



The Lamplighter Report

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Stand Your Ground The Left's Attack on Self-Defense

By Josh Loposer

With the Trayvon Martin case stirring up powerful emotions and angry demonstrations all over country, the usual suspects are out to exploit the tragedy for their own ends...

Especially our old friends, the anti-gun lobby.

A lot is being made of the fact that the Sanford Police took over a week to re-arrest and charge George Zimmerman with 2nd degree murder. The Department of Justice and the FBI have been called in to investigate.



But what, exactly, are they investigating?

And could the results of these investigations change YOUR right to defend yourself and your family?

At the center of this controversy is Florida's "Stand Your Ground" law, what it protects, and how it may apply to the Trayvon Martin case.

Does the "Stand Your Ground" law apply to neighborhood watch captains pursuing suspicious, yet unarmed 17-year-old suspects through a gated community?

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www.AbsoluteRights.com/40Days

If you don't know the answer -- you're not prepared to confidently and lawfully defend yourself in an emergency situation!

In this article, we'll breakdown what the "Stand Your Ground" law is all about, how it affects your right to self-defense, and in which US states law-abiding citizens are protected by similar laws.

Know Your Rights and Stand Your Ground

The anti-2nd Amendment lobby is out to destroy gun rights by any means necessary.

To these factually-challenged haters of the Constitution, the Trayvon Martin case is not a tragedy. Instead, it's an opportunity to grab headlines, twist the facts, and spread misinformation about the laws that exists to protect citizens like YOU.

Even though the "Stand Your Ground" law may very well NOT apply to the Trayvon Martin case, it doesn't matter to them. Even despite the fact that "Stand Your Ground" isn't even a gun law...

Anti-gun zealots are drooling over the opportunity to take wild potshots at your right to self-defense.

You see, the anti-gun lobby doesn't want you to understand your rights to defend yourself with firearms...

If they can continuously pump out enough misinformation to keep you in a state of perpetual indecision and fear, you'll most likely NEVER understand these rights -- much less stand up for them. Even worse, you won't feel confident relying on these rights in a life-or-death situation!

If there's any doubt in your mind what your rights are to defend yourself, your family or your property, then you absolutely NEED to read on. It's not an exaggeration to say that you, as well as your loved ones, won't be fully protected until you do.

Florida's "Stand Your Ground" Law

Lawmakers and pundits are coming out of the woodwork to vilify and distort "Stand Your Ground" laws as a legislative throwback to the "shoot first" Wild West.

Oddly enough, the law itself makes exactly ZERO references to firearms of any kind. None. Neither does it mention broadswords, trebuchets, or nun chucks...

Florida's law simply establishes the following:

- That law-abiding citizens may legally use defensive force when they believe it's necessary to prevent an imminent and unlawful use of force against themselves or others.
- A person can use deadly force and has no "duty to retreat" in a home invasion scenario, and may presume that an intruder means them bodily harm.
- A person who has used force permitted under this law cannot be arrested without probable cause that the use of force was unlawful. They also can recoup legal costs in a civil case if the use of force is upheld.
- If the person who uses force is engaged in an unlawful activity, or has provoked the use of force against himself or herself -- the "Stand Your Ground" law does not apply.

Notice how that last bullet point may very well determine whether George Zimmerman's use of force against Trayvon Martin was protected by the "Stand Your Ground" law.

It's About Self Defense

As you can see, Florida's "Stand Your Ground" law isn't a gun law at all... that's just what the anti-gun lobbyists want you to think.

After studying the law itself, it's plain to see that it doesn't encourage vigilantism. Heck, it's not even the law that authorizes citizens to carry concealed firearms!

It's simply a red herring...a boogeyman for anti-gun activists to thoughtlessly glom onto, as they're known to do.

Florida's "Stand Your Ground" law, however, is no legislative masterpiece. It's a jumbled up mess of good intentions, cobbled together to achieve bipartisan support in the Florida legislature.

"Florida's "Stand Your Ground" law isn't a gun law at all. That's just what the anti-gun lobbyists want you to think."

But despite its shortcomings, Florida's "Stand Your Ground" law does provide ample protection for law-abiding martial artists, swordsmen, and yes, gun owners in a home defense scenario.

We're being perfectly serious here; this law applies to practitioners of Krav-Maga every bit as much as it does to firearms enthusiasts.

