

TACTICS AND PREPAREDNESS



ACTIVE SHOOTER FAILS AND FIXES

BY KENT O'DONNELL

Law enforcement officers have been training to respond to “active shooters” since the Columbine High School attack. Training is never complete, and cannot cover all aspects of all possible situations. However, we must be a student of the enemy, and the new tactics, techniques and procedures (TTPs) the suspects are using. Often, active shooters have studied other active shooters, and build on these tactics. Some law enforcement failures were preventable and need to be addressed. Security

teams and citizens need to be prepared for these incidents as well.

As a response to Columbine, initial training held that law enforcement officers would not wait for SWAT. Patrol officers would only wait until they could form 3, 4 or 5 officer response teams. The first “team” would respond to the shooter, the second would be a rescue team to assist the injured. Law enforcement vehicles were filled with school maps so they could find specific classrooms.

Later, realizing that waiting for a “team” of 3 to 5 was too time consuming when unarmed citizens or students were under attack, officers were permitted to respond in two officer teams. We learned the maps were often not accurate after just one year, but we could have a supervisor make their way to the main office after the violence had stopped and establish a command post and have an accurate map, and a unified command with school officials.

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We finally went to one officer response; get there, and engage the suspect. Just as special operations hostage rescue teams must place a higher value on the lives they are trying to save than on their own, individual armed officers coming to the aid of the unarmed must do the same. The only failure now was the lack of courage by some individuals. Or was it? How much single-person close quarters battle (CQB) training do officers get? I assure you that they get more training time on being sensitive than they do on CQB throughout the year. If a single officer, or less than, say, four officers are confronted by one or more suspects firing a high volume of fire, think of this as emptying several 30 round magazines at them, are they ready for this? Active Shooter response is not Hostage Rescue (HR). In an ideal HR scenario, you have more information about the suspect, location of hostages, layout of the room, maybe even live video or audio. When responding to an Active Shooter, you have very limited and often conflicted information, yet your tactical skill response must be on par with HR. Officers can still win active shooter scenarios in this situation, but officers must experience in training the skills that can win against active shooters. Individual CQB training with the use of marking cartridges and role players is very valuable and should be at least annual training to condition them to perform as desired and advance aggressively against a shooter when that is the only thing that will stop them from racking up more kills.

Specific skills for one officer CQB include tactically handling doors alone (self-breaching). It is preferred that one officer opens the door and another officer has a gun barrel up at chest height as the door is opened. "Attack the crack" (of the opening door) is a common training phrase. You can still do it alone with an AR by "short stocking" it under your arm, keeping the muzzle above your hand, oriented to chest height. Do not immediately enter the room. Keeping the muzzle out of the room, shouldered and ready, both eyes open using the optic, move across the door, "rolling the door". This is not old school "pieing" the door (that is too slow). Walk past the door, gun up and ready. With an AR or even a pistol you have visually cleared most of the room before entering. Now when you do enter, I suggest entering facing the largest area that you could not see. Officers must regularly train to rapidly discriminate between shooters and armed citizens. Success is based on a matter of probabilities, not guarantees. You are accepting personal risk to reduce risk to others.

Officers need an AR-15 or similar rifle with a useful optic, a plate vest (3A SRT or higher), a spare AR magazine, and at least one tourniquet. Shotguns need to be put back in the patrol cars for breaching doors. Never let another locked door stop the emergency response. Shooters at Virginia Tech, Plate Canyon and Uvalde, all used doors to successfully stop cops. Officers need to take a shotgun breaching class and have the guts to use that tool.



Aftermath of the Robb Elementary School Shooting.
Photo: VOA

In the West Nickle Mines School in Pennsylvania a suspect entered the school, without security restrictions in place, and took ten girls hostage letting others go. He demanded some students carry in barricade supplies before he released them. During this time the teacher and her mother escaped and called police. The suspect released the boys and pregnant mothers, and another student escaped as well. The suspect then chained the remaining 10 girls to the wall with materials he had brought in.

Police attempted to negotiate with the suspect until he began shooting the girls. Officers moved in. The door was barricaded so a window was ported. The suspect killed himself before police could engage him. Porting windows when the door is blocked must be taught and conditioned.

Every department in the U.S. can attend a mechanical breaching course and you can go to your local fire department for this expertise. The fire department loves mechanical breaching like SWAT loves CQB. If you

cannot afford tools, fire fighters will also be responding to an active shooter and they literally have a truck load of tools.

At Plate Canyon High School, a suspect entered a classroom armed with a handgun. He told the teacher and boys to leave, keeping several girls hostage. The door was locked, and officers were denied access. The suspect sexually assaulted the girls while police waited for explosive breaching to be placed. The officers ported a window next to the door and had inserted a mirror and watched it all occur. Doors are not the only way into a room in most cases. Porting a window is a good option. We must think differently, we do not have to enter the room to have control of it. Officers can port a window and engage the suspect, ending the threat to life. This is not conditioned by PowerPoint. Officers need to go to the range, stand on a chair, push out a piece of plex glass and then shoot through the ported window. Having done this at least one time will place it on the human search engine of responses when needed. Even bet-

ter, include it in annual training and see it rise to the surface faster and more often.

The classroom had elevated windows on the far wall. The school was elevated from the driveway. A fire department ladder could have been used to port the window. Officers must know how to shoot from chairs, ladders and more. Again, fire fighters have great skills they can show police, for example how to ladder a window for work. If we can see a suspect, we should be able to engage that suspect. To work off a ladder it is set resting above the window and to the side. You can lock your leg on the rung and be hands free to break glass or shoot. To ladder a window for rescue, the ladder needs to be below the window frame.

What about improvised explosive devices (IEDs)? The Columbine attackers used “crackers” (CO2 cartridges filled with black powder and nails taped to the side to cause shrapnel injuries) and terrorist attacks commonly feature explosive devices. In the event of an active shooter situation bomb squads will not be there as quickly as one would like. Officers need to know most IEDs will either work correctly or not at all, the slow burn is not likely. The common response to an IED or misfire is to let it sit thirty minutes then move it. We do not have time for that in an active shooter incident.

During the initial response, avoid the IED as possible, for example, run past it. During rescue, a simple solution is the remote pull. Tie 550 cord to an item or to a box and pull the IED out of the way. When pulling the IED, do not reel it in, rather walk your end of the rope away from the location. I have enjoyed a good laugh watching officers pull a simulated IED between their legs. This was



Harvest Festival shooting site,
Las Vegas Village and Festival
Grounds, Las Vegas Strip.
Photo: Mariordo (Mario Roberto
Durán Ortiz)

ACTIVE SHOOTER FAILS AND FIXES

funny, but not helpful. IED response must be trained. See it, do it, know it.

I can send you a Power Point on how to fly a plane, but I do not want to fly with you until you have real flight time under your belt. Training is the mentored application of learned skills. The officers who pulled the IED to themselves did not realize their error. I reset the IED and they walked it out, thus learning the skill.

Another learning point from Columbine is distractions. The Columbine attackers started a fire a short distance away from the school to distract local law enforcement, fire, and EMS personnel. Now, we do not lock down schools for car crashes or fires nearby, but, in our tactical mind we should be thinking - *is this part of a bigger problem?* The Virginia Tech shooter had murdered two people on campus already, officers were on scene with the suspect at large in, near or maybe fled the campus. In Uvalde, Texas, the suspect had committed a shooting near the school before attacking on campus. We must think forward, what is the worst thing that could happen? The chance of an active shooter is very low. I also know that commanders, and chiefs are sometimes more worried about appearance than potential realities.

