



### THIS MONTH'S REPORT FEATURES:

RADIO COMMUNICATION  
P.1

NORWAY SHOOTING  
AND ANTI-SOCIAL  
PERSONALITY DISORDER  
P.5

THE CHAIR AS A WEAPON  
P.8

A TASTE OF JUSTICE  
SOUTH AFRICAN STYLE  
P.10

USING A DEHYDRATOR  
IN HUMID CLIMATES  
P.11

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## Radio Communication

The ability to effectively communicate with loved ones and team members is vital. Whether it's being able to talk to each other at opposite ends of a house without yelling, between cars on a road trip, while out in the woods camping or hunting, or dozens of other situations, good comms are important.

For most situations, simple FRS or GMRS family radios that are typified by Motorola Talkabout radios that you see in every sporting goods store in America work. They're cheap, easy to use, most take AA batteries, you can use them with headphones, and they've got decent range. That being said, there are so many people using them that it can be frustrating finding a frequency that nobody else is using.

Even when you do find a frequency that nobody else is using, you don't want to say anything on a FRS or GMRS radio that you wouldn't want to shout across a crowded restaurant.

Enter frequency skipping radios. Specifically, a relatively new class of frequency skipping radios that operate in the 900 mhz range. They change frequencies several times a second, so if someone gets on one of the frequencies you're using, they're only going to hear a fraction of a second of your conversation. I read about this new class of radios a few months ago, liked what I heard, and decided to buy a few sets to test out. My experiences

were SIGNIFICANTLY different than what I had read previously, so I decided to share them with you.

Here's what I learned:

The three sets that I purchased were the TriSquare TSX300-2VP, the Motorola DTR 410 and the Motorola Direct Talk i576 phones from Nextel/Sprint.

Overall, I spent about \$800, so this wasn't exactly a cheap test to run. \$50 for two TriSquares, \$550 for two Motorolas, and \$250 for five of the Nextels. We used the three models to communicate between vehicles during a seven day road trip as well as in residential, commercial, and wooded areas since then.

Before I get to the specifics on these, I need to go into a little about what kind of performance you can expect from handheld radios in general.

When you see manufacturers that claim they have super-duper turbo extended range of 20-30 miles, they're blowing smoke. They may be able to get that kind of range between hang-gliders isolated from electronic interference, but it's just not realistic to expect those ranges. To begin with, the curvature of the earth limits straight line communication to roughly 6 miles. The frequencies that handheld radios with short antennas operate on aren't going to bounce

off the atmosphere or penetrate the ground and you're not normally going to be talking from hilltop to hilltop or hilltop to valley that would allow you to get past that 6 mile upper limit.

Next, you're not going to even get that 6 mile range unless you're on open water, open desert, or on a VERY long straight and level stretch of highway. And actually the heat coming off of all three of these surfaces will shorten your range. In every other instance, you're going to be communicating through barriers of some kind... walls, wires, metal, concrete, trees, windows, etc. You'll also have interference from other electronic devices. In urban areas, this includes cell phones, power lines, cordless phones, baby monitors, and more. Something as simple as getting out of your car or holding your radio out the open window of a stopped vehicle can increase your range by as much as 50%. Having cell phones turned on nearby can reduce range, as well as vehicle electronics including brake controllers for trailers.

What all of this means is that no two people will get the same range on their radios because of all of the variables involved. The maximum range that you should expect to reliably get in the real world with short antenna radios is .5-3 miles. You will be able to get longer ranges when one or more parties are on rooftops, hilltops, or have an elevated antenna, but otherwise you're looking at that .5-3 mile range regardless of whether you buy the \$500 Motorolas or a \$10 FRS set off of Craigslist.

You're probably asking yourself at this point why, if I know that, would I go out and spend money on these radios?

There are a few big reasons. First is the added privacy that comes with having built-in frequency hopping. Second is the ability to communicate with a single person on a channel in addition to being able to communicate with everyone on the channel. Third, the simple fact that there are fewer



people using the frequencies makes it easier to find an empty channel that nobody else will be listening on. Fourth, the ability to do short text messaging. And fifth, as anyone who's used cheap radios can tell you, quality microphones and quality speakers are worth their weight in gold.

When I was guiding, we used UHF radios to communicate with our base and Motorola FRS radios to communicate with each other. The FRS radios were handy, but it always sounded like people were alternating between talking directly into the radio and through a pillow, so

they only supported VERY simple communication. I discovered, on accident, that when I used my Garmin Rhino combination GPS/radio, voices became almost perfectly clear. As a result, I started using the Rhino and as long as I used very simple phrases, my communication with others improved dramatically, regardless of what radios they used.