Under this law, you can act decisively to protect your family the moment an intruder attempts to break into your home to do God-knows-what. You can use a gun, a knife, or Jujitsu to disable a threat as soon as you've identified one.

Moreover, you're not obligated to retreat or hide in the back of your home, as you are required to do so in some other states.

Frankly, it's hard to understand how anyone with a family could be opposed to the "Stand Your Ground" law.

Maybe those people are just extremely confident

in their local law enforcement...OR maybe it's a statement of how unprepared and ignorant they are to the threat of a violent assault. It's their choice, but we prefer to err on the side of being prepared.

Similar Laws in Other States

Fortunately, Florida is by no means the only state that's drafted laws to protect the right to self-defense. In fact, "Stand Your Ground" is really a catch-all term that covers similar laws all around the country.

While each one is a little different, some states call it the "Castle Doctrine" and others "Stand Your Ground," the purpose of each law is the same -- to protect the use of defensive force against an unlawful aggressor.

Translated into more simplistic terms, these laws are designed to protect the good guys from the bad guys!

Bad guys don't play by the rules. They don't care if assault with a deadly weapon is a felony. If they could get their hands on a bazooka, they might well use it...



"Stand Your Ground" laws are an attempt to give law-abiding citizens a roughly equal footing with violent aggressors.

Versions of this law are in place in Illinois, Montana, West Virginia, Texas, Washington, Utah, Oklahoma, North Carolina, Kentucky, and of course Florida.

What We Stand To Lose

So the question remains: Why is "Stand Your Ground" being targeted by the anti-gun lobby?

And what do we, as law-abiding citizens, stand to lose if these attacks are successful?

We don't know all the answers. What we do know is that these are important questions... questions that get down to the core of what it means to be an American.

First Aid Know-How and Preparedness

By Janet Lee Voss

If you don't have the right to defend your own life and liberty, does that mean an aggressor has the right to take them from you? One thing seems clear: If the anti-gun lobbyists are successful, your right to self-defense will lose some major ground.

When you're in a survival situation, along with food and safety, there's another issue you'll confront: medical problems. To be ready to take care of yourself and your family, act now to stock up on certain items for first aid and become familiar with first aid techniques. You'll need to know these techniques, not just for emergency situations, but because you will be providing all of your family's primary medical care once access to physicians is unavailable. Learning how to treat emergency injuries as well as maintenance for chronic conditions is a crucial part of preparedness.

This article does not provide comprehensive medical advice—but it will help you stay aware and become prepared for first aid and medical emergencies that will come up. It will also provide suggestions for dealing with some common chronic medical conditions.

This information will prove to be quite valuable as things deteriorate. Remember—no pharmacy means no aspirin pills and no antibiotics. Even a single scratch that we can heal with an antibiotic cream and a band aid can turn into a major problem when medical supplies become scarce, so it makes sense to be prepared.

First Line of Defense: First Aid Supplies to Store

First things first; stock up on first aid and medical supplies. In addition to food stores, weapons and ammunition, you need to store medical supplies. While you're going through your stored supplies, you can work on learning, making, and preparing other solutions. Storing the listed items below will help you prepare for emergencies and routine medical issues.

First Aid Checklist

Start gathering these supplies in quantity now:

- Adhesive bandages in all sizes
- Antacid tablets
- Antihistamines (such as Benadryl)—in the case of allergies or insect stings these can be a lifesaver
- Antiseptic cream
- Aspirin
- Butterfly closures
- Antibacterial soap
- Elastic bandages
- Gauze pads



