

TACTICS AND PREPAREDNESS



MAKE YOUR OWN BOW AND ARROWS

BY CHRISTOPHER NYERGES

In the pre-technological world, archery was everywhere. It was not only a part of daily life, but it also a way of life. Whether for the collection of food, or for hunting, making war and self-protection, the bow is one weapon that was discovered and used by every ancient civilization, and is still used today, both by necessity and for sport.

Modern TV shows and even Youtube programs seem to over-simplify what it takes to create functional bows and arrows. They *are* the epitome of simplicity—once

you understand them, and once you've made a few dozen, but you need to get some experience to be able to do it well.

My first formal introduction to bow-making came during one of week-long dirt-time events held in the Sequoia National Forest. There, under the tutelage of master bow-maker Joe Dabill, with Sig Nubla as his assistant, I was taken through the many steps and nuances of creating a useful bow, as well as the details of making functional arrows.

What follows are instructions for making your own long bow and your own arrows. Once you have made a few bows, you will see that the details are fairly straightforward. There are lots of little details, and lots of testing as you continue to remove small amounts of wood. We will be using a modern hand tool, not rocks, though indigenous people long ago used just rocks.

Arrows require an entirely different set of skills, but begin with finding straight

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A Student with a round stave, ready to reduce it by at least half.

shafts, or straightening the shafts you have. I have no quarrel with guys who go to the wood lot and buy dowelling for their shafts, but you miss a very important part of hand-made arrows if you don't actually make them yourself. Arrows have to be straight, and then you can put on a tip, and feathers, or not.

BOW MAKING

I will share the details as I was taught them. We began with a stave of wood that had already been cut and dried. My stave came from a California Bay tree and was more than 5 feet long. Our job was to reduce our staves to functional bows.

We began by clamping each stave to a wooden table, and examining it. No two pieces of wood are alike, and so each bow that you make will be unique. My stave that day was over an inch thick in sections, and as much as 2½ inches in others. Using various tools, my job was to evenly reduce the excess wood so that I had a bow that looked good, had the same width along its entire length (except at the tips), and had an even thickness. The correct thickness was critical, because that thickness was what allowed the bow to evenly bend, and cast arrows.

Using a spoke shave and a draw knife, I began the process of shaving off wood from my stave. Wood is always removed from the "belly" of what would become the bow -- the "belly" is the side that faces you when you shoot the bow. You never remove wood from the back.

Eventually, in order to take off less wood, I used a Shinto wood rasp, which shaves off smaller amounts of wood. Then, as I was

nearly done, I used a flat, rectangular piece of metal to scrape the belly and the sides of the bow. This removed fine slivers of wood and helped smooth out the surface. Remember: Go slow! You can always remove more wood from the stave, but you can't put it back on.

On the third day, Dabill removed my bow from the clamps and filed nocks into each end. I had already twined a bowstring from linen cord, which I then waxed with beeswax. Dabill strung it and tested the "tiller" -- a good tiller means that each side of the bow bends evenly. After my strung-and-pulled bow was carefully examined, Dabill marked the stiff areas for still further reduction.

"You're almost done," said Dabill.

I re-clamped the bow to the table and



Beginning with a dried round stave. It must be reduced by at least half.



A student works on the slow reduction of wood from her stave.

continued the careful reduction. I reduced each end a little bit, and carefully thinned some of the areas that Dabill identified.

After another two hours, Dabill tested the bow's tiller again. "Looks good," he said. He then fired a few arrows at a nearby tree stump. "Shoots good," he said with a smile.

THE STEPS

Begin with a good, straight piece of wood. You can select a perfectly straight shoot about three inches in diameter or cut a much larger tree and then quarter it down for separate staves. This traditional bow of Native Americans, often called a "self bow" or "long bow," is generally not curved when unstrung, and it is made from one piece of wood.

I prefer the least amount of work, so I generally select a straight shoot about 6 feet tall. I typically use Willow, Ash or California Bay, because those are commonly available. The wood must then be thoroughly dried, maybe as little as two weeks, but usually much longer. Some bowyers advise covering the ends of the wood with paint or wax during the drying process to cause the wood to dry slowly and evenly.

According to "Longbow,"—also known as Alton Safford, one of the best old-time bowmakers—you should begin with a standing dead limb at least 4½ to 5 feet long and about 1¼ to 1¾ inches thick. Avoid green wood, because it is too heavy and doesn't cast the arrows well. Also stay away from downed wood; it will likely be waterlogged or rotten.

In general, the best bow making woods are yew, Osage, mulberry, black locust, apple, juniper, hickory and ash. However, in a pinch, you could use whatever wood is available. Good functional bows were made out of willow in the old days, even though willow is soft and subject to breakage more than other woods. Willow is abundant though, so willow was used.

Before you get to work, carefully examine your stave, bending it slightly to see which way it bends. You should be able to determine the natural direction to begin carving your bow.



Cervera removes wood from the stave that has been clamped to the table, using a draw knife.

REDUCTION

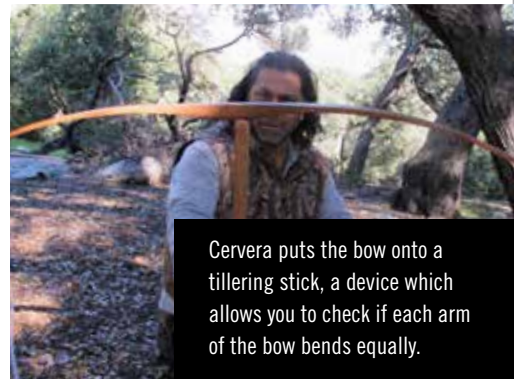
Your next step is to flatten one side—the side that faces you when using the bow. This flat side is called the "belly," as I mentioned earlier. While all wood is removed from the belly, nothing but bark should be removed from the back.

Clamp your stave to a vice or table. Use a knife, small axe, draw knife, rasp or a file for reduction (using all of these can be beneficial). Just be sure your tools are sharp and appropriate for the work.

Slowly, carefully, and evenly cut flat strips all the way down the belly of the bow. As you remove wood from it, test the bow periodically by bending it. This process can take hours until the bow begins to take shape.

You might use a small axe and big knife at first, but you should wield them very carefully as you proceed. Remember that you can always shave off more wood, but you cannot put it back on. If you carve too deeply, you might ruin what could have been a good bow ... and you will have to start over from the beginning.

The reduction process can take hours, and although everything can be done with one large knife, I strongly recommend that beginners get a few of the other tools mentioned here.



Cervera puts the bow onto a tillering stick, a device which allows you to check if each arm of the bow bends equally.

THE TILLER

As you reduce more of each "arm" of the bow, you will get to the point at which you can test how well your bow-in-progress flexes. Also make sure you have an even tiller, which means you want each arm to bend the same. To do this, you need to string the bow, gently pull on it, and observe how much each side bends. There should be equal pull on both.

One way to observe the tiller is to do the pulling in front of a large mirror. Alternatively, have someone watch while you pull it. You can also use a 'tillering stick', which allows you to step back and observe. If the tiller is not even, continue to carefully and slowly



A view of different styles of bottom nocks (where the arrow comes in contact with the bow-string).

reduce the stiff side until the tiller of both sides is equal.

