as with Google, you can opt out of ad tracking for individual companies listed or select 'Choose all companies' at the bottom to opt out of personalized ads for all participating companies.<sup>9</sup>

Bing seems to have a very subtle click tracking mechanism. The only fishy thing Bing does is call some URL's that start with <http://www.bing.com/fd/l/> whenever you click a search result. Adblock Plus can help you deal with this if you add [http://www.bing.com/fd/l/\\*](http://www.bing.com/fd/l/*) to its filter list. Turning off JavaScript on bing.com seems to help too.<sup>10</sup>

Recently, the German security company AV-Test Institute released the results from an 18-month study in which it was shown that Bing results produce five times as many malicious websites as Google. According to AV-Test, they conducted experiments by searching and tested 10.9 million websites with both Google and Bing. Google topped the list of safest search engines with an infected rate of 0.012%, whereas Bing followed in second place with an infected rate of 0.025%.<sup>11</sup>

# Security



## Yahoo gives you many options to control your privacy.

### What choices do I have?

- Manage interest-based advertising categories, or opt-out of all categories, from Yahoo.
- Manage your location settings.
- Visit the Network Advertising Initiative (US) and the Digital Advertising Alliance - DAA (US), EDAA (EU), DAAC (Canada), ADAA (AUNZ) to see your opt-out choices from other participating companies.
- Explore other controls and tools to help set and maintain your privacy choices.

Your history for all the things you search for using Bing are stored on your Microsoft account, so head on over to your Microsoft account's privacy settings, and sign in.

After signing in, you'll see your account's Privacy dashboard. Scroll down a bit to the "Search History" section, and then click "View and Clear Search History" button

This opens the "Activity History" tab of your dashboard and puts the focus on your past searches. If what you want to do is clear your entire search history, you can just click the "Clear Activity" link at the top right of your search list. You'll be asked confirm your action. If you want to delete your entire search history, go ahead and click the "Clear" button. If you don't want to delete everything, you can also scroll down to view your search history. But, if you find that you're using Bing, and coming to clear your history every once in a while, you might want to consider using private browsing so that searches aren't stored in the first place.<sup>12</sup>

### YAHOO

Yahoo is a popular search engine that also has e-mail and news available.

Turn the safe search function on or off to block or allow videos and images to show up in your searches. You can also ask Yahoo to alert you to websites that

are potentially harmful to your computer.

There are fewer ads on Yahoo than other top search engines. But they are more difficult to spot—especially the advertisements at the tip of the page. They are called sponsored results, but they are paid advertising.

Certain results are enhanced, which means they look different and may include multiple categories. Bear in mind that Yahoo may be earning money from these enhanced listings.

To opt out of ad tracking on Yahoo, go to the Yahoo Ad Interest Manager or on the Yahoo homepage, select 'About our ads' (in very small light grey text in between 'Privacy' and 'Help') and then under 'What choices do I have?' select 'Manage interest-based advertising categories, or opt-out of all categories, from Yahoo.'

On the Yahoo Ad Interest Manager, under 'Your advertising choices' there are two tabs, one for across the web and one for Yahoo! sites, widgets and apps. Select 'opt out' for either tab to opt out of ads.<sup>13</sup>

### AOL

Like Yahoo, AOL is a search engine and has mail and news capability. It also has browser capabilities. AOL has a free version and a paid for version. The paid for version is supposed to be more secure and has a two-step verification process for sign in and setup. AOL also

has a password manager, but as previously stated, these can be a possible problem. It is much safer to maintain an external password manager or an encrypted Excel spreadsheet to manage passwords. AOL is in decline since Google dominated the market and little is available on enhancing its security, other than the paid for version's few enhancements. As a product in decline, other choices may be more secure.

### SWISSCOWS

Swisscows is a relatively new search engine, launched in 2014. It is based in Switzerland and uses Bing for web search, so nothing new under the hood. It does not track you, collects no statistics from you, e.g., location, IP address, nor does it store cookies or search queries. It also has a built-in VPN. However, Swisscows does require registration and a fee for its services. Due to its location in Switzerland, it may be somewhat slow. It is also available as an add-on for Firefox. They are working on an encrypted e-mail service, but it is not yet available. No information is available about configuring it further.

### DUCKDUCKGO

DuckDuckGo is one of the more secure search engines. It also has extensions for use with Firefox, Chrome, and Safari. DuckDuck-



**We are Swisscows**

**We do not store your data!**

Since we NEVER collect your data, we NEVER track your data! We respect your privacy!

1. It is in our DNA to protect every user!
2. We DO NOT store your data!
3. With Swisscows you are 100% anonymous!

We take it so seriously that we even:

1. have our own servers and do not work with a cloud or third party!
2. have our DataCenter in the Swiss Alps - THIS is the safest bunker in Europe!
3. have positioned everything geographically outside of EU and US.