- Gauze rolls—useful for larger wound areas
- Insect repellent
- Moleskin—beneficial to prevent blisters from ill-fitting clothing or shoes
- Needles and thread—you'll need these for stitching larger wounds together
- Prescription medicine (more about that later)
- Razor blades—useful for a variety of functions
- Safety pins—to hold elastic bandages in place
- Salt tablets—to treat dehydration
- Sanitary napkins—for obvious uses, but also to sop up blood and fluids
- Scissors
- Snakebite kit—available at the pharmacy or online
- Waterproof and non-waterproof tape
- Thermometer—temperature is an indicator of other problems
- Rubbing alcohol
- Hydrogen peroxide
- Tweezers—for removing splinters
- Pain relievers
- Instant cold packs—these will prove invaluable in the case of heatstroke, fever, and swelling
- Anti-diarrheal medication
- Flashlight—so that you can give first aid in a nighttime situation
- Blood pressure cuff
- Stethoscope—for use assessing the patient
- Liquid tears or eyewash solution
- Self-inflating resuscitation bag—in case someone stops breathing
- Sterile latex or non-latex gloves
- Space blanket—for use in shock situations to provide instant heat
- Iodine tablets—to purify water
- Forceps—for removing items, including babies
- Alcohol wipes—for disinfecting the skin and instruments
- Tourniquet—for stopping heavy bleeding (Use only as a LAST RESORT)
- Dental supplies including tooth brush, dental floss, zinc oxide paste, dental mirror, mouth forceps, and oil of cloves
- Emergency Obstetric Kit (includes cord clamps, bulb suction etc.)
- Bone saw
- Iodine skin preparation liquid—to sterilize the skin around a wound
- Asthma inhaler
- Hydrocortisone cream
- Anti-anxiety pills—primarily for use in a surgical situation
- Sunblock—to prevent sunburn
- Aloe gel—to treat minor burns
- Anti-burn gel—to treat minor burns
- Salt

Some of the recommended medications for the first aid kit have expiration dates, so you will want to keep an eye on those and rotate them out when necessary. Others, such as an asthma inhaler, require a prescription. Most physicians will give an extra emergency inhaler prescription, so grab one (if you or your family need it) and periodically check the date to make sure it is always in working order.

Store the supplies in waterproof containers in cool, dry locations. It is worth the time to put together a portable first aid kit in a backpack that you can easily grab and take to emergency situations. Include the following in your emergency aid backpack:

- Bandages
- Aspirin
- Scissors
- Knife

- Sterile pads
- First aid tape
- Adhesive bandages
- Ice pack
- Rolled gauze
- Butterfly closures
- Safety pins
- Flashlight

Tip: Don't overlook salt as an essential part of your survival gear. If you live near a body of salt water, you can always "make" your own by drying off the water and leaving the salt. When it is hot, your body will sweat out salt and electrolytes, leaving you vulnerable to dehydration. Many people won't realize how vital salt is to their survival until they don't have any. Salt is also an important preservative agent and can be used to kill germs.

First Aid Techniques

Supplies are no good if you don't know how to use them. Here are some of the most common emergency first aid scenarios and what to do about them.

Determining the Patient's State

Before doing any first aid, there are certain baselines to establish. Is the afflicted person breathing? Are they conscious? Are they going into shock?

Check breathing: Before doing anything else, check to make sure that the airway is open and the person is breathing. You can lean down close to the person and feel the breath from their nose or mouth. If the person is unconscious, he or she will not have muscle control, and their airway can be obstructed by their tongue. Clear the airway by using the head-tilt/chin-lift technique. Hold the person under their head with one hand, and using the other hand, lift the chin.

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By doing this, you'll move the tongue away from the airway by pulling it out of the throat.

Place in a rescue position: Someone who is unconscious but breathing should be placed in a rescue recovery position. Turn them on their side or stomach with the top leg at a right angle to the body. If neck or spinal injuries are a concern, do not move the person. Place the top most hand by the head to support the head and tilt the chin upward to ensure that the airway is clear.

Dealing with Specific Issues

If you can identify the source of the problem, it is much easier to provide first aid. These are some common issues that will come up in survival situations.

CPR

On television, CPR has a much higher success rate than in real life, but that shouldn't stop you from trying it. CPR or Cardio Pulmonary Resuscitation can save someone's life if their heart stops. Chest compressions keep the blood flowing. To give chest compressions, place the heel of one hand on the chest between the nipples. Place the other hand on top and push as hard as you can. (You could break a rib.) It is more important to give chest compressions than to do rescue breathing. Some people say that the rhythm of the song "Stayin' Alive" gives you the right beat. The goal is to do as many compressions as possible.

If you have access to a defibrillator, use it. It is unlikely that a heart will re-start without one. It is worth thinking about investing in a portable defibrillator that can be battery operated from a solar-charged battery.

Cuts and Abrasions

The main concern with these injuries is that they can become infected, and infection can lead to sepsis and death. Fully wash cuts with boiled and cooled

water or hydrogen peroxide. Then, if it is a deep cut, use a butterfly bandage to hold the edges of the wound closed so it can heal. In the case of a scrape or abrasion, ensure that it scabs over quickly by using sterile gauze and changing it frequently.

Sunstroke or Heatstroke

When the air conditioning goes off, in the heat and humidity of the day, people will suffer heatstroke.