When you are satisfied your bow is bending evenly, cut nocks on each end for the bow string. Add the string, and your bow is finished. Now, you will need to make a supply of arrows.



Heating the arrow shaft softens the wood so bends can be manually bent out of the shaft.

ARROW SHAFTS

Find and harvest straight shoots. Many types of wood can be used: willow, ash, Mulefat, currant, rose, etc. I generally use Mulefat because it is abundant near me.

I collect the straightest shoots I can find—about 2 feet long and about as thick as a pencil. You'll learn from practice which shoots will work best with your bow. Too thin is no good, but too thick *can* work

because you can always whittle them down a bit.

I bundle the fresh shoots, perhaps 20 to the bundle, so that they are as straight as possible. Then I let them dry in the shade.

When I'm ready to make the arrow, I first hold the wooden shaft over a fire, trying to warm any bends. The shaft is warmed, straightened, and then allowed to cool where it sets. This takes patience, and this step is crucial, because it takes a perfectly straight arrow to fly straight and true. The arrow shaft should bear a close resemblance to a dowel.

ARROWHEADS

Carve a nock just big enough to receive a flint-knapped stone point. Historically, some arrow points were nothing more than the

sharpened, fire-hardened tips of the shafts. These were suitable for taking small game. Arrow points can also be made from bone, shell, wood or hammered metal.

The ideal stone point is straight in the profile, not too fat anywhere, with sharp edges. Once your point fits snugly and tight, add glue and then wrap it securely with sinew (the white connective tissue in an animal's leg that holds it all together). Wet sinew is stretchy and sticky, and it tightens up when it dries. It was secure and made the point of my arrow look even better than I expected.

FLETCHING

You can add fletching (feathers) to help stabilize the arrow in flight. Examine some feathers. Each one also has a wide and a thin side. It takes three pieces of feather to finish an arrow; in general, that means you might need three feathers per arrow. When you select the three feathers for the fletching, all of them must be from either the right side of the bird or the left; don't mix them. And when you cut the segments you need, you must cut them all from either the feather's wide or thin side.

Make a decision about how wide and long you want the feathers to be. Then, using a sharp knife, cut the feather down the middle rib. For example, if I want my feathers to be about three inches long, I trim off all but three inches of the feather, leaving about an inch of bare ribbing on both ends of the feather. This is for attaching the feather with sinew to the shaft.

Carve your nock first. This is the notch in the back end of the shaft that the bowstring sits in, thus propelling the arrow. The nock



In this case, the stone point is attached with sinew.



of archery. Get familiar with what it takes to load an arrow, and shoot an arrow, and hit a target. Shoot a few hundred rounds at least.

Then you will gain a deeper appreciation for the hand-made bow and arrows. In time, you can make a good bow that can be rated up to 60, 70, 80 pounds of pressure. And you can make good arrows that fly well and hit their targets. The skills you develop are at least half of the equation of becoming a good archer, and a successful hunter. Somehow, with the modern bows, and aluminum arrows, it can seem all too easy to be a good archer. Some archers just want top-quality modern tools so all they have to worry about is developing their skills.

The information I shared is for that small group who desires to follow in the footsteps of our ancestors. You can go into the forest and collect your own wood and make your own bow and arrows, and you can develop

the skills to successfully use them. ✓

RESOURCES

Bows and Arrows of the Native Americans. Jim Hamm; The Lyons Press, 1989. (An excellent presentation that includes data gleaned from Ishi, thought to be the last surviving member of the Yahi group of Yana Indians)

Encyclopedia of Native American Bows, Arrows, and Quivers. Allely and Hamm; Lyon's Press, 1999. (A picture book full of line drawings showing the diverse styles of bows, arrow types, nocks, methods of construction, quivers, weaves, etc.)

Survival Skills of Native California. Paul Campbell; Gibbs Smith, 1999. (An excellent book that covers all the skills used to survive, with detailed sections on bow and arrow making)

The Traditional Bowyer's Bible, Volume One. Allely, Baker, Comstock, Hamm, Hardcastle, Massey and Strunk; Bois d'Arc Press, 1992. (Everything you need to know about wood for bows, making bows, even making arrows. Yes, there are other volumes, but start here.)

BIO

Christopher Nyerges is the director of the School of Self-Reliance (www.SchoolofSelf-Reliance.com), specializing in extreme and primitive survival tactics. He is the author of 22 books, including: Urban Survival Guide, How to Survive Anywhere, Foraging Wild Edible Plants of North America, and others.



Using three feathers is most common. You want to end up with three pieces like the piece on the right, all cut from three feathers with the same curve, from the same side of the feather, and with a bit of midrib on each side so the feather can be tied to the shaft.

need not be deep.

You don't want your feathers to get "bumped" by the bowstring when you shoot the arrow, so the feathers need to be evenly spaced from each other around the shaft. One feather must be perpendicular to the nock as you look down the end of the shaft.

Once you have three trimmed feather sections, secure them to the end of the shaft so they are not in the way when you grab each arrow for shooting. Once you have wrapped them all, you might have to adjust a bit so all three feather sections are equidistant from each other.

Your arrow is done. You can paint the shaft with special colors, symbols or words. That's up to you. Now, if you have no archery experience, it might be good to just buy a simple recurve bow and buy a set of wooden arrows, and learn some of the basics



Students show the arrows they just finished making.



INTERVIEW AND ELICITATION SKILLS: THE OTHER SIDE OF THE TABLE

BY CHAD SCOTT

You will face many types of interviews in your lifetime. Most people interview for jobs and home loans. Friends, neighbors, acquaintances, businesses and sales people also attempt to gain information from you on a daily basis. Many of their information searches are well intended or benign. Sometimes they cross a line into non-constructive probing that you do not wish to assist.

Thankfully, far fewer people will be kidnapped or face a home-invasion type robbery, but those events frequently involve interviews and interrogations as well. Criminals want to know who else is in the home or who may be returning to it. They want to know where your valuables are kept and they may even want to compel you to make withdrawals from bank accounts they will want to know key details about.

I want to help, support, and provide useful knowledge for you to consider

from the interviewees point of view. Some interviews are appropriate and lawful and I have no interest in assisting criminals. It is up to you to evaluate what the motives are for those who interview you—both formally or informally—and use your communication skills appropriately. We can all benefit from understanding some lessons from interviewing and interrogation and considering those skills from both sides of the equation.

First you must understand the reason behind the interview. Understanding the reasons for the interview lets you prepare for possible questions and address your concerns or trepidations about being interviewed. Interviews can come in several forms. They can be rather benign or in some cases they may be much more serious with real consequences.

Let us first look at some benign or semi benign interviews that you will run across.

As mentioned, employment interviews are a form of interview that nearly everyone will come across during their life. Employment Interviews can range from a quick review of an application, to a couple of minor questions concerning experience with a past employer or may probe a little further. These should be low stress interviews. Some will come with a background check of some sort. As an interviewee in these types of interviews, if you are truthful to your resume and application in the process you should have no issues. Most of these interviewers have little to no formal interview training or minimal company mandated training. Most of your good interviewers as part of these interviews are self-taught or gained interview experience and knowledge through repetition.