The radios I'm going to tell you about all have higher quality microphones and speakers than the entry level FRS/GMRS radios. This makes a huge difference, especially if you're dealing with background noise, have to whisper, or have compromised hearing.

The first one I want to talk about is the TriSquare TSX300-2VP. It's the easiest one to find. You can get them in Best Buy as well as online and local outdoor retailers. Despite MANY positive reviews online, it also happens to be my least favorite radio of the ones I tested.

### Here are some of the high points:

- 1 Watt
- Allows you to text message between units
- 10 Billion available channels (actually, it picks 50 frequencies out of a possible 700 and alternates between them in one of 10 billion different combinations, or channels.)
- Comes with headsets
- VOX for hands-free voice activated transmission
- Can use rechargeable or AA batteries
- NOAA weather receiver
- Allows you to talk to a group or to individual radios

- \$50-\$100 for a set of two with batteries and headsets
- Analog allows a fuzzy signal to get through instead of cutting off (more on this in a second)

### Here are some of the drawbacks:

- Kind of cheap feeling, because they are, but the electronics seem to be solid
- No positive feedback that your message is getting through (more on this in a second)
- Despite being called digital, it's an analog signal
- It only hops frequencies 2.5 times per second.
- Supposedly, you can figure out the frequency set with a "signal stalker" and listen in with consumer grade scanners. This would require specialized skills, knowledge, and equipment, so it's still a significant improvement over Talkabouts.
- Non-standard connection for charging

### Motorola DTR 410

#### High Points:

- 1 full watt of power
- 1050-1200 mAh Lithium ION batteries (Reported 14.5 hours per charge)
- Rechargeable Lithium ION batteries are \$5-15 apiece.
- Can upgrade to 1800 mAh batteries, which are \$30 apiece
- TOUGH for industrial and military use. Designed to Milspec 810 standards
- Unit notifies you when you're connected with another radio. Also notifies you if it can't locate another radio to communicate

with. (this is IMPORTANT... more in a second)

- Very high quality microphone and speaker
- Compatible with Motorola 2-plug headsets.
- Call forwarding option
- Can talk to your group or to individuals
- Digital frequency hopping, spread spectrum.
- 20 pre-programmed channels that cycle through a set of 50 frequencies at 11 times per second using Vector Sum Excited Linear Prediction (VSELP) which makes a brute force scan next to impossible. Someone wanting to listen in must have the same radio listening to the same frequencies in the same sequence or have the ability to demodulate the signal incredibly fast. In other words, it's safe from most civilians and all but well equipped and educated militaries.
- Additional channels (sequences of frequencies) available with a \$30 Motorola programming cable for increased privacy.
- Pre-defined text messages between units
- Additional pre-defined messages can be programmed

#### Drawbacks:

- Price-\$250 apiece.
- Size—Fits in radio holders and in the included belt holder, but not in pockets.
- Non-standard battery. Replacements are inexpensive, but not standard.
- Non-standard connection for charging

### Motorola Nextel/Sprint Direct Talk (Specifically the i576)

Nextel became famous, in part, for their "Push to Talk" phones that used the Nextel network like a radio repeater and use their phones like walkie talkies in addition to using them like phones. "Direct Talk" is another technology that turns cell phones into short range walkie talkies that work independently from the Sprint/Nextel network. They are Motorola phones and share a lot of the same technology as the DTR radios. There are several Direct Talk models...I decided on the i576 because of its rugged design and the price/availability when I bought mine.

- .7 watt digital
- Frequency Hopping Spread Spectrum (Like DTR)
- 10 Channels and 15 sub-codes
- VERY high quality microphone and speaker
- Manufactured to meet or exceed military specs for toughness and durability (Milspec 810)
- Can buy used in bulk for \$20 apiece
- Unit notifies you when you're connected with another radio. Also notifies you if it can't locate another radio to communicate with.
- TINY
- Great battery life. Replacement 1800 mAh batteries cost \$5-10.
- High quality microphone and speaker
- Doesn't look like a walkie talkie
- Uses a standard micro-usb connection to charge

#### Drawbacks:

- Doesn't fit into walkie talkie holders

- No clip
- Anyone with a Direct Talk phone can scroll through their channels/codes and listen in.
- Uses the same technology as DTR radios, but are not cross-compatible
- Only works in speaker mode. (not headset compatible)
- No private (phone to phone) conversations unless the phones have a PTN from Sprint/Nextel.
- Need separate blank SIM cards (available on Ebay for around \$1 apiece) to make them work, but they don't need to be on the Sprint/Nextel network.