Symptoms: Rapid heartbeat, rapid and shallow breathing, high or low blood pressure, lack of sweat in very hot conditions, confusion, loss of consciousness, dizzy and lightheaded feeling, headache, nausea, fainting.

Treatment: Bring the affected person in out of the sun. Place in the coolest location possible, which could be a cellar or basement. Fan the affected individual and cover them with cool, damp sheets. Give fluids.



Burns

Sunburns are relatively mild, unless they start to blister, at which point they can become infected.

First degree burns and sunburns should be washed with cool water and left alone, or treated with a surface pain reliever.

Second and third degree burns are more serious. The

first step is to stop the heat. That's why you never want to put butter or oil on a burn right away—you'll continue to literally cook the skin. Wash these burns with cool water. Once the skin stiffens you can rub antiseptic cream into it or lanolin to keep the skin supple.

Third degree burns are more serious. Boil water and allow it to cool. Then irrigate (wash) the wound with the water and cover lightly with a sterile gauze bandage.

If the burns cover a large area of the person's body, you will need to use dry bandages. Using cold, damp bandages can hamper the person's ability to regulate their body temperature.

Shock

Shock is a condition that will affect people suffering from other injuries. Signs of shock include pale skin, cold skin, rapid pulse, shallow breathing, shallow/weak pulse and disorientation all caused by insufficient blood flow around the body. To treat shock, place the affected person on his or her back and elevate the feet twelve inches. Loosen restrictive clothing and lightly cover the person with blankets. Ensure the airway is open by using the lift and tilt technique. Do not give the person anything to eat or drink, and turn them on the side into the rescue and recovery position if they are vomiting. Monitor their pulse and temperature. Once their heartbeat steadies, and color begins to come back, you can encourage them to drink clear liquids.

Uncontrolled Bleeding

The first step to control bleeding is to apply pressure to the area. This will push the blood vessels together while clotting occurs. If possible, apply an ice pack to the area of the bleed. Only in the case of extreme bleeding should a tourniquet be used, as the use of a tourniquet often corresponds to loss of the limb where the tourniquet is applied. Use a piece of cloth for the tourniquet and wrap it around the affected

limb. Twist to stop the flow of blood. Do not use a stick between the skin and the cloth.

To try to save the tissues below the tourniquet, loosen briefly every 15 to 20 minutes.

Broken Bones

You will deal with two types of broken bones. A simple fracture is when the bone breaks, but the skin is not broken. A compound fracture is when a bone (or bones) break and the skin is also broken. To ensure that you don't turn a simple fracture into a compound fracture, never move someone with a broken bone without splinting first.

Splinting will help avoid further injury. You generally want to immobilize the joint above and below the broken bone. For example, if the upper arm is broken, you need to immobilize the shoulder and the elbow. Check the pulse and response below the splint every hour. You need to make sure that enough blood flow is making it below the splint, and that the wraps are not on too tightly and impeding blood flow. If the person complains of tingling or numbness, remove the splint and re-wrap it so that it is looser.

To splint an arm, shoulder or finger:

Use bandages to create a sling to immobilize a shoulder, collarbone, or upper arm injury. Place the sling on the affected part and wrap the sling around the body, securing the forearm to the chest. In that way, you will immobilize the injury.

If the forearm or wrist is injured, you will need to create a straight splint that supports, secures, as well as aligns the injury. An open hardback book is one tool you can use to make the splint.

To immobilize an injured finger, tape it to the finger next to it. You can also use small pieces of wood or twigs to splint it. Place the wood on the front and back of the finger and tape it.

To splint a leg or foot:

If the knee is affected, the splint will need to go from the hip to the ankle. Use a long board or log running from the buttock to the ankle along the back of the leg and tape or bandage them to the leg to immobilize the injury.

You can wrap ankle and foot injuries individually by using a figure-eight pattern going under, over, around, etc. For a particularly bad break, use splints along the bottom of the foot or the back of the ankle. Keep the foot at a right angle to the splint to avoid further movement and injury.

Tape an injured toe to the toe next to it to immobilize it.

In most cases, a doctor will not be available. If at all possible, try to align the bones where they should heal before applying a splint, as this might be the only "setting" that a bone gets in an emergency survival situation.

Preventative Medical Care

One way to avoid many medical issues is with preventative medical care. We have all experienced technological and research advances that help us understand what causes certain problems.