Employment interviews can get more stressful with additional testing, verification of experience, in-depth background investigation, multiple interview processes,

a board type interview, or polygraphs. These are some of the elevated interview tools that can happen in employment interviews but should not be seen as a full list of techniques. Understanding these elevated interview tools, is the best way to lessen your anxiety and understand what information the interviewer is looking to gain by using these tools. Your interviewer with these types of interviews often have additional training and may be a more highly trained interviewer. Best practices for the employment interviews include being congruent and truthful with claims such as resume' bullets and your ability to easily articulate these experiences. Recalling the techniques that have been most successful in the past for getting into your confident state (and doing it) is useful for most people. Calming or slowing down slightly has benefited some and being attentive and politely engaging with the interviewer has successfully fostered a cooperative and beneficial relationship successfully.

Moving up the interview scale of more intensive and intrusive methods or higher trained interviewers would be interviews with law enforcement, intelligence organizations, or other formally interview trained individuals. These interviews normal will come for a bit more stress for the interviewee as the stakes are normally higher. The results of some of these interviews may land you in legal trouble. These interviews can range from witness interviews to subject interviews.

As an interviewee there are things that can be done to make them more successful no matter the type of interview. Some simple things that I have seen over the years that have resulted in good interviews from an interviewee point of view.

SLEEP AND REST

Sleep and be well rested. As an interviewee make sure that you are at your top mental alertness by being well rested prior to the interview. This does a couple of things; your brain is working at the top of its game and your reactions will be much quicker with being able to answer questions. Being mentally awake and not being sluggish may give the interviewee the benefit of appearing most truthful as they are not looking for easy answers due to fatigue. They may appear smarter or more trustworthy in their answers by being clear and concise with their answers. While this may seem very simple, the benefit of being well rested during an interview when

you are being interviewed by an individual that has their own biases (all interviewers and, in fact, all people) this is beneficial. Interviewers have different training, different access to additional information, and they have an end goal of reaching a conclusion based on the information given. Giving yourself the benefit of a good night sleep may help overcome some of an interviewer's bias.

INTERVIEW PURPOSE

Understanding the intent of the interview is critical. Is the intent of the interview to gain employment, give witness information, a straight conversation, information purposes, or are you a subject of the interview with potential legal consequences for you? Why

Address interviews as you would address improving marksmanship on the range. It is done through knowledge and practice. It becomes more comfortable over time and can be improved with deliberate practice.

does this matter? Very simply the intent of the interview can change your stress level, your need for preparation, and your need for legal representation. The difference between a simple job interview and an interview with law enforcement can change the stakes of the interview.

WORD MEANING

Words have meaning; this is a simple statement and it has varying means of applicability depending on the type of interview. Being clear and concise during a job interview will often be perceived as being more truthful, smarter, more confident. Being able to answer questions without a large amount of transition words such as "umm", "ugh", "ok", or "like" or words conveying doubt such as "maybe", "I think", and "I am not sure" is strongly to your benefit. These types of words reduce the apparent interviewee reliability to the interviewer as it is perceived as not being confident and possibly not truthful. Also, consider how detrimental it could be to use a word that you guess you know the definition of only to later discover that it means something significantly different. You may be asking, why does the perception of the interviewer matter so much? There was a saying we used all the time doing counterintelligence and surveillance operations: "Perception is

Reality". Meaning that the perception of the target or in this case interviewer is their reality. What they feel and their interpretation of the facts are what the interviewer will write up and will become the record of the interview.

LEGAL REPRESENTATION

Know when to stop and ask for a lawyer. As you get to the most intensive type of interviews such as witness statements, subject interviews, or any interview that can result in legal action, stop and think. If you have been asked if you would like a lawyer present, that would indicate that you really may want a lawyer present during the interview and you should strongly consider taking the question as free advice to consult a lawyer. If you go

this route, then listen to your lawyer during the interview on what to and not to answer. This does not signify guilt, it is a layer of protection that you are afforded under the law in the United States.

FACT AND FICTION

An adage comes to mind to explain the concept of perceived facts: "Don't believe everything you see". If you have watched any cop show or the various CSI shows or even the documentary type investigations programs, do not believe all the capabilities shown as reality or conversely don't believe they are showing all the capabilities possible. Do not think that because you watched something on TV it is the truth and don't take your legal advice from something you saw on TV. If you are being interviewed or interrogated by a criminal such as in a kidnapping or unlawful detention situation, understand that they will likely try to control your reality. They are likely to use direct and indirect methods to get you to accept things that may not be true or real in order to facilitate your cooperation with their goals.

BE PREPARED

Depending on the type of interview/ investigation understand the potential questions. Mainly this is for employment type interviews. Practice being interviewed

by someone to be more comfortable in answering the various questions. Understand what your answers would be to expected questions. Having thought of the various answers will give you time to craft the response to what you want to present to the interviewer. This can be a calm and confident demeanor with your delivery as your answer has been rehearsed. A bit of research on employment interview questions and techniques will give you hundreds of entries.

ANSWER THE QUESTION

This maybe a no brainer on this point, but maybe I should call it “answer only the question”. What I mean is if a question is asked that is appropriate to answer, answer it in a clear and concise manner. Do not ramble on or tell stories. Do not take the conversation away from the original question. If the interviewer is not well trained or simply asks yes or no questions, answer the question with a yes or no. Be appropriately cooperative with the interviewer based on the type of interview and for investigations based on competent legal guidance. If you are a subject of an interview or investigation and you do not answer in a concise manner you will introduce more questions and information not relevant to the subject at hand. The more you ramble the more information the interviewer can collect. Additional information can also give the interviewer more content to verify the veracity of your statements.

These tips can help with interviews that are less benign and have potential for legal complications. When you are a subject to a more serious interview you need to understand your legal rights. This can be done by getting your own lawyer or getting a court appointed lawyer. Listen and ask questions of



your lawyer so you understand how to protect yourself under the law.

Nearly all interviews can be stressful. No matter if they are employment interviews or subject interviews, they can be stressful. Understanding that it will be stressful going in will help. Being prepared and reviewing the tips given will help to reduce the stress. Practicing being an interviewer and an interviewee and handling practice questions will help you to be more prepared. Doing this with another person can reveal questions you may not have expected.

Address interviews as you would address improving marksmanship on the range. It is done through knowledge and practice. It becomes more comfortable over time and can be improved with deliberate practice.

You will be interviewed many times and in many settings. Everyday people will attempt to gain information from you. The motives of the person attempting to gain information from you will drive what an appropriate

response is. Sometimes friends, family and sales people will attempt to gain information that you will want to provide fully and precisely. Sometimes you will prefer to provide them more constructive information than precisely what they asked for. When confronted by criminals, unknown persons or even known persons there are times when you may wish to divulge different information than they are seeking or minimal information altogether. People seeking sensitive information sometimes disguise the real information they are seeking as they build rapport with you or they sometimes ask questions about related threads that may covertly lead to their desired info.

It is important to know that all human interactions and communications reveal information. The more we study the skills of the interviewer and both consider and practice these skills from both sides, the better equipped we are to face everything from buying a car to spotting a con. Interviews are one more venue to learn about communication. Truthful conversation is most often appropriate and valuable, protecting your rights is both legal and appropriate, understanding the scope and purpose of the interview and the possible outcomes is always important to understand. Interviewing and being interviewed are skills and the more attentive we are to how they are most skillfully practiced, the more we learn. ✓

BIO

Chad Scott is a former U.S. Army counterintelligence agent. He worked within the Intelligence Community (IC) for the last 30 years and was a senior instructor, and course chair, for the Joint Counterintelligence Training Academy (JCITA). He currently works for a U.S. Government contractor.