**Swiscows does not track you, but it does require registration and a fee for its services.**

**While DuckDuckGo doesn't have the resources of big search engines, it does keep you completely anonymous.**

Go's search results are a compilation of "over 400" sources, including Yahoo!, Bing, and its own web crawler (the DuckDuckBot), among others.

DuckDuckGo's goal is to protect your desktop browsing. It does not collect data from you and the IP address of every user remains hidden and protected. DuckDuckGo also does not use cookies to follow you across the internet and figure out what else you might be interested in.

If you search on traditional search engines like Google, Yahoo and Bing, then your computer shares information with the site you visit. This information could include your IP address, your original search term, where you were referred from and more, even in 'private' mode. People think that they can make searching Google and browsing the rest of the web anonymous by using Chrome's so-called "Incognito" mode (also known as Private Browsing mode) or its "Do Not Track" browser setting. Unfortunately, neither of these mechanisms protect you from Google search tracking or its trackers on other websites.

While DuckDuckGo is completely anonymous, Google is of course not. In fact, quite the opposite. On Google, your searches are tracked, mined, and packaged up into a data profile for advertisers to follow you around

the Internet through those intrusive, annoying, and ever-present banner ads, via Google's massive ad networks, embedded across millions of sites and apps. One downside of DuckDuckGo is that it is a more basic version of a search engine, while Google is the gold standard. But you pay a price for Google. DuckDuckGo doesn't have the resources of big, long-standing search engines.

DuckDuckGo's Privacy Essentials (an Add-On) not only blocks third-party trackers; it also groups them to make it easier for you to understand which companies are most frequently trying to track you. So, instead of just seeing a total number of trackers found and blocked, you can discover exactly which tracker networks (and the companies behind them) have been blocked from tracking you by using the tool. Its Privacy Protection will block all the hidden third-party trackers, exposing the major advertising networks tracking you over time, so that you can track who is trying to track you. It forces sites to use an encrypted connection where available, protecting your data from prying eyes, like ISP's (Internet Service Providers, aka the company



you subscribe to for internet services). It allows you to search privately since you sometimes share personal information with your search engine, like your financial, medical, and political questions. What you search for is your own business, which is why DuckDuckGo search does not track you.

It has an add-on toolbar icon that shows you a Privacy Grade rating when you visit a website (A-F). This rating lets you see how protected you are at a glance, dig into the details to see who is trying to track you, and learn how we enhanced the underlying site's privacy measures. The Privacy Grade is scored automatically based on the prevalence of hidden tracker networks, encryption availability and website privacy practices.

DuckDuckGo is completely anonymous. In August 2010, DuckDuckGo intro-

duced anonymous searching, including an exit enclave, for its search engine traffic using Tor network and enabling access through an onion service. This allows anonymity by routing traffic through a series of encrypted relays (see TOR above).

A combination of DuckDuckGo and Firefox will give you a significant upgrade to safety and security over other browser/search engine combinations.

## STARTPAGE

It is hard to beat Google when it comes to online search. Startpage pays them to use their search results in order to remove all trackers and logs. Startpage claims the result is the world's best and most private search engine. Only now you can search without ads following you around, recommending products you've already bought. And no more data mining by companies with dubious intentions.

Startpage says they don't collect or share your personal information. There's literally no data about you on their servers. They supposedly can't profile you and can't be forced to hand over your data to authorities, because they don't have any data to hand over.

They have what they call the "Anonymous View" feature. With "Anonymous View" you can visit search results in full privacy and keep on browsing. No one will know you were there. You will find

the feature next to every search result.

Is Startpage a good private search engine?

Several features are noteworthy:

- Your IP address is not recorded
- Your browser is not recorded
- Your operating system is not recorded
- Your search queries are not recorded
- No tracking or identifying cookies are used

When you need extra privacy, there is another feature called Proxy. It works by copying the web page you want to visit onto the Startpage server, so you see it through Startpage, not the webpage's server. Because you never make contact with the third-party website, they can't infect you with cookies or malware, and they can't see your IP address or other information. They only see Startpage, while you stay safe and invisible behind the scenes.

There is a big caveat to using Startpage. Recently there has been lots of talk about Startpage being acquired (or at least partially acquired) by a US company called Privacy One Group, which is a division of System1, a "data science" company that specializes in targeted advertising. It will also explain why **Startpage is no longer recommended** by certain privacy companies. There appears to be little information about the "Privacy One Group".

While some are suggesting that this entity may be just a facade of privacy for the parent company System1, there is not much known about the company – and neither Startpage, nor System1, nor Privacy One Group are offering these details.