For instance, we know that good hygiene impacts the chance of someone developing diarrhea—which, when untreated, can become life-threatening. Continue to sterilize and wash eating utensils, wash hands after using the bathroom, and taking care not to eat spoiled food or rotten meat. Drink only water that has been boiled and cooled.

Oral hygiene will go a long way toward preventing problems with tooth decay.

It bears repeating: Without antibiotics, the smallest injury can turn life-threatening in a matter of days!

What to do when Supplies Run Out

Eventually, your first aid and medical supply stash

will become depleted. At that point, you will need to rely on items that you can find or grow in order to treat medical emergencies. The following information is not intended as medical advice, but will give you an idea about further research to conduct and experience to gain.

Natural Remedies

Many of the medical techniques and tools used today are derived from natural cures. In a time without megastores and factories, you will have to learn how to take advantage of “nature’s first aid kit.”

Antiseptic for wound washing: Boiled salt water.

Inflammation: Tea made from Witch Hazel bark, leaves, and twigs.

Poison Ivy: A poultice of jewelweed or washing every hour with hot, soapy water and rinsed with salt water.

Diuretic: Tea made from elder bark.

Sunburn: Split leaves of the aloe plant applied to skin.

Pain: Tea made from white willow bark.

Toothache: Clove oil rubbed on the gums.

Antibacterial: Goldenseal tea.

“No pharmacy means no aspirin pills and no antibiotics. Even a single scratch...can turn into a major problem.”

You need to keep certain supplies on hand in order to prepare herbal remedies.

Herbal Remedy Toolkit

To make your own remedies, stock up on these supplies and tools:

- Hand-operated coffee grinder
- Saucepans
- Double boiler
- Wide-mouth canning jars
- Gallon jar
- Baby food jars and lids
- Dark-colored jars
- Knives
- Plates
- Measuring cups and spoons
- Ladle
- Whisk
- Funnel
- Rolling pan
- Candy thermometer
- Several bottles of vodka
- Whiskey

There are entire books devoted to the subject of herbal medicine. Some plants are wild, while others can be cultivated in your home garden. While preparing your first aid kit and information, it is worth the time to begin learning about naturally available items that can help with medical problems. Spend time now (before you face an emergency) becoming familiar with identifying plants and learning how to prepare remedies from them.

It is always better to prepare and be safe than to be unprepared and sorry. Take steps now to compile a first aid kit and the knowledge to go with it so that you can be there for your family in an emergency situation. Also, make preventative care part of your plan to keep your family healthy, which will lessen the chances that medical intervention will be needed.

Turnkey Totalitarianism

The National Security Agency is building the ultimate spy center, and violating our Right to Privacy in the process.

By Eric Pickhartz

Between the quiet mountain landscapes of the Wasatch and Oquirrh Ranges, just outside Salt Lake City, Utah, lies the small town of Bluffdale. A large construction site is visible from Interstate Highway 15 as it rolls through the sleepy town that few Americans have ever heard about. The irony is that what is being built in that slumbering town will allow the federal government to hear every word that every American utters and read every word they write. It is in Bluffdale where the National Security Agency is moving rapidly to destroy any and all of our constitutional rights to privacy. Bluffdale is where Big Brother lives.

The buildings being constructed aren't brightly colored, don't scrape the sky, and aren't going to attract any tourists. But by the time the complex is finished, the National Security Agency's Utah Data Center will cost \$2 billion, include 1 million square feet, and collect unfathomable amounts of electronic data...*on us*.

Anyone concerned with the loss of privacy in the digital age needs to pay attention to what's happening in Bluffdale; but unfortunately, most people don't have a clue and fewer still seem to care. That's exactly what the NSA is counting on.

The power of this center will be nothing short of terrifying. The data that begins in the form of a phone call or a credit card swipe gets digitally transmitted through the various lines of foreign and domestic communication networks. From that point, it's likely to be intercepted by one of the NSA's many eavesdropping satellites, international listening posts, or top-secret listening rooms in telecommunication facilities.

Do we care if foreigners are listened to by the NSA? Mostly not. That's their job; they're a spy organization. But now, it appears that to the NSA, we have met the enemy and it is us; as in you and me. Yes, the tools intended for foreign spying and terrorist defense are now feeding the NSA data on American citizens, in America, without any regard to our constitutional rights.

Just what the hell is going on here?