I was on day shift as a sergeant when we received a call about two school age males with a gun walking toward a school complex. This complex housed both a grade and junior high school. Two patrol officers responded as did I. 911 received a second concerned parent call: two boys with a BB gun or real gun, in the area of the school. So, to me the pieces of the puzzle, read this way: school time, kids should be in school, kids with a gun walking toward a school, two concerned parents calling not sure if the gun is a toy or real, expecting the police to do something... the right thing. I had the schools go on lock down as we responded. The Chief called my cell disagreeing with the decision. He told me I was premature on the lock down and told me to open them up. I assured him I would. I meant I would as soon as we had contact with the two boys. In less than five minutes we found the boys, a few houses from the school. They were high school freshmen with the day off. The gun was an air soft gun. I had the school's lift the lock down and all was well. The inconvenience of the lock down was less than ten minutes. Had the kids been attempting an attack I would have been right, because they were not, 20/20 hindsight made the chief



correct. At the end of the day, I was ok with being "wrong".

We have two modes of active shooter response. Contact Mode: running to the sound of the ongoing gun fire or violence. Search Mode: looking for a suspect who is not shooting or not easily found. Ultimately, the suspect must be pursued to the point that you can engage him with deadly force, so that he cannot continue his spree.

A hostage situation has uninjured persons held against their will. If the hostage taker harms people or we learn that a victim is in need of medical care we will assault through and conduct the rescue. Standing by is never an answer when you have an injured person. Sexually assaulting hostages or keeping medical aid from gunshot, stabbing or other serious injures is a crime and the officer must push through and conduct the rescue.

Active shooters were known to fight to the end or commit suicide, but that is not always the case. Several have dropped weapons and attempted to flee with victims. This is not new. We must look for "sleepers". At incidents in a building, we need to be setting up a "hostage corridor". Think of a bread crumb trail of officers all facing the same way. Only LE, fire and EMS travel behind our backs everyone else is in front of us. Everyone from the building then is led to a safe location, think another building. At the entrance we have a separator, injured go to the causality collection point, any suspects go to a suspect area. If needed you can expand and have a dirty area, where "unknowns" sit and wait to be searched, a search area then clean area. The Hostage Corridor can be as elaborate as needed. In Uvalde, a corridor to the

parking lot, then kids signed out by a parent would have been sufficient and way better than whatever that was that happened.

At the Highland parade shooting, the suspect used "high ground". Most of main street America is made of two to four story buildings. This TTP will be used again. Police departments need to use their resources better and ensure there are officers on roof tops from now on at major public events. The Las Vegas shooter was a very difficult one to counter, even the best sniper would have been challenged to engage him. Plan B then is to have a Quick Reaction Force (QRF) ready at major events. The QRF needs to be at least four officers, with AR type weapons, a breaching shotgun, and a supervisor who is willing to push forward in the face of danger.

Active shooter incidents are not going to go away. The unarmed and defenseless are inviting targets for predators. Training officers and citizens to be prepared and conditioned for an active shooter is possible. Training leadership to properly lead an emergency response to an active shooter is also possible. Training must be efficient and effective at conditioning officers to respond as desired. ✓

BIO

Kent O'Donnell (www.360worldwidesecurity.com) is a former Recon Marine and a retired police sergeant. He spent most of his career on his department's SWAT team. Kent has done risk and security audits and training throughout West Africa, South America and Europe and provided weapons and tactics training around the world.



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OUR MISSION

The Marine Raider Foundation is a 501(c)(3) non-profit organization that provides support to active duty and medically retired Marine Corps Forces Special Operations Command (MARSOC) Raiders and their families, as well as to the families of Raiders who have lost their lives in service to our Nation. The Foundation aims to meet needs unmet by the government with an emphasis on building personal and family resiliency and supporting the full reintegration of MARSOC personnel following wounds, injuries, and extended deployments.



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MMA'S PROHIBITED TECHNIQUES

BY ADAM SCHOLL

The first Mixed Martial Arts (MMA) “prohibited technique” is eye gouging. Eye gouging is the intentional introduction of a finger or foreign object into the opponent’s eyeball or eye socket with the intent to cause serious bodily injury to the recipient. While eye pokes (unintentional, usually) happen regularly in MMA, eye gouging is expressly prohibited as it can cause serious damage to the eye and result in possible loss of vision or even worse. Eye gouging, when done correctly can be incredibly incapacitating to the recipient, both physically and

psychologically. Like many techniques, the ultimate effectiveness is highly dependent on the recipient and their motivation to continue the attack. I believe that eye gouges can certainly be used in a real-life context and when done properly can create a desired effect with minimal training and experience. A simple example of an effective eye gouge would be when a bad actor is in your guard on the ground, but you don’t have the skill or ability to sweep or create space with your legs. Controlling the head with one hand and eye gouging with the other can motivate the

assailant to back away from you, thus creating the space you were looking to earn, but were unable to. A more experienced and skilled individual could probably create this space using good technique as well, but the simplicity of the eye gouge adds significant value for individuals who have not invested significant time to train.

Another way that an eye gouge is effective is when it’s used by someone who is ready, willing and able to use it with violent intent, against someone who simply has not considered the possibility of another human trying

to gouge their eyes. More and more Brazilian Jiu Jitsu (BJJ) gyms are focusing on the sport element of BJJ and while the techniques are no different, the intent very much is. Someone who trains BJJ for sport without thoroughly considering the application of BJJ in a self-defense scenario, might be susceptible to an eye gouge in the above-mentioned scenario because they never thought about it, and roll in a manner that addresses grappling concerns but not striking or other serious concerns. This is one of many reasons I advocate BJJ players adopt Chris Haueter's model of "think street, train sport, practice art". Chris is one of the first 12 American BJJ blackbelts and is one of the minds I respect the most in the world of BJJ as it pertains to self-defense.

Striking to the groin is prohibited in MMA and male fighters are also generally required to wear athletic protectors (cups) to help protect this vulnerable area. It is common knowledge that the groin on men can be a very sensitive area, but how effective is a strike to the groin in a real-life violent encounter? I have been hit in the groin, and I have hit people in the groin in violent encounters and I have seen widely varying results. Sometimes

the recipient of the strike crumbles like a sandcastle in the wind, and other times they remain completely unaffected. For these reasons it is my belief that a groin strike can be encouraged, but should not be taught as a technique that would be expected to stop a fight. It is simply a target of opportunity just like any other target and can be hit when the opportunity presents itself.