GEAR REVIEW

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FITNESS CONCEPTS



BY **CHRIS GRAHAM**

Of the greatest gifts a person can give themselves is the gift of physical fitness. Much of life is outside of our control, but for people healthy enough to workout (check with your doctor first), a small daily investment translates to a lifetime of benefit. You don't need to be eighteen years old and planning to join the Marine Corps to commit to getting started. All you need is to understand that every day you can be a little

bit better than the day before and these benefits are accumulated as resources that serve you on your best days as much as they serve you on your worst days. Whether your interests primarily include surviving a disaster or emergency, or whether you simply want to get the most out of your outdoor adventures and fun, your speed, strength and agility will add to your resilience, they will add to your enjoyment of life and they can always be improved.

If you already have a great workout and are already changing it up on occasion to serve your needs and interests, then stick with it. If you are open to considering different perspectives, read on. I think the simplest place to start is with a three exercise workout: pushups, crunches and a short run. None of these exercises requires anything more than you and the earth you are standing on.



PUSHUPS

There are quite a few exercises that can be done for upper body strength, but the pushup is probably the simplest. With your hands approximately shoulder width apart, placed on the ground, and your body rigidly flat on the ground, push your body up to full extension. Repeat the process without letting your body be supported for rest on the ground for a second pushup and so on. Keep perfect body position for best progress over time. If you wiggle and squiggle through a pushup, don't count it. Keeping track of perfect repetitions only will make it easier to compare apples to apples when you are looking at the numbers you write down over time.

A great way to increase the number you can do is to do "pyramid sets". To do a pyramid do: one then two then three then four, etc. With a 10 second break in between each. When you can do no more, you work your way back down again: 20 then 19 then 18 then 17 for example. If you are pushing yourself with this, then you will likely do best with a recovery day in between your pushup workouts and you may occasion-

ally need one or more stretch days instead of pushup days if battling soreness. You will get impressive gains over time, but the key is...over time. 10-15 pushup pyramids in a month will get most people much better results than trying to push hard into pain on day two. Think of this as more of a marathon than a sprint.

Once you have mastered pyramids, if you want to add to your challenges and gains you can add some sets of a variety of types of pushups. Diamond pushups are executed with your hands close together in a diamond shape. Wide pushups are done with your hands extra far apart. Inclines are done with your feet elevated (such as on the back of a chair or on a railing). And if you have access to a dip bar, this is a great variation to maximize your pushup workout.

CRUNCHES

The second of our three piece simple, but effective and fast workout is the crunch. When I first joined the Marine Corps we did sit ups. These were performed laying on the ground face up with our knees bent and hands clasped behind the head. A partner or

a bar held our feet down while we contracted our abdominal muscles and came up to hit our elbows to our knees. We competed doing our maximum numbers in two minutes. Today, sit ups have fallen out of favor because of the possibility that the individual can strain their neck by pulling on it at the wrong time. Crunches have become the common replacement. The arms are folded across the chest and kept flat so there is no way for an individual to pull on their neck. Perfect form has the individual keep their butt on the ground throughout the process so there is no "slingshotting" forward. Sit ups and crunches build core strength for your body which is critical to supporting your overall mobility. You will likely find that you do not want to do these more frequently than every other day and you will want to stretch a lot with side bends and stretches like the yoga "downward dog" (legs close together on the ground while your upper body is supported by your arms at full extension as you are extended forward; think of a pushup where your waistline stays on the ground).

Crunches can be done with your feet



held down by a partner, held down by a fence, or on an incline for added challenge. They can be done as “V ups” if no support is available for your feet: extend your arms out over your head, and raise your legs and arms to get your crunch with both feet and hands off the ground as you contract your core.

RUN

There was a time in my life when I could not run one mile. The funny thing that I understand now is the moments I spent in disappointment, were enough to get a quick and effective workout if I had spent the time doing instead of regretting. I began with a run. It was an ugly run, but it was a run. One and a half miles is a good starting point. The more convenient the location, the better. It will be far better to start and end at your home than be at a location an hour’s drive away. You can measure the distance with an app or with your car. Walking a short distance and then stretching the muscles in your legs for a few minutes will warm up your legs, reduce the chance of injury, and help you preserve your body for a lifetime of use. Skipping warm up or stretching inadequately can lead to injury or

avoidable damage from long term use.

If you are just getting started, there is a chance that 1.5 miles is a longer distance than you can presently run without being chased. Take it as slow as you must, but keep running to the end. If you are not able to do this yet, you will need to push yourself so that the walking distance is minimal. Tomorrow, or the next day, when you go for it again, fight to shrink the walking distance. This may be a clawing struggle, but as long as your doctor cleared you for running, and you fight for improvement each time, you will get there before long. The first milestone is simply a 1.5 mile run completed without slowing to a walk. Once you are doing a mile and a half, it is up to you whether the next milestone is greater distance or greater speed. People often jump on more distance, but prioritizing working on intensity may have even more benefits.

To work speed, add 100 yard sprints into the run. They don’t have to be exactly measured, just pick benchmarked segments along the way. For quite a while I avoided sprints whenever possible. When I finally matured enough to accept their value, I ran sprints separately from my primary run.

Eventually I noticed that I frequently lacked the time I wanted to do it all and changed to make the process more efficient by including sprints inside my runs. First do one or two if they are a challenge, then get up to four to six (that is two or three on your outbound run leg and two or three back). When you are getting started it is fine to slow jog to catch your breath immediately after a sprint. The point is just to stay at a pace above walking when you are recovering and go as fast as your body can be pushed when able. Make specific notes on your progress session to session to make sure the trend is going in the right direction and you can continue to see trends over time.

Another improvement is to add inclines such as hills and outdoor stairs. These can also add more intensity and may be less impact on your joints if you step well. You can also consider running in the grass next to paths and roads rather than running on pavement and concrete. This generally forces you to lift your legs a little higher (adding a little intensity benefit while improving your balance skills on uneven terrain) and cushions your footfalls for a potential two for one benefit. My final suggestion for this run is to eventually do it on a trail if one is available. The variation brings the benefits mentioned and the changing scenery can reinvigorate. I recommend mastering your 1.5 mile run and improving it by incrementally stair stepping forward: more intensity, then more distance and vice versa until you reach your goals.

These three exercises, carried out consistently over time can change the trajectory of your fitness and improve the quality of your life. They can be done anywhere, they require no equipment and they can be supplemented as you see fit once you get momentum going in your workouts. Stretching, hydration (with clean water not soda or beer) and deep breathing every day (running does this for you, or you can do a few rounds of deep breathing and breath holds on days you are not running) is an even simpler practice than the three exercises that supplements them perfectly.

You have one body to live in. Take care of it. Be your best and encourage others to be their best. ✓

BIO

Chris Graham was the former commander of a military anti-terrorism unit and served as editor of Tactics and Preparedness. Visit his books and training products at (www.ChrisGrahamAuthor.com.)



MARINE RAIDER FOUNDATION

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.