As computers took hold of modern data, encryption took hold of the data. Protecting communicated data became the name of the game. That brought about the rise encryption in our computerized communication, which works just like mail packing to protect a fragile vase when sent through the mail. Today, everything from an Israeli weapons dealer's phone calls to a national bank chain's daily deposit records to your text message to your spouse is packed in an encryption layer of bubble wrap, duct tape, and sheet metal. This intermixed code of encryption accompanies every piece of information that gets sent, regardless of origin or destination.

As would be expected, the NSA has some of the most accomplished code breakers in the world. Now that they are able to crack some of the thickest, deepest codes, they're collecting more information than they ever have, and your data is part of what it's looking for.

An Unknown Scale of Size and Strength

The scale of operations at the Utah Data Center in

Bluffdale aren't entirely understood, either. That's classified. Again, confidentiality is the NSA's *modus operandi*. What we do know is the complex will be five times the size of the U.S. Capitol Building and 18 times the size of the White House. So yeah, it's a really big government spy facility built just to find out what the hell you're thinking, who you're talking to, and why. You should feel flattered.

As you would imagine, the security for the NSA's domestic spying facility is no joke. The Utah Data Center will be equipped with a fence that can withstand the fire power of an average tank, and an elaborate system of closed-circuit cameras and an entire division and center devoted to handling and controlling visitors.



The Utah Data Center will serve as the NSA's "cloud" when it's completed in 2013. The term cloud has taken on a new meaning with the automation of computer networks. Data storage is one of the biggest parts of the World Wide Web, and saving room in the billions of connections that make up the networks is made easier with large-capacity servers.

Recent estimates have put internet usage at 2.7 billion people, creating the largest collection of data ever compiled that grows by the hour. If the NSA intends to digest the inner-workings of that much data, it will need to store what some believe is 500 quintillion pages of text. There are 18 zeroes following a quintillion, in case you weren't sure.

The NSA has spent its time and energy building elaborate intercept facilities around the world and throughout America which will feed into the Utah Data Center, where four 25,000 square foot data halls will store rows and rows of servers await.

Not surprisingly, the power needed to supply these

servers is tremendous. Two power substations and a back-up system of generators that will keep the complex up and running for three days will keep the computer servers alive. It takes typically 12 megawatts to power 10,000 homes, so that comes out to a Utah Data Center power total of an amount close to what 55,000 American households would use. That's estimated to be \$40 million in electric bills per year. As it turns out, spying on your fellow Americans gets quite expensive. But no one said turnkey totalitarianism, which is what the construction of this facility really means, would be cheap.

Of course, anyone with a laptop knows computers can get hot. With the incredible size and scale of the Utah Data Center, keeping things down at acceptable temperatures is no easy feat. 60,000 tons of cooling equipment, enough to make a warm Utah summer feel like skiing season, will prevent things from overheating.

The bottom line is that all these facts and figures add up to a lot of upfront money, a lot of operation costs, and a whole lot of spying on the whole lot of us.

The Right to Privacy

So now we know the building specs of the project; so what? The big deal here is the serious problem with what is happening there.

The actions of the NSA, whatever they may be, are violating one of America's most fundamental civil rights that belongs to every American: the Right to Privacy. Although the Right to Privacy isn't explicitly spelled out in the U.S. Constitution; it is contained in the First and Fourth Amendments, which apply to privacy rights and violations thereof.

The First Amendment's Freedom of Speech doctrine allows Americans to say what they want without risk of prosecution. The Fourth Amendment guards against unreasonable search and seizure, which should transfer to electronic information and be

applied as easily as it is with home searches, automobile searches, or the like.

There are two kinds of privacy determiners, each one a direct violation of human rights. First, intrusion of solitude means the intentional electronic intrusion of private affairs. Second, public disclosure of private facts is information revealed that a reasonable person would find offensive.

The concept of the right to privacy is simple and powerful; your thoughts, your conversations, and your private communications are your property. As such, like a search warrant to search a person's home, law enforcement must petition the proper legal authority on a case by case basis to justify a search as well as to obtain the legal authority to conduct that search for a specified cause or suspicion. That isn't even close to what the NSA is doing when they spy on American citizens on a daily basis. It is running roughshod over the Constitution and the Bill of Rights like they no longer matter.

“The actions of the NSA, whatever they may be, are violating one of America's most fundamental civil rights that belongs to every American: the Right to Privacy.”