Another technique that is prohibited in MMA is striking to the back of the head or neck. It is said that striking to the back of the head or neck can cause serious bodily injury or even death, and for this reason as

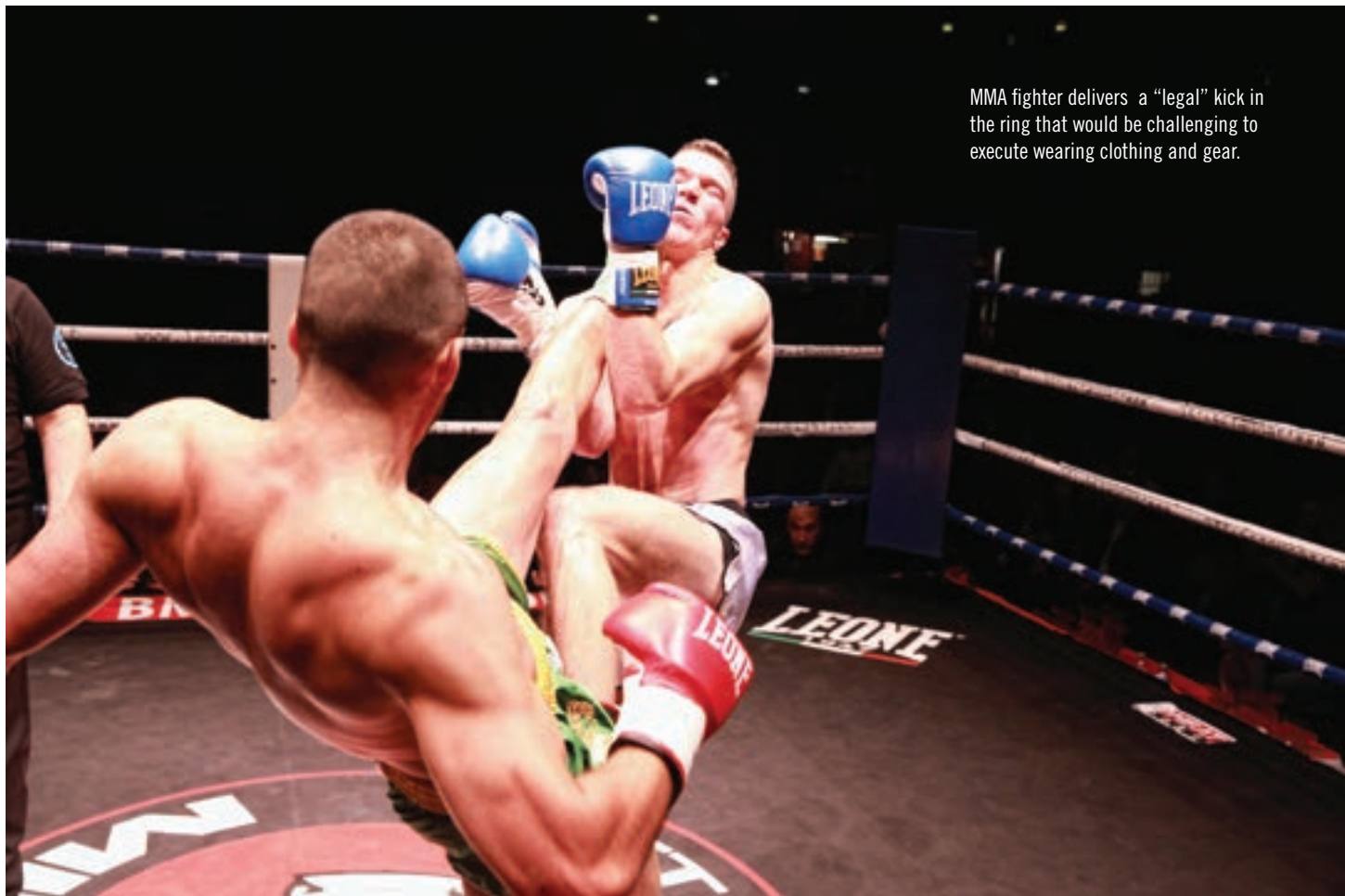
the situation presents itself and the defender believes this is a necessary response to the threat. Hammer fists, palm strikes, or elbows would be an ideal strike to employ to this target area. The defender cannot assume that any of these strikes alone will necessarily end a fight and they must anticipate having to justify why their strikes were necessary.

The last prohibited technique we will discuss is small joint manipulation. Small joint manipulation typically refers to intentionally targeting the adversaries' fingers or toes. Since most altercations happen when one or both parties are wearing closed toe foot-

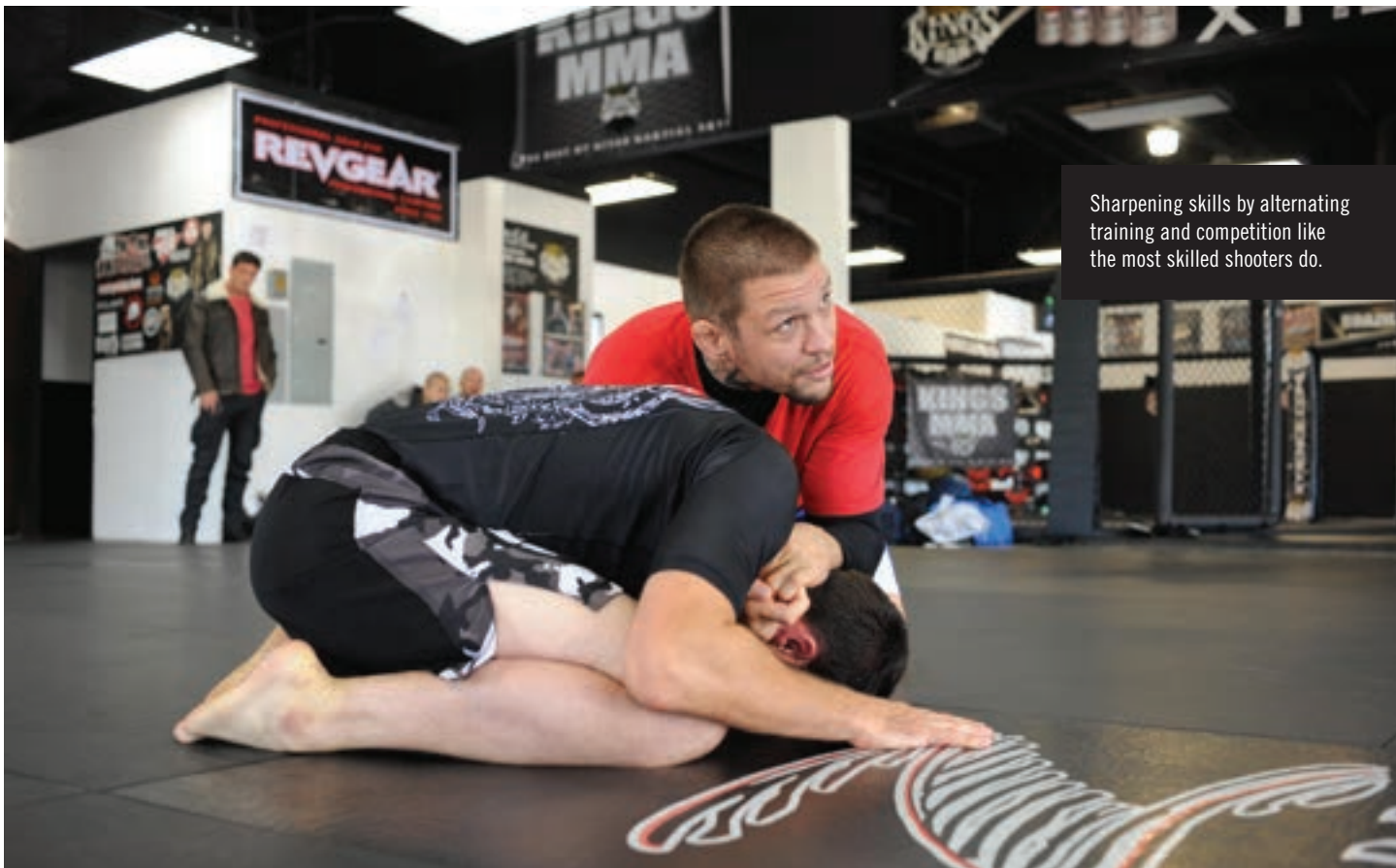
For real-life violent encounters, we should be training to do whatever is necessary to earn the opportunity to escape.

well as several others, striking to these areas is expressly prohibited in MMA. Much like the groin strike, the back of the head and neck is not a magic off switch but simply a target of opportunity that can be struck when

wear, we will focus on small joint manipulation of the fingers. I believe that there is a time and place to intentionally attempt to destroy small joints such as the fingers, typically when other more robust options to not



MMA fighter delivers a "legal" kick in the ring that would be challenging to execute wearing clothing and gear.