RAIDER SUPPORT

Tremendous demands are placed on Raiders and their families, and the sacrifices made are just as great. As active duty and retired Raiders transition out of the military and approach their next mission in life, the Marine Raider Foundation provides them with the tools and assistance needed to ensure they succeed including Transition Assistance Grants for Raiders re-entering the civilian sector following their service, access to mentors & support of career transition programs.



TRAGEDY ASSISTANCE & SURVIVOR SUPPORT

If a Raider is wounded, ill or injured during combat or training exercises, the Marine Raider Foundation provides financial and logistical support so the focus can remain centered on family, health, and healing. We also provide funding to support advanced rehabilitation programs, innovative equipment & operational health performance programs not funded by the government. When a Raider makes the ultimate sacrifice in defense of our Nation, we will offer support to his family by providing financial assistance for funeral travel and commemorative events, respite childcare, and events that keep MARSOC Gold Star families connected to one another and their extended MARSOC Raider family.



FAMILY RESILIENCY

Raider families are the backbone of this unique community. Raider family members who are facing difficult and challenging experiences will receive support through programs that bolster health, welfare, and resiliency. The Marine Raider Foundation helps Raider families with out-of-pocket expenses related to family medical emergencies, including those of special needs family members.



RAIDER LEGACY & PRESERVATION

Today's Raiders carry on their name and legacy, as they are continually deployed throughout remote areas of the world, answering our Nations' call, and keeping America forward. The Marine Raider Foundation is proud to honor these heroes through memorial structure construction and maintenance and WWII Legacy events and memorials.

TO LEARN MORE VISIT WWW.MARINERAIDERFOUNDATION.ORG

THE CHANGING WORLD ORDER

WRITTEN BY **RAY DALIO**
SUMMARY BY **CHRIS GRAHAM**

Billionaire hedge fund manager and author Ray Dalio stated that in 1971 President Nixon went on TV and announced that the USA was no longer going to honor its' commitment to back the dollar with gold in order to "defend the dollar against speculators". As a young man, Dalio expected to see the dollar collapse the next day, but it didn't. He likens that moment to 1933 when he says FDR spoke on radio breaking America's promise to exchange currency for gold. Dalio asserts that breaking this promise allowed the US to spend more than it earned and that the value of each dollar fell. He saw stocks, gold, and commodities go up after these events and he pursued a lifetime of study on why.

The Changing World Order: Why Nations Succeed and Fail is his explanation of 500 years of repeated cycles. He asserts that times ahead will be radically different than what we have lived through. He says "events like these surprise events simply didn't happen in my lifetime before now", but suggests that study of empire cycles can reveal what is coming.

In Part I: 'How the World Works' he describes "The Big Cycle": how empires rise then fall. The Cycle explains the boom created by capitalism, and what the author believes is a predictable follow-on bust.

Until about 1350, lending money for interest was forbidden by many religions. The rules began to change in Italy. Cash deposits, bonds, and stocks were created. Entrepreneurs could borrow money to create wealth promising to repay it later. The Medicis excelled with the concept. They lent a lot of money and became wealthy.

They eventually lent too much money that did not actually exist. When credit is created, it stimulates an economy in the short term, but it depresses it in the long term. The author asserts that borrowers borrow money and debt increases, borrowers spend the money and the economy grows.

Bankers could lend a multiple of what they actually had. Too much borrowing meant borrowers would not be able to repay. A run on the bank typically results in governments printing money to settle debts. This devalues each unit of currency. The cycle repeats.

Dalio says that nearly all countries on earth have had a devastating stock market crash since 1900. The 1920s were roaring in the USA and preceded a 1930s depression. A 2007 bubble preceded a 2008 bust.

Order between countries changes after wars and civil wars. Empires such as the British, US, China, Spain, Germany, France, Japan, India and the Ottoman empire are of interest to the author for their commonalities in 'Big Cycles'.

In Part II: 'How the World Has Worked Over the Last 500 Years' the author asserts that education drove technology which drove becoming the reserve currency. Becoming the reserve currency allows for borrowing of much more money and effectively creates the opportunity to tax the world by inflating the money supply that is used in international commerce. Being richer leads to more enjoyment and less work, and sometimes leads to decadence. Dalio believes a repeated aspect of the cycle is that a currency becomes the world's preferred currency because it is reliable. As an empire declines there is an irresistible temptation to simply print or create more currency. This is not reigned in by policy. It is reigned in when those who use the currency around the world simply find a more reliable currency to use for commerce.

The author states that financial 'bubbles' made of debt expand wealth gaps and that expands resentments, but this is not necessarily un-survivable as long as all see benefit. Borrowing and spending is easy as long as the empire appears strong. When being weakened by international military conflicts and other expenditures, empires cost more to sustain. They historically trend



toward becoming larger until the point of becoming unprofitable and then they decline until they lose their position. Ultimately the rising power is able to impose terms on a declining power. Reversals are difficult and not likely. Internal revolution and redistribution are occasionally peaceful and Dalio cites FDR as an example with French, Russian and Chinese revolutions as more common examples of violence. The bottom line is that when internal strife is sufficient to cause a revolution, revolutions produce new internal orders. Revolutions also raise the risk of international conflict, especially when a declining empire nears perceived parity with a rising empire.

Dalio believes nations display early, middle or late stages of life span like a person does. However, a person lives to around 80 years on average, but some live much shorter and some live much longer. So, one can look at health indicators of the individual to get a better idea where they stand. Knowing if a person is a smoker, or obese allows more accurate forecasting of how many years of life they have remaining and the author believes nations have some similarly clear indicators.

In the Big Cycle, when empires are strong they can provide support to eliminate opponents, establish working structures, and they tend to pick leadership successors well. Fights lead to peace and prosperity with a new dominant actor unchallenged for a time.

Strong education creates knowledge, skills, work ethic, rules and laws, low corruption, and some shared commitment to purpose, innovation, and the invention of new technology.

Dalio cites the Dutch as one of his Big Cycle examples crediting them with 25% of all inventions for a time and deploying ships by raising capital to fund voyages. The Dutch East India Company was the first publicly traded company on a stock market created to support it. This required military strength to protect the ships and incentivize those who can take and make wealth.

The author discusses the transition of financial centers from Holland to London and to New York. He says even China uses aspects of this capitalist approach and quotes Deng Xiaoping as saying: "it doesn't matter if it is a black cat or a white cat as long as it catches mice".

In the 1980s, the US had 40 times the per capita income of China and was borrowing heavily. The US none the less has less presence throughout the Pacific than China does today. According to the author, the US is in a massive debt spiral with borrowing outpacing earnings.