Of course, the recent changes in communication technology have completely altered the privacy playing field. Now that cellular phones are literally attached to our hips and capable of such amazing communication methods, our communications are easier than ever to access by a variety of means. But does that mean that the Right to Privacy is no longer a viable constitutional right?

Even if the NSA only looked at international communications, the world has become so small and interconnected that a quick call from America to Calcutta or an email to Brisbane are common everyday occur-

rences. Just because a connection is made to Baghdad or Kosovo doesn't mean that a terrorist threat exists, but the NSA is having a hard time understanding that.

The interpretation of the Right to Privacy can be philosophically debated all day, but what the NSA is able to do undermines the basic foundation of that right, and of the Bill of Rights itself. If one Right becomes void in the name of security, why not all of them? If technology outruns our ability to police it—does that give the government the right of over-policing all of us?

And by the way, does anyone remember voting for this?

The fact is, with the NSA building what it wants where it wants, and aiming their data collection and analysis equipment at whomever they want—Americans included—all of us become victims of our own government invading our privacy. You can, however, defend yourself with certain measures proven to eliminate or minimize your digital foot print. The procedures might not be welcomed by you at first, and may be difficult to adjust to in the beginning, but if you're serious about getting off the grid and protecting your Right to Privacy, they are necessary.

To find out what steps to take, see AbsoluteRights.com webpage for a forthcoming and longer, more comprehensive report on the Utah Data Center, complete with expert suggestions on protecting your Right to Privacy. In the meantime, watch what you say.



Water: How to Store It, Collect It, and Purify It

By Janet Lee Voss

The longest a person can survive without water is 10 days, and that's in ideal conditions. If the temperature is high, two days is all it takes to expire from dehydration. Yet, water is something that most of us take for granted.

It is pumped into our homes from municipal sources or from wells and flows easily by simply lifting a handle or turning a faucet. But what happens when you no longer have a municipal source of water being fed into your home? You have to quickly learn how to effectively save water and purify it on your own.

Planning to grow your own food? You will need water for your garden. Of course, you will also need water for drinking and personal hygiene, too.

Fortunately, there are several different techniques you can use to collect, store, and purify water so that you have a steady supply. Here's what you need to know.

Purifying vs. Filtering

There's a difference between purifying water and filtering water. Purifying is when you kill all of the bacteria and harmful pathogens in the water. Filtering is removing any visible sediment from the water. These actions accomplish different things, but are sometimes both necessary. Nobody wants to drink a glass of muddy water unless it is their only choice.

How to Filter Water

Filtering is the easiest part because it requires no power and no outside inputs (for instance, iodine or bleach). Before you purify the water to remove

harmful bacteria, always filter it to be as clear as possible. That's because cloudy water takes longer and is more difficult to purify.

To filter water, all you need is a filtering system, which you can buy or make yourself. It isn't a bad idea to buy a water filter pump to have on hand to start with. These filters will have either a membrane or a depth filter action. The membrane filters work more quickly, but they also clog easily. A carbon filter can be partially cleaned by backwashing.

If water is particularly cloudy, it is a good idea to pre-filter it by straining it through a cloth first to remove most of the sediment.

A Simple Water Filter

You can make your own simple water filter with an empty plastic water bottle, some non-salty sand, charred wood, fresh grass clippings, and three (clean) socks.

1. Cut the bottle in half and roll up each sock into a tight wad.
2. Turn the top of the bottle upside down as if you're pouring water out of it.
3. Place the first sock in the water bottle so that it is up against the pouring spout.
4. On top of the sock, place some home-made charcoal (burnt black pieces of wood).
5. Next place the second sock on top of the charcoal and place a handful of non-salty sand on top. (A creek or stream is a good place to find this sand.)
6. Then place the third sock in the bottle with a cup of freshly cut green grass inside of it. The

grass is to help remove any foul taste or odor from the water.

To use the filter, all you have to do is pour the water over the top sock and let it drain out the bottom pour spout. The filter makes a nice self-contained system if you let the water drain into the bottom half of the water bottle.

“Nobody wants to drink a glass of muddy water unless it is their only choice.”

Second Simple Water Filter

You can also filter water with just two cups or containers and a wick. This method takes longer, but will yield very clear water without all of the extra equipment.

1. Fill one cup with water.
2. Place one end of the cotton wick (or sock or handkerchief) in the cloudy water cup and the other one in the clean water cup.
3. Wait for the water to wick from the dirty cup and drip over into the clean cup.

This does take longer than using the first filter, but it uses fewer materials that are more easily cleaned.