Sharpening skills by alternating training and competition like the most skilled shooters do.

exist and one needs to break the grip that has been established by the adversary. Breaking a finger or two is probably not going to be a showstopper, but it may aid in your ability to surprise or motivate an attacker to discontinue their attack.

In my experience working in bars and clubs I have had the fortune or misfortune (depending on how you look at it) of being involved in numerous violent encounters. I have witnessed even more. I believe that training is the key to success in a violent encounter. Typically, the more trained you are, the better prepared you are and therefore the more capable you will be when the time comes to defend yourself. I also believe that certain training sets students up for failure as it does not adequately address the possibility of striking, grappling, weapons, multiples or the use of techniques not taught in MMA classes (such as prohibited techniques). I believe it is easier to take a well-trained MMA student, and open them to the possibility of multiples, weapons, and the use of prohibited techniques, than it would be to take another person and prepare them to fight the MMA practitioner.

I have trained in a variety of martial arts and hold black belts in Krav Maga and BJJ.

It is rare that I refer someone to a Krav

Maga gym over a Muay Thai, Boxing or BJJ gym. I believe that the martial arts that make up modern MMA, should be the foundation for any serious student of self-defense. Krav Maga and similar systems sometimes do a good job of addressing real life concerns, but are rarely taught by individuals with real-world experience. Many techniques are nationalized and training against partners who are actively resisting is rare. Brazilian Jiu Jitsu on the other hand is a martial art where both parties are actively trying to defeat the other through a variety of grappling techniques. While the overwhelming majority of BJJ involves fighting on the ground, the time spent working against an actively resisting training partner also translates to solving problems while on two feet. In other words, it's the resistance training that makes the training valuable, not so much the art itself. Most high school or collegiate wrestlers have advantages over others in real fighting for these reasons. The hours they have on the mat physically manipulating another human being who is doing everything they can to stop them is what makes these arts so valuable.

We should not be teaching students that they can make up for large gaps in size, strength, mat time, superior technique, and overall physical capability simply by using a

“prohibited technique”. We should encourage them to focus primarily on training and skill development and supplement this training with the use of these prohibited techniques when and where they believe they are applicable. For real-life violent encounters, we should be training to do whatever is necessary to earn the opportunity to escape. Striking and grappling just happen to be how we change the bad guy's behavior. What we strike and grapple will be largely dictated by distance, angle, and opportunity. Any technique that can help us accomplish our objective should be considered or utilized regardless of its permissibility in MMA. We should never be surprised by attacks simply because they are not seen in MMA, and we should not overlook the opportunity to create openings using unexpected techniques. Survival is not sport and making assumptions about an attacker's self-imposed limitations can prove deadly. ✓

BIO

Adam Scholl (www.schollsecuritygroup.com) was an FBI and USMS Task Force Officer. Adam has worked for the US DoD as a fieldcraft instructor and currently works in the private security sector. He is also a Renzo Gracie BJJ Black Belt and a Krav Maga Black belt.

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FOOD FOREST GUILDS

Charles' fiancée Audrey standing next to their brand new peach tree. Choose trees suited to your USDA Hardiness Zone. Photo: Charles Lawson

BY **KATIE STOUT**

Soil building is the most important first step of creating a resilient home-scale food system. We can build soil by mimicking forest succession, a common practice in permaculture design. Soil building works through a process of layering materials into a strata called “sheet mulch.”

If you didn't sheet mulch yet and you still want to get plants in the ground this year, there are a couple of band-aid fixes you can do to help get your system started off

with enough nutrients to keep your plants healthy. First, either go to your local garden store and purchase a whole bunch of organic compost or if you're lucky like me and have a transfer station/dump nearby that collects leaves people put on the curb each Fall, go to the dump and pick up some composted leaf litter. Call ahead of time and ask what their policies are for picking up or delivery.

Once you have your compost, you can either begin the sheet mulching process leaving out any fresh manure (as it can burn your

plants and kill them), or you can simply add compost to the holes you dig to plant your plants. The second option is not going to provide lasting nutrition to your plants, so you'll have to add more compost, mulch, and possibly other amendments as time goes on, depending on your soil quality. And of course, you will want to include plants that create mulch year-after-year using food forest guild design.

Once you have your soil sorted, it is time to assemble your food forest plant guilds.

If you're a nerd like me and have played a few games of Dungeons & Dragons or if you've read any fantasy novel ever, you will have heard of the term "guild" (usually in the context of "thieves' guild" or "assassins' guild"). The dictionary defines a guild as "an association of people for mutual aid or the pursuit of a common goal."

Plants do the same things as people; they associate to achieve a common goal—a healthy, abundant life. In permaculture design, a guild is all the plants, fungi and animals (including humans) that come together to provide mutually beneficial relationships. All the members of the guild grow and thrive much more abundantly together than we would if we were separate.

Imagine something like the opposite of a modern-day corn field, which is a monocrop. Monocropping is a great way to send a signal out to anything that likes to eat the crop that dinner is served, forever, and generations of that particular bug or disease will happily survive there on your intended corn dinner.

A food forest guild, on the other hand, is full of magical interactions both above and below the soil. There are seven basic components of food forest guilds, and each component might serve a variety of functions within the system. Permaculture designers choose plants very intentionally to support one another: one plant might transport nutrients to another plant; one might offer shade to another; and one might distract and confuse harmful insects.

The first component in this forest-mimicking food system is the canopy layer, which might be a large fruit or nut tree. Below that is the sub canopy, a smaller fruit or nut tree. Around those might be some shrubs, growing berries, cherries, fairies or housing canaries. A little lower down you'll find an herbaceous layer, things like herbs, flowers and weeds. Ground cover is also present: strawberries, hog peanuts, dewberries—plants that send out feelers along the earth and spread horizontally. Below the ground is the *rhizosphere*, the place where roots intermingle with fungi mycelium to create the underground network of nutrient exchange. And then between all of these layers venture the climbers, vines like grapes, passion flower, peas and even winter squash if you train them right.

These guilds can be a mix of annuals and perennials, but permaculturists lean more on perennials, as they naturally come back



Katie's peach tree guild, year one, with nasturtium, nanking cherry, borage, sunchokes, yarrow, oregano, hyssop, lovage, Egyptian onions, and dewberries. Photo: Katie Stout

year-after-year, tending to become larger and producing more yield over time. There are a number of annuals that self-sow readily (meaning they scatter seeds and replant themselves—borage is a great example in my climate in central New York State). Some annuals act like perennials, like kale, which comes back for us every year, but grows smaller leaves and tends to bolt (go to seed) quickly.

If this is confusing the heck out of you, no worries—there is plenty of time for you to experiment over the rest of the years of your life with self-sowing annuals and chopping and dropping your kale instead of pulling it out before winter. To give you a clearer idea of how you or a trained permaculture designer might put together a food forest guild to create a resilient food system in your yard, we are going to look at some real-life examples from the yards of a few experienced permaculture designers from Food Forest Abundance (foodforestabundance.com).

PEACH TREE GUILD: SOUTHEAST VIRGINIA

Charles Lawson (DewittPermaculture.com) is a seasoned FFA permaculture designer and installer who lives in Southeastern Virginia with his lovely fiancée, Audrey. When Charles isn't busy sustainably landscaping his community and transforming other people's lawns into food, he is developing his own homestead guild-by-guild.