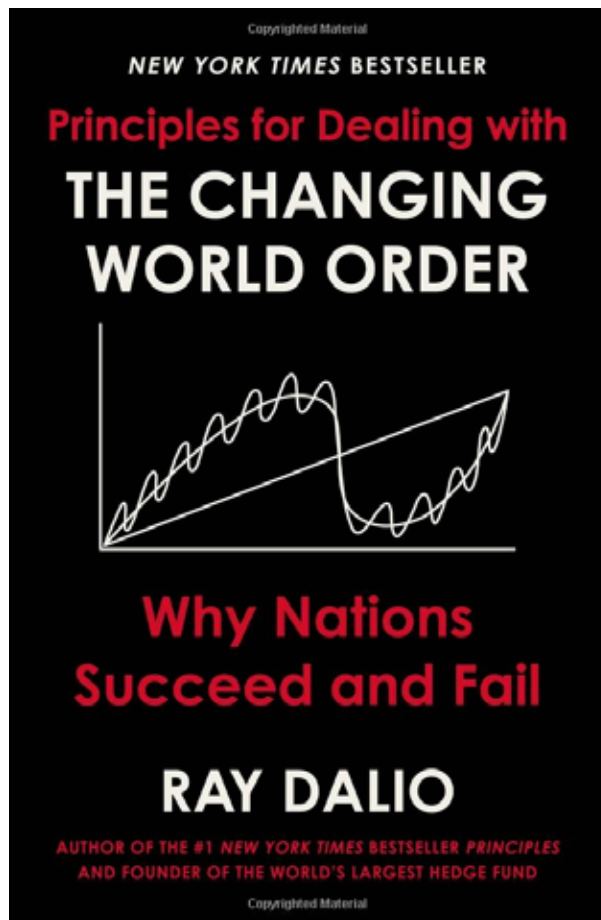
Items that make empires great are: strong leadership, strong education, work ethic, low corruption, investments in wealth creating assets, increasing productivity, innovation, strong military, strong currency and becoming the leading financial center.

The internal order is the primary cause for the rise and fall of empires and Dalio says: "A nation's greatest war is with itself." He also said:

Corruption undermines the effectiveness of a market-based system in a variety of ways, diverting resources, distorting incentives, raising the costs of doing business, undermining business competition and efficiency, and creating uncertainty for investment. Corruption also both discourages profit-seeking and often impedes it. Small types of corruption (like the bribes one may have to pay at the airport or to an administrative official) create inefficiencies that slow down the agility of businesses, raise costs, and make it more difficult to cultivate a new business. Big forms of corruption (for example, business appropriation) create limits to financial success and others (like large bribes to enter an industry or win a license) create entry barriers and lower prospective returns. All forms can make a country's system dysfunctional

and create uncertainty around doing business in a given country. In all these ways corruption undermines productivity and the capacity of a society to realize its potential.

In Part III: 'The Future', Dalio asserts that we can estimate that in the next 10 years, there will be 10-15% more people in the world, the output per person will be 20% higher, wealth will be 30% higher and life expectancy, 7.5% longer. He cites the following determining factor: Innovation is moving faster and faster and most people will benefit from it. Quantum computing with AI will create an enormous volume of knowledge that will create wealth and power and China leads in that space.



In 2010, Joint Chiefs of Staff Chairman Admiral Michael Mullen made the obvious, but dismissed statement: "The most significant threat to our national security is our debt". At that time it was about \$13 trillion. Now it is about \$31 trillion. According to Dalio, Debts are too large at the moment, so money will be printed to service them. There will ultimately be a reckoning between borrowers and lenders. The value of all currencies will decline.

The author believes internal conflict is high

in the US and that tests of power are the ways one learns who rules throughout the world. He believes all empires eventually disappear and new ones rise to replace them and that the US and China are engaged in four types of war which are intensifying. These mini-wars may precede military wars by about 10 years and Dalio believes China may wait for civil war in the USA before acting overtly. As time goes by chances for a war increase as China rises and the US declines.

When I was a kid in the 1980s the conventional wisdom of the time held that Japan was about to displace the United States' economic position in the world. Japan was on the rise and the perceived vulnerabilities of the USA were real, but it did not happen. It turned out that Japan had its' own internal limiting factors too. World history does not unfold linearly. It follows predictable arcs for long periods of time that get dramatically redirected by occasional 'Black Swan' events.

Ray Dalio's *The Changing World Order* is a highly intelligent and insightful work with an urgent message. It may also leave you with a question he did not address. Nation states did not always give way to other nation states. There was a time when tribes and villages were eclipsed by city states then there was a time when city states came to be dominated by nation states. What if we face another such transition? Will the nation state be displaced by something larger such as the transnational system of central planning alluded to in the United Nations' Agenda 2030 documents and the Klaus Schwab book *The Great Reset* - administering the world similarly to the way the Communist Party of China administers China? Or will circumstances drive the world to take an unexpected turn in the opposite direction of dramatic decentralization instead?

Ultimately, Dalio gives the reader two primary recommendations: Produce more than you consume. Treat each individual with fairness and empathy. This is good advice for people and this is good advice for governments. ✓

BIO

Chris Graham was the former commander of a military anti-terrorism unit and served as editor of Tactics and Preparedness. Visit his books and training products at (www.ChrisGrahamAuthor.com.)



HOME INVASION HORRORS AND CONTINGENCIES

BY **KENT O'DONNELL**

When I am teaching firearms skills courses to citizens, I usually have them introduce themselves, and state why they are taking the particular class they are present for. I am especially interested in what new gun owners are looking for in their training. Far and away, the new gun owners I encounter are most frequently focused on self-defense capabilities. With the apparent popularity of disregard for the rule of law in the United States currently, the “defund the police” fads, and understaffed law enforcement agencies, quite a few people are very concerned about their family

and personal safety. Safety in the home, is paramount. Our families, and our most precious items are there. For many, our homes are our safe place, our sanctuary, and for many, our worst fear would be a home invasion; intruders inside our home—at the time of their choosing—while we are present.

Criminals are often lazy or at least follow paths of least resistance. That may be why they are stealing our items in the first place rather than working to buy their own. Most businesses are burglarized at night, when unoccupied and there is no human resistance to the theft. Most residential burglaries occur

during the day, while residents are at school, or work. Another popular time for residential burglaries is while the resident is on vacation or away for an extended period for other reasons such as business travel. These crimes are often conducted by someone connected to the resident by a third party or from more distant contact such as social media, or they may be the associate of a friend or service provider (e.g. lawn service) who knows the home will be unoccupied for a long period of time.

The very worst case for the resident is a burglary occurring while home with the

family, this is a “home invasion”. Home invasions are often targeted purposefully. The suspect has chosen the specific residence and person for a reason. Some, especially recently—due to the increased number of persons working from home—are “chance” home invasions. Chance home invasions are no less dangerous for the homeowner. In our law-abiding minds we sometimes assume that if we startle the suspect they will run away... and they *might*.

Of course, if we change our thought process to the suspect’s point of view, the suspect has now been seen, and can be identified to the police, their chance of going (usually back) to jail is very high. The chance encounter has now become a very high-risk situation for all present. Unlike the preplanned home invasion, these suspects may have no plan for the encounter, and panic mode can set in action a very violent response. Another chance encounter I have investigated is where the suspect or suspects are so polluted with drugs, they go to conduct a burglary and are intentional on the action, entering any residence and just basically going for it. As you can imagine the altered state of mind and unpredictable decision making of these suspects make this situation highly volatile and dangerous also.

Methods used during a home invasion can be very complex. Often the suspects will use a ruse to gain entry to the home, for example, having a female suspect knock on the door and request to use the phone to call for help for a broken-down car. This is a huge red flag! Who does not have a cell phone? Knocking on the door stating they have a delivery for the resident is also common and this works well in the days of online shopping. Another common method is knocking and stating they are looking for (insert any name) and they just want you to physically open the door. In the alternative, forced entry can also be used. It is not uncommon for the suspects to break in through the front and back doors, sometimes both simultaneously.