How to Purify Water

Once the water has been filtered, and is relatively clear, you need to purify it to remove any harmful bacteria or viruses. There are two ways to purify water: boil it for at least 7 minutes at a rolling boil or put something in it like bleach or iodine.

Boiling

To boil the water, simply place the water in a fireproof container, such as a sauce pan, set the pan on top of a fire with hot coals and let the water boil

for at least 7 minutes. You need to time the boil after the pot starts boiling, not from the time you put it on the fire. After you boil the water, let it cool and then you can drink.

If you anticipate needing to boil large amounts of water, it isn't a bad idea to invest in a heavy iron pot and/or some washtubs that could be suspended with chains over a large fire so that you can take care of more at one time.

Chemically Treating

You can also chemically treat water to purify it. The easiest way to do this is with bleach. Here are the amounts needed:

Amount of Water	Amount of Bleach if Water is Clear	Amount of Bleach if Water is Cloudy
1 Gallon	8 Drops	16 Drops
5 Gallons	1/2 Teaspoon	1 Teaspoon

Swirl the water around with the bleach in it and let it stand for 30 minutes. Do not use scented bleach. Use only straight household bleach for this to be effective. The bleach needs to be 5.25% hypochlorite in order to work.

You can also chemically treat water with iodine. Iodine is light sensitive and must always be stored in a dark-colored bottle. The disadvantage of using iodine is that it is yet another thing that you have to store, while boiling is something you can do as long as you have firewood.

To purify using iodine, add five drops of 2% tincture of iodine per quart of clear water and ten for cloudy water. Shake and let it stand for one hour.

Some people are allergic to iodine, so be careful if using this as a purification treatment!

Collecting and Storing Water

Purified water can only be stored for a few days before it can potentially start growing bacteria again. You can store unpurified water for longer periods

of time, but first you have to collect it. If you live within a few miles of a river or stream, you're lucky. You have a built-in water source. All you need is transportation (think about rigging a bicycle/tricycle wagon) to transport the water, and containers. Get some large plastic barrels to use as water barrels. They will work equally well for collecting runoff from your house roof or to pick up water from a far-away location.

Rain Barrels

Potentially the easiest way to collect and save some water is by installing rain barrels. You can buy specifically engineered rain barrels, or you can buy large plastic barrels and install the plumbing fittings yourself.

To install a rain barrel, cut off the downspout so that it will end about six inches above the rain barrel. Then place the barrel with the hole at the top under the downspout. Use a screen or mesh over the hole to keep debris and mosquitoes out. The only other two fittings that you need to install are an overflow hose about three inches from the top (which will ideally flow into another rain barrel), and a spigot at the bottom to let the water out.



You might not want to drink water collected from your roof if you have asphalt shingles. If that is a concern, you can use roof-collected water on the garden, for bathing, or other non-consumption activities.

Distilling Salt Water

What if the only body of water near you is the ocean or a salty lake? Is it possible to get drinking water from saltwater? Yes, but you have to distill it to remove the salt.

To distill saltwater, you need two fireproof containers. Any type of can will work, but they need to be covered. You also need pipe to connect the two cans.

Place the can with the saltwater in the fire and bring it to a boil. As it boils, the vapor (minus the salt) will evaporate through the tubing and will condense into the other can. Presto! You have non-salty water. And, when you're done, you'll have salt left over for use in cooking and such.

It's worth taking the time to think about and prepare how you will collect, store, filter and purify water, should the need arise. A water source a few miles away isn't very close if you don't have the means to get there or the supplies to haul the water. Therefore, it is a smart move to make water sourcing part of your overall emergency preparation plan.

For feedback, or to comment please email support@absoluterights.com.

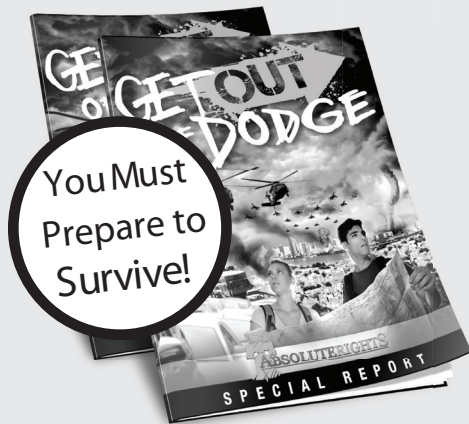
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