Let's take a look at his peach tree guild



A day's harvest from Charles' two-year-old peach tree, one year after they planted it. Photo: Charles Lawson

and break it down so we can see how the plants support one another. He said: "This is the first guild I made, of peach, gumi and persimmon, who are surrounded by many things like sunchokes, strawberries, penstemon, mountain mint, blue false indigo, yarrows, violets, salvias and self-heal, Joe Pye weed, black-eyed susans, monarda (bee balm), and some newly planted asters, blueberry and gooseberry. I think that's it. Bunnies made a nest under the peach this year too. The forest behind it is a shady native garden we made that has two pawpaws, sweet shrub, blueberries and more too ... oh yeah, there's comfrey in there too."

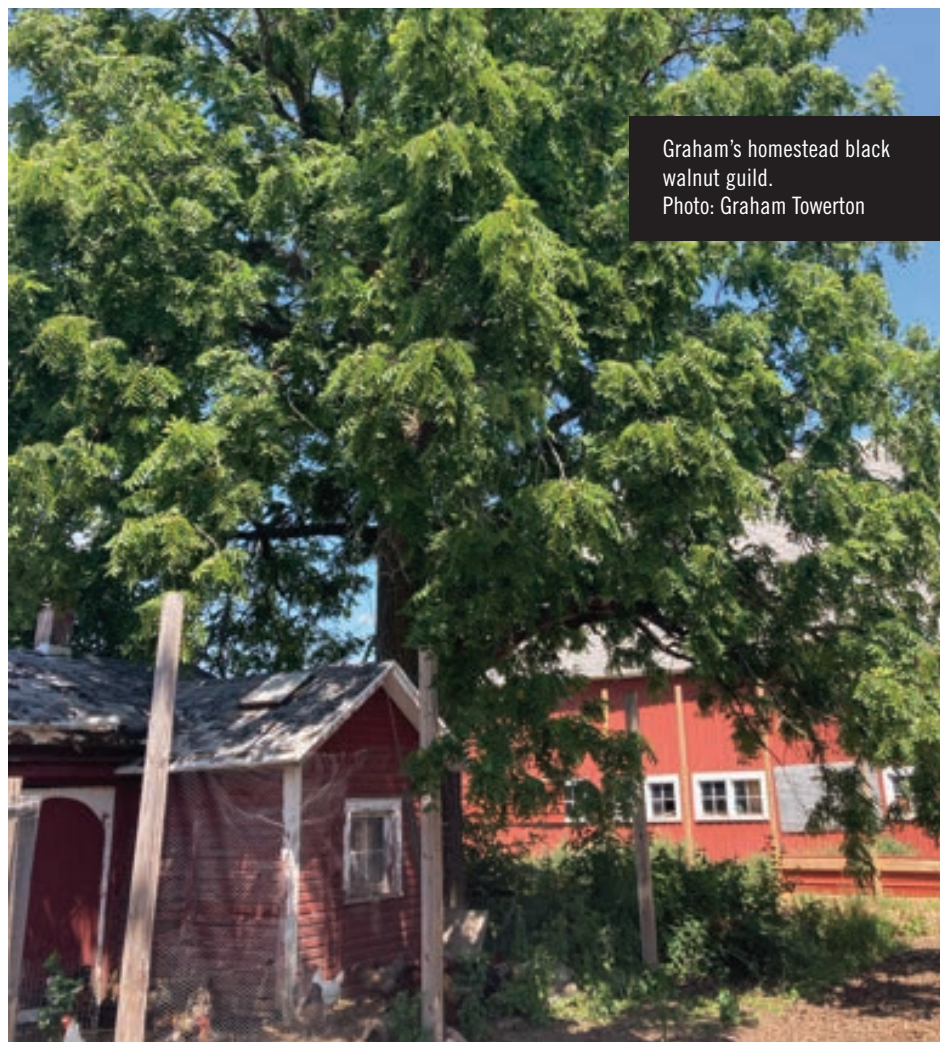
Although this looks like an intimidating list, don't fear. A lot of the plants are native to this region and likely either were transplanted from nearby or grew up right there on their own. The key is to keep your eyes open and watch the seasonal rise and fall of wildflowers and weeds in your ditches and covering your yard if you forget to mow it for a while. In fact, stop mowing your yard and see what grows. Your HOA might have an aneurism, but based on the weeds that appear, you'll get a good idea of what your soil needs. You can save and transplant a lot of perennial weeds/wildflowers, which can help build soil, transport nutrients, attract pollinators and distract noxious insects.

Weeds are often indicator plants—they indicate the soil conditions currently, and based on looking at the weed's function and how it grows, you will get an idea of how the weeds are transforming the soil.

Charles' peach tree guild has a fantastic variety of plants that serve many functions. Some of them are self-explanatory, like "Human Food" and "Medicine." A couple could use some additional explanation. An "Accumulator" is a plant that typically has an amazing root system, with often a deep tap root, that mines deep in the soil and pulls various nutrients from different layers. This helps move nutrients around the soil and makes them more available for other plants. "Mulch" plants like comfrey and borage have fantastic accumulating roots that pull up lots of nutrients plants need, then store the nutrients in giant leaves. We then "chop and drop" in place to add a layer of mulch around plants that need it, like fruit trees. It is a common permaculture practice to plant a couple of comfrey plants around each fruit tree for this purpose. Why pay to buy mulch and haul it in when you can grow it right next to your trees?

You might notice not all the food forest layers mentioned above are present—that's fine; not every guild needs every layer. For example, vines are absent from this collection, and probably for good reason: a lot of perennial vines can be quite aggressive. A wild grape plant, for instance, might eventually take over and kill the peach tree if planted nearby—they are incredibly strong, so they need their own special area on an arbor or other intentionally-built support system for them to climb.

The rhizosphere is only mentioned once with regard to sunchokes, also known as Jerusalem artichokes. These are the coolest perennial plants—they grow tall sunflower-



Graham's homestead black walnut guild.
Photo: Graham Towerton

like flowers each year and their roots taste like potatoes, but better and they spread like crazy. Charles might plant some tubers like sweet potatoes or maybe some Egyptian walking onions, to make even more use of the rhizosphere to create even more food. In the rhizosphere, there is also a largely invisible system of mycelium, the building blocks of mushrooms, transporting nutrients and information to the plants above the soil. Intentionally inoculating edible mushroom spawn is another great way to add diverse nutrients to your backyard.

BLACK WALNUT GUILD: SOUTHEAST MICHIGAN

A nut tree guild is another great way to produce lots of nutrition at home. Black walnuts have become famous for the juglone chemical they produce. This sometimes discourages people from planting them, as juglone can inhibit the growth of many plant species. Not so for Graham Towerton (facebook.com/PermacultureMI), another Food Forest Abundance designer with a lifetime

of homesteading experience on multiple continents.

Graham has had great success at his family's southeastern Michigan homestead growing lots of plants with his black walnut trees. Under his black walnut, the following species are growing: a mulberry tree, which produces tons of sweet fruit for both humans and birds; raspberry and elderberry bushes, the latter of which has become famous for its immune boosting and healing properties; motherwort, which is a powerful medicinal, smells great and is another one that will self-sow if planted in the right conditions; violets, one of my personal favorites for early spring brightness, ground cover, tea and jelly; and, Graham mentions chickens enjoy foraging in the guild—in fact, they ate up the strawberries that once joined these other plants, so Graham moved the strawberries to a safer location. He also plants annual lettuces there when the chickens can't get to them.