As you can see, the intentional home invasion suspect has put some thought into this attack and is often armed with a firearm. He often cases the location prior to attacking and frequently brings a team during the attack. The suspects will try to gain compliance from the resident. The suspect is looking for a variety of items the resident has secreted away: gold, money, drugs, vehicle keys and things of value. Interestingly, even criminals will have a scene management plan, if you will, for what to do with the person in

the house. I have seen several cases where the suspects brought rope or duct tape with them to subdue victims. The suspects often gather all persons who were in the residence and then bind their hands and feet and tie them to a chair. Each state might label these crimes with different names, but they are all serious felonies and they are extremely dangerous to the targeted victims. It is not uncommon for beatings or torture to occur at this point to extract information, or for other purposes. In the most violent home invasions, the wife, daughter or other women present maybe sexually assaulted in front of the other family members.



Intentional home invasions are unique in that the suspect usually knows the home is occupied when they make entry to conduct the theft. I have investigated numerous home invasions, and in most cases the location was not random, the suspect had knowledge that the home was occupied and knowledge of targeted items in the home. We had a string of home invasions where the suspects were targeting prescription drugs, and then taking high value items of opportunity. In these cases, the victims, were usually elderly. The suspects would knock at the door and when it was opened to the slightest degree, they would force their way in. This team usually entered with two subjects at the front door and two at the back door.

The back door team would kick in a door or break a window and unlock the door and enter at near the same time as the front for a coordinated attack. The suspects were looking for a known item: the prescription medication. Then they would extend their theft to high value items of opportunity. There is the urban legend that elderly who

survived the depression do not like banks and keep large sums of money under the mattress or in the freezer. It has been my experience that this is not very common anymore, but the bad guys keep checking these locations. When they do not find sums of cash, the frustration often presents itself in violent force used on an elderly resident. With a lack of cash, other items such as safes (usually containing important documents), expensive jewelry and vehicles are frequently stolen. In the case we investigated where multiple elderly persons were targeted, we learned it was a pharmacy tech who was telling her boyfriend the names and address of persons getting prescription pain medicine. The boyfriend was armed with a handgun when he and his accomplices conducted the home invasions.

In many home invasion cases police have to use the “Paul Harvey” method of questioning the victim... “and now the rest of the story”. Victims often have had a relationship with the suspect. I have investigated several where the suspect is a former business partner, “drinking buddy” or someone who was invited over by one of the residents friends, and then returned to conduct the theft. In these cases, the suspect was still targeting high value items or cash. Often, the victim had shown money or bragged about high value items and the suspect then returned to steal it. I investigated one such case that ended terribly for the residents.

They had held a party and allowed friends to bring some unknown persons with them. This seems common enough and we have all probably done that. However, the resident was bragging about getting a large sum of money and had used some of it for the party that evening and was going to pay cash for a new vehicle in the morning.

After the party ended the third-party guest returned to the apartment with an accomplice. Breaking in through the front door, he made his way to the couple still sleeping in bed. There was some interaction between everyone in the apartment. The particular details were in dispute between the suspect and the accomplice. What ever happened, it ended with the suspect shooting the male in the face. The female moved to a sitting position where she was shot in the face. The suspect then fired two additional rounds into the male, and finally two additional rounds into the female. The suspect and accomplice fled the scene. Other residents who knew the couple and had attended the party gathered outside the

crime scene tape. One person approached me and said “I know who did this...” and they did. Case solved. After the party the suspect had made comments that he would be back to “get that wad of cash”.

The most common and most violent home invasions are often targeted homes where the resident is involved in drug trafficking or other associated criminal acts. These home invasions usually include multiple assailants, all armed, entering a residence. They often have two objectives: harming the resident (a rival drug dealer) and stealing his money and product. I have investigated several of these crimes that had ended in homicides. Many of these actually go unreported unless significant violence is used. The victims are reluctant to call the police and say “someone just came and stole my drugs and my profits from selling drugs”.

male dead in the shower. Neither victim had any previous criminal history. The investigation revealed that they were aspiring entrepreneurs, in the sale of marijuana. A local gang did not appreciate this and raided the house taking 10 pounds of marijuana, all the cash they found, and killing the kid they felt was most responsible for competing with their business.

Recently, I read an article chronicling an elderly couple having been victims of a home invasion. The suspects were caught on the home security cameras bringing both victims to the living room. The wife showed the suspects where a safe was located and stated, “this is not our safe, we are watching it for someone else and there is a large sum of money in there”. This is suspicious, but not uncommon. The elderly are often taken advantage of. In this case they may have been

to install. Having your front door observed by a camera is a must now. This gives you a method to “push your vision out” and see who is at the door. Additional cameras at the other points of entry are highly suggested as well. A camera that can view your driveway is a nice to have item to look for vehicles or additional persons. The key, of course, is to use the camera before you answer the door. All too often we see attacks captured on home cameras when their use prior to opening the door could have prevented the attack.

Do not open the door. I like cameras with speakers and microphones. Tell the person, “I am looking at you through the camera, how can I help you?” What you are saying is I have video of you here. For the person requesting help, tell them you have called for the police. For the delivery you are not expecting, tell them to leave it, or that the



The most common and most violent home invasions are often targeted homes where the resident is involved in drug trafficking or other associated criminal acts.

Less common, but more relevant for law abiding citizens are home invasions that involve movement and kidnapping. There have been criminals that took residents to their ATMs to withdraw cash under duress. This has also been done with residents’ own vehicles before. There have even been teams that held one or more family members hostage while another member of the family was monitored going to a bank to make a withdrawal larger than an ATM would accommodate. If you can imagine a crime, it has probably already happened more than once.

On one occasion, we responded to a report of possible gun fire in a neighborhood not known for criminal activity. We arrived to find a young adult male in the front yard who had been “pistol whipped” and clearly needed stitches. Officers clearing the residence located a second young adult

asked to hold cash for another person that was profiting from an illegal activity. They did what appeared to be the smart thing by giving up the safe and the suspects fled. The elderly couple was unprepared to defend themselves or the cash of their acquaintance.

The best method to not be a victim of a home invasion is to not get involved in criminal activity. After that, I am a big fan of having your home’s perimeter well lit. The main points of entry need to be illuminated so others can see someone at your door. Use motion activated lighting in all other areas. This is different and when the lights go on, it will attract your attention. Any window near doors or embedded in a door should have security film applied. This is available at most hardware stores and can be clear or tinted. It will delay an intruder in breaking the glass, giving you more time to respond. Cameras are affordable and easy

neighbor is coming over to help you bring it into the house, please wait. For young adults or kids at home alone, “My dad is across the street. He is watching and will be right here” can be useful. If you truly are uncomfortable, trust that feeling and call 911.

You can search the internet and see many home invasion videos. It is strange to me that so many people have cameras in their living rooms when you can use cameras to push your vision out and see the attack coming. I am an advocate of having a pistol belt with a gun, magazines, flashlight, and pepper spray on it and readily available. Even better than that may be a vest with armor and the same items readily available. These are simply tools of course, and their value lies in how skilled you are in using those tools. When in doubt, kit up; especially in hours of darkness.