Based on quotes from System1 leadership, it appears that the parent company (System1) **is heavily involved in data collection and targeted advertising.**

So, an American ad-tech company that seeks to "gather as much data as possible" is still the majority owner of Startpage, a search engine that could be used to collect

data. More information is available at <https://restoreprivacy.com/startpage-system1-privacy-one-group/>

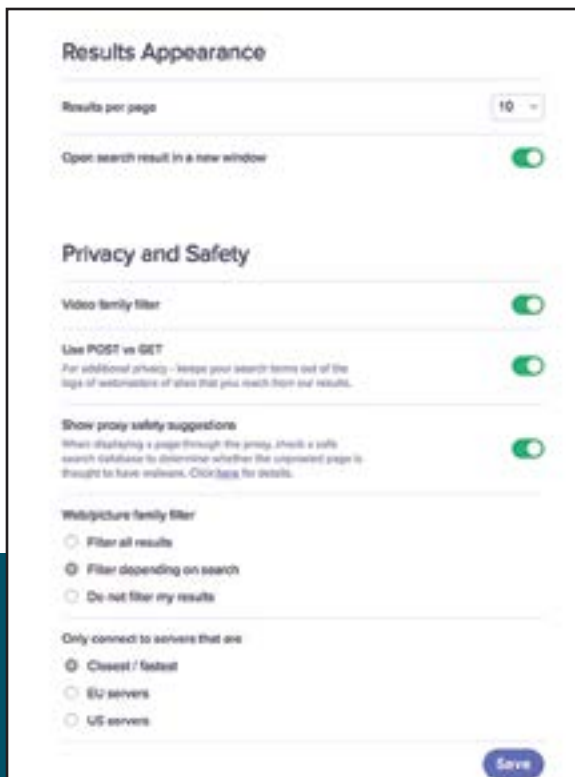
You will have to decide if using Startpage meets your safety and security needs. ✓

## BIO

*Jim LeBlanc is the owner of Contingency Planning Consultants, L.L.C. and is the former Vice President of the New Orleans Chapter of the InfraGard Louisiana Members Alliance. He previously served as the chief financial officer for a major chemical company, and as a reserve sheriff's deputy. He is author of the forthcoming book: Privacy & Security in a Digital Environment (Center for Security Policy, 2020).*

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# PROFILES OF COURAGE

Facing violence and strife on the streets of America, facing the economics of Wuhan Virus attributed protocols and facing the politics of censorship, each of us can use a little inspiration at times. Sometimes it helps to put your challenges in perspective. Sometimes it's encouraging to see how selfless human beings can be. This account is the story of Patrick Hutchinson's actions on June 13, 2020.



**“Blacks, whites, Asians, whatever... kids need to know that we are all one.”**

## PATRICK HUTCHINSON

In May 2020, the world was shown video segments that appeared to depict a Minneapolis police officer kneeling on a man's neck until he died. The man, George Floyd, was taken into custody for allegedly passing counterfeit currency and appeared to be non-resistant at the time of his death.

Forty-nine year-old Patrick Hutchinson was among the many people all over the world incensed by the loss of life. According to interviews, Hutchinson was convinced that Floyd was “murdered” on the basis of race and felt that he had to do something.

Patrick, a martial artist and fitness trainer, attended a “Black Lives Matter” protest in London with four friends. He recalled that late in the afternoon, police were moving protesters in one direction toward the Royal Festival Hall. Protesters and rioters passed what UK press called “counter-protesters”.

A 55-year-old “counter-protester” identified as retired police officer Bryn Male became isolated and was attacked. Hutchinson re-

counts that he saw a middle-aged man make a stand to protect Male, and that the crowd was split roughly 50/50 to attack or defend the man, but that the 55-year-old was down and being kicked on the ground. It was clear he would not last long.

Hutchinson charged in and hoisted the injured man over his shoulders in a fireman's carry. His four friends, reportedly bodyguards employed by the same security company, formed up to protect him. The men delivered Male through a cloud of blows to police officers then re-entered the fray to deflate the intensity of conflict.

One of Hutchinson's friends, Pierre Noah, was quoted by Men's Health as saying: “The main thing we did on the day was talk to angry people. Tell them to relax, don't get involved. And they would say, ‘OK, big man’ and walk away ... One of the hooligans wanted to start fighting with Jamaïne, so I had to talk to him, calm him down, shake his hand, give him a hug. The police saw that and one said, ‘Well

done mate. It's sad to see grown men let their guard down and be thugs. For what?’ He went on to say: “blacks, whites, Asians, whatever ... kids need to know that we are all one.”

Hutchinson was quoted as saying: “I can't say that the man I am now is the man I was 20 years ago. If I was 30 years old, would I be doing what I'm doing now? Being honest, probably not. I'd probably be more involved in the fighting. But as a 50-year-old man with children and grandchildren, I'm trying to be a peacemaker and making sure that people don't get hurt. These things come with age”.

The days that come will invariably provide each of us opportunities to demonstrate wisdom or ignorance, courage or cowardice, and kindness or cruelty. The story of Patrick Hutchinson's actions on June 13 serves as an example to all to choose wisdom, courage and kindness regardless of what others are doing. May contemplating the world through the eyes of others, and speaking freely, be a regularly visited habit for each of us. ✓