"The above guild is not *mimicking* Nature; it was *built* by Nature" Graham notes. "All berry plants underneath the walnut are vol-

unteers planted by birds.”

The first principle of permaculture is “observe and interact.” When we take time to watch our natural surroundings, to allow what wants to grow, and to notice where these mystical plant friends are growing, we can learn a lot about how nature works. That makes it easier to copy her playbook—and sometimes, all we have to do is notice all the food around us, like Graham did... and eat it.

PERMACULTURE DESIGN & INSTALLATION SERVICES

If juglones and accumulators still feel a little weird, hire us to design your resilient home-scale food forest for you. Food Forest Abundance designs food forests all over the world, and we also have installation partners who can help you get all your new perennials in the ground. When is the best time to plant a tree? 20 years ago. When is the second-best time? Today!

I live with my husband, chickens, goats, cats and pup in Central New York State, where we also design, consult and install permaculture food forests and landscapes. Check us out at facebook.com/FoodForestCNY.



Charles' peach tree guild: year three. It doesn't take long to create a guild-based ecosystem. Photo: Charles Lawson

Food Forest Abundance is a collective of expert permaculturists, founded by Jim Gale, a visionary whose mission is to plant food forests everywhere to create a decentralized, free, abundant and healthy society. Get started on your own or go to FoodForestAbundance.com and use coupon code ABUNDANTJOY for 5% off getting started with us. ✓

BIO

Katie Stout (Foodforestabundance.com) is an English professor-turned-permaculture designer. She and her husband run a permaculture-designed homestead with cats, dogs, chickens and goats in central New York State. Katie and Food Forest Abundance Founder Jim Gale are collaborating on a forthcoming book that tells the story of Food Forest Abundance's mission to build a free, healthy, and abundant society for generations to come.

LAWSON PEACH TREE GUILD

Guild Element	Layer	Function
Peach	Canopy/Sub Canopy	Human Food, Shade
Goumi	Shrub	Human Food, Medicine
Persimmon	Canopy/Sub Canopy	Human Food, Shade
Sunchokes	Herbaceous, Rhizosphere	Human Food, Pollinator
Strawberries	Ground Cover	Human Food, Ground Shade
Penstemon	Herbaceous	Medicine, Accumulator, Pollinator
Mountain Mint	Herbaceous	Human Food, Medicine
Blue False Indigo	Herbaceous	Pollinator, Nitrogen Fixer, Dye, Bird & Butterfly Attractor
Yarrow	Herbaceous	Pollinator, Accumulator
Violet	Ground Cover	Human Food, Medicine, Pollinator, Butterfly & Wildlife Attractor
Salvia (Sage, for example)	Herbaceous	Human Food, Medicine, Pollinator
Self-Heal	Herbaceous	Medicine, Pollinator
Joe Pye Weed	Herbaceous	Medicine, Pollinator, Butterfly Attractor, Fragrance, Erosion Control
Black-eyed Susan	Herbaceous	Pollinator, Deer Resistant
Monarda (Bee Balm)	Herbaceous	Human Food, Medicine, Pollinator, Bird & Butterfly Attractor
Aster	Herbaceous	Human Food, Medicine, Pollinator, Rabbit Resistant
Blueberry	Shrub	Human Food, Bird & Butterfly Attractor
Gooseberry	Shrub	Human Food, Medicine, Bird Attractor
Comfrey	Herbaceous	Accumulator, Mulch
Bunny	Lives in Herbaceous Layer	Manure, Meat, Cuteness
Human	Many Layers, like Shrek	Steward

THE FOURTH TURNING

AN AMERICAN PROPHECY

WRITTEN BY **WILLIAM STRAUSS AND NEIL HOWE**
SUMMARY BY **CHRIS GRAHAM**

Many years ago, Tony Robbins recommended the book *The Fourth Turning* by William Strauss and Neil Howe. Because he had previously recommended some very good books I wrote it down. As much as I read, my list of interesting books was growing much faster than my time to read all of them at that time. Years later I stumbled on an article excoriating President Trump for reading *The Fourth Turning*, allegedly at the behest of Steve Bannon. The journalist's unexplained and apparently irrational vitriol towards the men and the book piqued my curiosity and motivated me to finally order it and read it immediately.

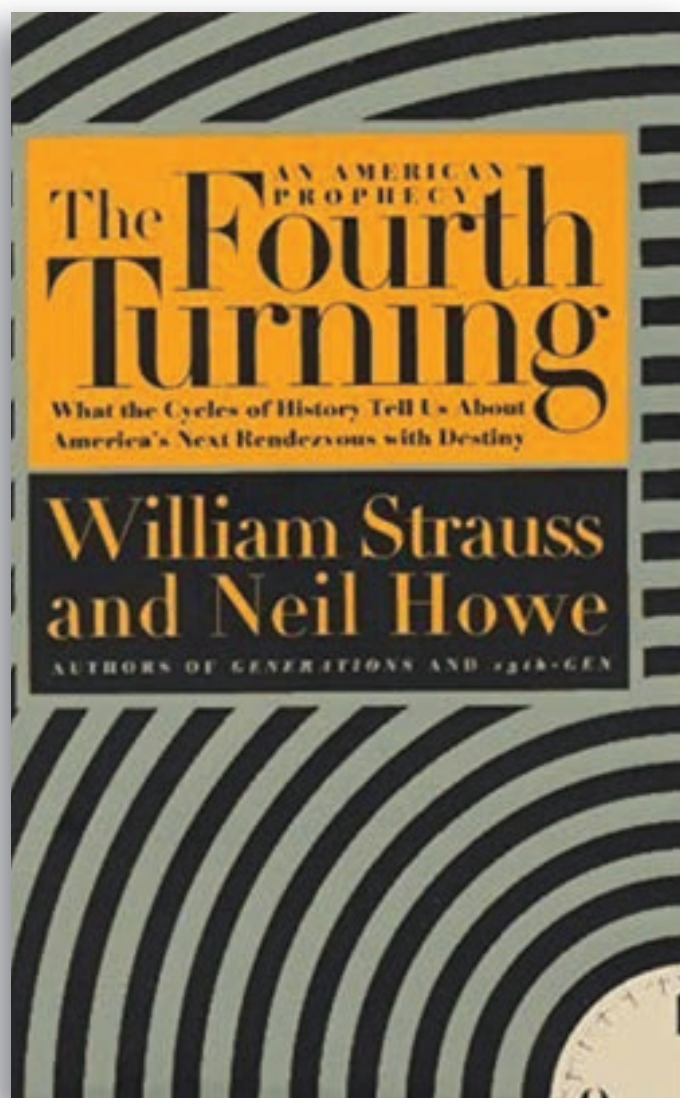
According to Strauss and Howe:

A generation is composed of people whose common location in history lends them a collective persona. The span of one generation is roughly the length of a phase of life. Generations come in four archetypes always in the same order, whose phase of life positions comprise a constellation.

The Prophet archetype is born in a high and enters young adulthood in an awakening, midlife in an unraveling, and elder hood in a crisis.

The Nomad archetype is born in an awakening and enters young adulthood in an unraveling, midlife in a crisis, and elder hood in a high.

The Hero archetype is born in an unraveling and enters young adulthood in a



crisis, midlife in a high, and elder hood in an awakening.

The Artist archetype is born in a crisis and enters young adulthood in a high, midlife in an awakening, and elder hood in an unraveling.

During a fourth turning the constellation contains all four archetypes born in the

current saeculum. During the first three turnings, the constellation includes one or more archetypes born in the prior saeculum.