Think of each skill you would want to have for that defensive firearm. You will need



Home cameras are affordable and easy to install.

to know and practice safe handling and weapons maintenance. You will need to be able to hit your target, so marksmanship skills are needed. You may need to clear a stoppage or reload efficiently. You may need to operate the weapon and flashlight with either hand. If you have a gun mounted light, you will also want a handheld light to shine places not appropriate to point your gun. If you have not shot with a light in darkness, you may be surprised by some of the challenges you encounter. Smoke from even a single shot can block your light and vision in a confined space. You will want to understand the difference between cover and concealment.

Are you comfortable and effective “pie-ing” corners in your home with your gun? You may be benefited by having already scouted out the best points of cover to maneuver to and defend from in your home. Can you shoot effectively while moving? Can you anticipate where an attacker’s accomplices may come from? Did you already call police? Do you have a plan for when they arrive? You could be mistaken for a bad guy with a gun in your hand. Do you know what the laws in your state are regarding self-defense and the use of any weapons? Have

you used the pepper spray before? What will you experience when it gets on you too in the confines of your home environment? Do you have an idea what may come next? What do you think family members or others in your home will be doing during all of this? Are your weapons safe from children’s hands and others who may not operate them safely? There are quite a few items that must be considered in your personal home defense plan and the time to place the tools you want where you want them, and the time to develop the skills to safely and legally use them is before an event not during one. Depending on the size of your home, having a weapon safely hidden in areas away from where you keep your belt or vest may not be a bad idea.

Social media management is super important. Stop family members from posting how excited they are about your weeklong trip starting in two days. When on your trip stop posting every meal as others can track that you and your family are not home. Limit the guests to your house to those you trust or at least limit what un-vetted guests can observe of your home. It is unlikely that your new neighbor will home invade you, however, all of our kids are one jerky friend away from

creating a nightmare. The neighbors’ kid’s friends, delivery people, the pharmacy tech, etc. do not need to see indicators of your personal riches. Devalue yourself as a target. Uber is super convenient, but you must realize that driver taking you and the family to the airport now knows you are away.

I approach life with a positive outlook. I also shape the environment where I can and take precautions to reduce the likelihood of being targeted. And I choose to have some contingency plans prepared for the most likely and most dangerous scenarios that I might face. As the old saying goes: An ounce of prevention is worth a pound of cure. ✓

BIO

Kent O'Donnell 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. Kent worked on a U.S. government project in Libya for six months and currently serves (www.360worldwidesecurity.com).

Whether your highest priority is guaranteeing a free and fair 2022 election in all 50 states, getting to the bottom of the COVID-19 (Wuhan Virus) misrepresentations, 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.

DR. JOSEPH LADAPO

Joseph Ladapo was born in Nigeria and immigrated to the United States when he was five years old with his family and his father, a microbiologist. Dr. Ladapo is a physician and health policy researcher focused on clinical trial interventions and reducing cardiovascular disease. He is a professor at the University of Florida College of Medicine and he was an Associate Professor at the David Geffen School of Medicine. He previously served as a faculty member at NYU School of Medicine and as a Staff Fellow at the U.S. Food and Drug Administration. Dr. Ladapo was appointed by Governor Ron DeSantis to serve as Florida's Surgeon General in September of 2021.

In January 2022, Senator Ron Johnson hosted a forum in the US Senate: *COVID 19: A Second Opinion*¹ where bombshell evidence from the Defense Medical Epidemiology Database (DMED) was presented from DOD whistleblower doctors indicating that myocarditis information had been deleted and a tidal wave of new diseases had accompanied the timeframe military personnel were ordered to participate in medical experimentation in the form of the highly profitable subscription service of mRNA injections termed COVID "vaccines". The DMED data did not indicate a jump in disease accompanying the introduction of COVID, but rather indicated the following accompanying COVID injections:² Diseases of the nervous system 1,048% increase. Malignant neoplasms of esophagus 894% increase. Multiple sclerosis 680% increase. Malignant neoplasms of digestive organs 624% increase. Guillain-Barre syndrome 551% increase. Breast cancer 487% increase. Demyelinating 487% increase. Malignant neoplasms of thyroid and other endocrine glands 474% increase. Pulmonary embolism 468% increase. Migraines 452% increase. Ovarian dysfunction 437% increase. Testicular cancer 369% increase, and Tachycardia 302% increase. DOD responded by quickly changing the numbers entered into DMED.

According to the CEO of OneAmerica, an

American life insurance company, all-cause deaths went up 40% in the third quarter of 2021. These deaths were among workers aged 18 through 64 and accompanied the implementation of COVID injections not the introduction of COVID itself.³

A great deal of coordination and expense is evident in the proliferating COVID Information Operations.⁴ Despite slander, smear campaigns, and threats, Dr. Ladapo has courageously challenged the legitimacy of mask mandates, "lockdowns", and "vaccine passports" that require free men and free women to obtain permission to move around and participate in a free market economy from a central planning authority. He has encouraged physical fitness and supported individual choice in early treatments including non-pharmaceutical treatments and repurposed medications already approved.

CDC data confirmed that COVID-19 has better than a 99% survival rate with most victims reporting minor symptoms and many unaware they ever had it. Outside Sweden where there is superior health and no mandates, what was the motive for inexplicable COVID policies throughout the world? Outside Florida where there is superior health and no mandates, what was the motive for inexplicable COVID policies throughout the USA?

A 2009 Department of Justice press release stated: "Pfizer paid \$2.3 billion, the largest health care fraud settlement in the history of the [DOJ], to resolve criminal and civil liability arising from the illegal promotion of certain pharmaceutical products."⁵

In November 2020 Brook Jackson, a supervisor involved in Pfizer COVID 'vaccine' trials came forward as a whistleblower stating that research included "falsified data". While Pfizer denies this, she submitted documents, photos, audio recordings, and emails to the British Medical Journal.⁶

The media slogan "follow the science" that was widely used to give the misimpression that an appeal to authority fallacy was actually an application of science may need to be replaced by the investigator's slogan "follow the money".



Only a comprehensive series of investigations will determine what happened at the Wuhan Institute of Virology, and whether any crimes committed by state and non-state actors were primarily motivated by profit or power.

Your investigation must evaluate both the claims of pharmaceutical companies and those financially beholden to them as well as reviewing the censored side of the debate from independent accounts such as the book *Cause Unknown: The Epidemic of Sudden Deaths in 2021 and 2022*. ✓

NOTES

1. <https://www.ronjohnson.senate.gov/2022/2/sen-johnson-to-secretary-austin-has-dod-seen-an-increase-in-medical-diagnoses-among-military-personnel> accessed 3/31/22.
2. <https://www.ronjohnson.senate.gov/services/files/FB6DDD42-4755-4FDC-BEE9-50E402911E02> accessed 3/31/22.
3. <https://trialsitenews.com/what-if-the-largest-experiment-on-human-beings-in-history-is-a-failure/> accessed 3/31/22.
4. <https://www.telegraph.co.uk/news/2021/05/14/scientists-admit-totalitarian-use-fear-control-behaviour-covid/> accessed 11/30/21.
5. <https://www.justice.gov/opa/pr/justice-department-announces-largest-health-care-fraud-settlement-its-history> accessed 11/30/21.
6. <https://sharylattkisson.com/2021/11/read-whistleblower-says-pfizer-vaccine-trial-included-falsified-data/> accessed 11/30/21.

ED.: Independently confirm all medical advice with a qualified physician who prioritizes scientific rigor above political directives, revenue streams, and groupthink.