Also, according to Strauss and Howe:

A turning is a social mood that changes each time the generational archetypes enter a new constellation. Each turning is roughly the length of a phase of life.

The First Turning is a high - an upbeat era of strengthening institutions and weakening individualism, when a new civic order implants and old values regime decays. (Nomads enter elder hood: heroes, midlife: artists, young adulthood: and profits, childhood.)

The Second Turning is an awakening - a passionate era of spiritual upheaval when the civic order comes under attack from a new values regime. (Heroes enter elder hood. Artists, midlife: prophets, young adulthood: and nomadic nomads, childhood.)

The Third Turning is an unraveling - a downcast era of strengthening individualism and weakening institutions, when the old civic order decays

and the new values regime implants. (Artists enter elder hood; prophets, midlife; nomads, young adulthood; and heroes, childhood.)

A Fourth Turning is a crisis - a decisive era of secular upheaval, when the values regime propels the replacement of the old civic order with a new one. (Prophets enter elder

hood; nomads, midlife; heroes, young adulthood; an artist, childhood.)

The Strauss and Howe book can be understood as history, psychology and sociology observations and speculations. The authors articulate their concepts and describe their perspective on how they unfolded generation after generation in European History and follow these into American History.

They describe a First Turning period in America as being a “high” from 1946-1964. They found VJ Day (Victory over Japan Day) and the time until the Assassination of President Kennedy to have been a time of optimism described as “Pax Americana” and “Happy Days” with those two dates serving as recognizable, but approximate start and endpoints.

The authors describe a Second Turning period in America from 1964-1984 as a “consciousness revolution”. They chronicled a wide range of events and trends that correlated with conformity becoming disunity and rejection of previous norms. They also approach these subjects from the perspective of each of their genera-

tional models.

Strauss and Howe identify an American Third Turning from 1984-approximately 2005. They open the period with a reference to President Reagan’s “it’s morning in America” quote and weave their way through each archetype’s experience of “an era of ideological rage and train-wrecked government”.

It would be difficult to argue that America is not in some sort of “turning” presently. Unprecedented deficit spending and inflation of our fiat currency is fomenting a decisive financial crisis. Never ending “emergency powers” and “lockdowns” that benefitted corporate monopolies have crushed free markets and ushered in de facto central planning. Illogically prosecuted hot wars such as Afghanistan and the so-far-primarily-proxy war with Russia distract attention from subversive campaigns such as those described in Klaus Schwab’s *COVID 19: The Great Reset*, Liu and Xiangsui’s *Unrestricted Warfare*, and Mohamed Akram’s *An Explanatory Memorandum*. Suppression of domestic energy production unsurprisingly accompanies exploding energy costs

and world hunger.

The authors suggest that we are presently in a Fourth Turning crisis phase. You will have to read their fascinating book to decide if you agree. It is worth noting, however, that they predict a collapse of existing systems, but leave open the form of the next order. Will you acquiesce to global serfdom on the estate of a predatory master employing crafted narratives and popular slogans? Will you follow the models of Alexander Solzhenitsyn, Mahatma Gandhi and Martin Luther King Jr accepting nothing other than freedom for your children and for future generations regardless of personal costs? The authors predict there will be a next First Turning, but leave open how it will be manifest.

Strauss and Howe suggest preparing for the volatility of our Fourth Turning. They stated: “Prepare the defense: Expect the worst and prepare to mobilize. But don’t pre-commit to any one response”. “Root: Look to your family for support”. “Brace: Gird for the weakening or collapse of public support mechanisms”. “Hedge: Diversify everything you do”. ✓

GEAR REVIEW

FONTUS AIRO

These water bottles are designed to be “self-filling”. Hikers and foot patrols must either plan routes with repeated access to water sources or limit travels to distances sufficient quantities of water can be carried. Fontus says “water weighs what water weighs; you don’t have much of a choice”, but promises that their Airo bottle can convert ambient humidity into drinking water in your bottle using only solar power.

Fontus.at



VEHICLE SHOTGUNS



A sailor engages targets kneeling with an M500 at the South Bay Rod and Gun Club. U.S. Navy photo by Mass Communication Specialist 2nd Class Devin M. Langer/Released.

BY JAMES WASHINGTON

When talking about guns and tactics with the shooters in my life, two distinct sides form when it comes to the subject of combat shotguns and their practical use. These two sides can also be broken into a smaller subsection of those over 40 and those under with a few exceptions. When people think of shotguns for tactical use, they sometimes think of a low-capacity weapon with limited range that is uncomfortable for many people to shoot.

Although the current patrol rifles most law enforcement officers carry can make hits well beyond 300 yards consistently, the vast majority of police shootings are occur-

ring well within 50 yards. At these distances, 12-gauge shotguns shine and excel. We have all met people who have been shot, but think about the number of people you have met or talked to that have been shot with a shotgun and are still around telling stories about it. Minor injuries from shotgun rounds are comparatively few and far between.

Shotguns have a long history of being carried in police and sheriff vehicles as well as in the private vehicles of American citizens, but there are a few steps that need to be taken before you decide how to safely and legally employ this valuable defensive tool. These considerations are not much different

from those for a patrol rifle— just not at the same distances. Like a patrol rifle, you have to zero the iron backup sights and then zero the optic you decide to use at the distance laid out by your department's general orders. You will need to find your "holds" for those sights from 10 yards to the maximum distance allowed by your department. I also suggest you find your holds out to at least 300 yards for a patrol rifle as added knowledge for worst case emergencies.

Patterning a shotgun is similar to finding your holds for a patrol rifle and should also be done from 10 yards to the maximum distance your department allows. For citizens,

I suggest starting to pattern your shotguns for the smallest room or shortest hallway in your home to the longest hallway as well and then extend the distance to the point where you cannot keep the spread of your buckshot on a torso-size target. When you start to see pellets not impacting a torso size target, you have found the maximum engagement distance because when pellets fail to impact the target you lose stopping power. You are also responsible for those “lost” projectiles flying downrange. There is an old range tale that says with buckshot you can assume an inch of spread for every yard of travel, but it is simply not reliable. Some of the deciding factors are the type of choke in your gun and the ammo that you are using. The only reasonable solution is to pattern your specific gun/ammo combination at relevant distances and know what you can expect.

The types of wads your ammo has and how the manufacturer stacks the pellets in the shells will affect how the buckshot will spread as well. Because of all these factors, you have to match ammo to gun to get the best performance out of your shotgun. There are a few important points to remember when it comes to shotgun ammunition. Rotate it on a regular basis to avoid damaging your ammo. One thing that will cause pellets to fly off target is if the buckshot has an unusual number of flat spots, and this can happen when ammo is not handled properly and thrown about before it is loaded into the gun or bumped while in the carrier. After completing the patterning for your buckshot, I would also do the same with slugs out to 100 yards. I recommend harder slugs like Bismuth or Brenneke because they maintain their form better after hitting bone and will often penetrate deeper as an option for when penetration is key.

When it comes to the debate of slug or buckshot, I prefer buckshot because of the terminal destruction it has on the body. During my time as a police officer I have seen the effect that double 00 had on large muscular breed dogs, even while they were at a full stride—especially when all the pellets found their target. Shotgun slugs have a tendency to over penetrate, particularly at close distances and that penetration includes residential walls. Buckshot will penetrate drywall, but to a lesser extent and will often stay within one room of a home. Slugs will often travel into a second room of a structure and sometimes beyond.

When it comes to vehicle barriers, shotgun ammo is not any different than other

lower velocity projectiles. A vehicles’ frame can force projectiles to do strange things to include lodging into junction points, change the direction of flight and reduce the velocity of the projectile to less than one-stop-shot

speeds. Using slugs, it is common practice for security forces manning checkpoints to put multiple rounds into a vehicle’s engine compartment to stop vehicles, although results are rarely identical. Some people like to

Although the current patrol rifles most law enforcement officers carry can make hits well beyond 300 yards consistently, the vast majority of police shootings are occurring well within 50 yards. At these distances, 12-gauge shotguns shine and excel.



VEHICLE SHOTGUNS

have slugs on hand so that they can rotate a slug into the chamber for a precision shot in a hostage type situation, but I wonder, what bad guy would just stand there and let that happen?

Once you get the ammunition situation solved you need to be familiar with the basic functioning of the pump action shotgun and their shortcomings and common malfunctions. When using a pump action, you must remember that you can only put rounds on target as fast as you can get fresh shells into the chamber and the action is fully locked forward. If you short stroke the action or fail to fully lock it forward the empty sound that you get will be numbing and eye opening.

This brings us to the first drill. Safely master the gun's functions dry before going live. When ready to safely train live, load the shotgun magazine tube to capacity and go to the Low Ready position with the muzzle of the shotgun depressed to about 45 degrees between you and the target. On signal, bring the muzzle up to the target while racking a round into the chamber and fire one round while counting in your head one, one thousand. Tact load one round into the magazine tube and repeat this drill firing two rounds and counting, one thousand one, one thousand two. Continue this drill increasing the round by one until you go through the maximum capacity of your magazine tube. On your next run, just count one thousand, two thousand, three thousand until you deplete the magazine tube. Keep reducing the time until you begin to experience short stroking or fail to lock the forearm forward and then repeat until you can make the time without any malfunctions. With a shot timer, note the time of the last round fired and take a quarter to half a second off the time to use as your par time and again, continue until you experience any malfunction. One great advantage of this tool is the ability to feed it throughout engagements –never running dry.

During this drill you want to pay attention to the feel from the hard stop when the forearm is fully to the rear and the locking of the action when it is fully forward. Before every trigger pull you want to feel the Push/Pull on the shotgun. The Push is the forward pressure of the non-firing hand on the forearm and the Pull is the rearward pressure of the shooting hand on the grip. One thing you want to also observe from this drill is the placement of the shots on the paper target. One myth that needs to be killed concerning



Many Americans own shotguns designed for hunting or shooting sports that can also be pressed into service for defensive needs.

the shotgun is that the shooter doesn't really need to aim. If you fail to put all the buckshot on target the lethality of the shotgun is reduced and others may be endangered.

Another important drill for loading the shotgun is for when it is shot until it is totally empty. For this drill you will start with one round in the chamber and the magazine tube empty. Aim in to the target and on the signal, fire the one round in the chamber. Rack the action to the rear and "tac" load one round from your side saddle into the

ejection port and run the forearm forward until it locks and again fire one round. Continue this loading until your side saddle is empty. Again, pay close attention to: your hits, the orientation of the gun and to the efficiency of your movements.

Now, we will add another drill for keeping the shotgun up and running. We will start with one round in the chamber and one round in the magazine tube. Beginning in the low ready position, come up to the target and fire both rounds then tac load one

into the ejection port, run the forearm forward and load two rounds into the tube. Access the target by obtaining one more sight picture at center mass and then lower your shotgun to what would be the waistline of your target then load two more rounds into the magazine tube. If you cannot hold the shotgun at your shoulder while reloading, you can place the stock of the shotgun under your strong-side armpit and clamp down with the same arm and load the tube from this position.

Another technique for confined spaces is the short stock technique. That is any location where you will be hindered or at a disadvantage when using a traditional stance or weapon presentation. The short stock technique will enable you to cycle the action with the shotgun off your shoulder and still put aimed rounds on target, although you will not be using your sights. This technique is best taught by taking the shotgun from the full presentation position aim into the target, then rotate the heel of the stock outwards and then slide the stock parallel to your Humerus bone and then establish your cheek weld just to the rear of the receiver so

that you are to the rear of the gun.

The importance of the Push/Pull firing technique becomes even more vital here. The forward pressure of the hand on the forearm and the rearward pressure of the firing hand on top of the humerus are what secures the shotgun into place. Aiming the shotgun is done by aligning your eye along the 3 O'clock position of the barrel for a right-handed shooter and the 9 O'clock position for a left-handed shooter. You will have to go to the range to determine the distances at which you can hit using this technique remembering to practice transitions from left to right and right to left under time.

As a lefty in a right-hand world, I assure you this technique will work for both left-hand and right-hand shooters, but the left-handed shooter will need extra attention to ensure that their cycling stroke is smooth and fluid. I have not had any problems with semi-auto shotguns from Remington 1100s to Benelli M3s using the short stock technique. However, when you first try the short stock technique, I do suggest you begin with low brass shotgun shells because of their reduced recoil. Errors in handling can be dan-

gerous and painful.

Pump action shotguns have fallen out of favor with some, but they continue to be a valuable defensive tool in the hands of a skilled operator. Perhaps more than any other weapon, they have been historically married to police and sheriff vehicles. If you use the shotgun as a "Truck Gun" I suggest you have a way to secure it. You don't want it to become a projectile in a vehicle accident and you don't want it to be accessible to the wrong person. You will want to guarantee it is consistently and reliably positioned and you must safely practice accessing it and employing it. The shotgun is a uniquely useful tool and it is up to you to make sure you are legal, safe and capable of skillfully employing it when you need it. ✓

BIO

James Washington served as a patrol officer, field training officer, firearms instructor and police sergeant. He served on the FBI Gang Task Force in Chicago for six years and is a firearms & tactics instructor for multiple agencies and armed citizens.



For decades American police vehicles contained shotguns as a norm.

PROFILES OF COURAGE

Whether your highest priority is guaranteeing a free and fair 2022 election in all 50 states (visit: [true-the-vote.org](https://www.true-the-vote.org)), getting to the bottom of the COVID-19 (Wuhan Virus) misrepresentations (visit: [global-covid-summit.org](https://www.global-covid-summit.org)), securing America's beleaguered southern border, or whether you are simply interested in navigating the contemporary wilderness of censorship and deception for your own family, it is encouraging to see how selfless human beings can be.

ELI DICKEN

On July 17, 2022, Jonathan Sapirman reportedly burned his laptop in an oven then walked to the Greenwood Park Mall. He went into a restroom, allegedly posted a comment online about it being a good day to die and dumped his phone in a toilet.

An hour after entering the bathroom, Sapirman exited with two rifles and a pistol he had brought with him. He opened fire killing a man standing near the restroom, and a couple at a table in the food court. He reportedly shot a 22-year-old woman and a 12-year-old girl.

Within 15 seconds, the shooter was cut down by eight hits in rapid succession. His attack ended when he fell to the ground and died.

Eli Dicken was shopping with his girlfriend and armed with a concealed Glock that he reportedly carried in violation of mall policies. When the shooter opened fire, Dicken encouraged his girlfriend to flee, waved others out, took up a braced position and reportedly fired ten rounds in rapid succession from 40 yards away.

Both young men were in their early twenties. Sapirman's tragic life included family difficulties and foster homes before committing murder. According to reports, Dicken's only relevant pistol training was given to him by his grandfather.

On July 17, Eli Dicken's courage and skill were sufficient to end a massacre and save lives scoring hits that far exceed the skill requirements of the vast majority of law enforcement agents and military personnel according to the data reported. ✓