One of my favorite features on the DTR 410s and i576s is the positive feedback that you get that your message is getting through to SOMEONE. When you press the button to talk, there is a slight delay and you get a visual and audible signal that you have either 1) Connected to another unit or 2) Not connected to another unit.

This is a great feature because it prevents the situation where you're saying, "Can you hear me?" For the most part, you're either connected and have a clear, digital signal, or you've got nothing—and you know which it is before you start talking. Every once and awhile, we've had thready connections on the digital radios, but for the most part they've either been switched on or switched off.

One place where this was beneficial was towing a trailer over a particularly white-knuckle narrow mountain pass with LOTS of tight switchbacks with my wife following in another vehicle.

She was able to tell me things and know that her message was getting through, even though I wasn't about to take a hand off of the wheel to respond.

One thing we did notice when communicating between my truck and our house with the DTR 410s and the i576s is that there were times when I could transmit and my wife could hear me, but she was not able to transmit to me. In these cases, I'd either get out of the truck or hold the radio out the window.

Battery life was impressive in all three units. The TriSquares still had juice left at the end of a full day of driving, but the DTR 410s and i576s both lasted through 2 days...which is longer than what's advertised.

How about range? Well, as I mentioned before, range is a tricky bugger. In one case, we extended the range on the i576s from a house to me on foot from .23 miles to 1.1 miles by moving from the first floor to the second floor. This isn't rocket science, but worth mentioning.

On the open road, from vehicle to vehicle with a trailer and multiple vehicles in between, we saw decent performance from all 3 radios out to 2 miles with the DTR 410s and i576s having better quality than the TriSquare radios.

Dirt kills signals in the 900 mhz range, but we got slightly more range going through hills with the DTR 410s than the others. At 70mph, it worked out to being able to talk 5-10 seconds sooner with the DTRs.

Since the TriSquares don't broadcast a digital signal, they've got a certain amount of static at almost any range.

In a subdivision/heavily wooded environment, the TriSquares maxed out at about .57 miles when transmitting from the second story in a neighborhood with roughly 75% two-story homes. The Nextel i573s maxed out at .73 miles and the DTR 410s stopped working between 1 and 1.1 miles.

If you were to ask me which ones I'd recommend, my answer would be, "It depends." The i576 looks like it wouldn't fare as well since it has .7 Watts of power vs. 1 Watt for the TriSquare and the DTR 410, but it consistently outperformed the TriSquare and did respectfully well against the DTR 410.

The full-size DTR 410 does feel nice and rugged in my hands, I like the ability to use the headset, the private talk/text functionality IS great, and it's the clear winner for tactical or hunting use, but it's hard for us to justify when we can buy 5-12 of the Direct Talk phones for the same price.

Since I bought and started using these radios almost five months ago, we've bought several more of the Direct Talk models. You can find them used for little more than the cost of a spare battery and we've found them to be incredibly useful.

If you decide to go the Direct Talk route and run into questions on SIM cards, setting them up, or anything else, shoot me an email at David@LamplighterReport.com and I'll try to help you out.

# Norway Shooting

## And Anti-Social Personality Disorder

With the recent bombing and shooting spree in Norway, I want to take the opportunity to talk about Anti-Social Personality Disorders (ASPD), also known as Psychopathic and Sociopathic behavior.

I want to start by saying that these two conditions describe the high end of a continuum/scale ranging from no anti-social tendencies to 100% anti-social tendencies.

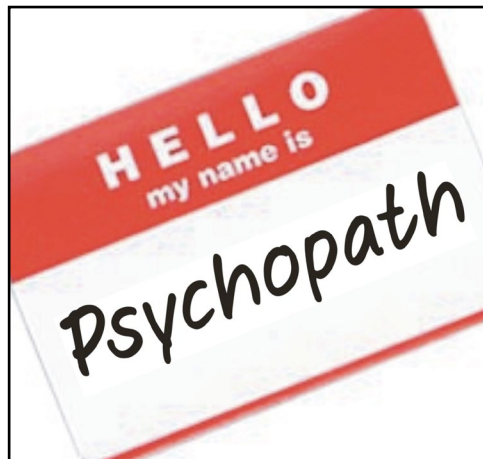
Medical professionals have decided that when people are at or above a certain point in that scale, they have anti-social personality disorders or are called psychopathic or sociopathic. It's important to note that while most of these people have personalities that are outside of the "normal" range, very few will go kinetic and initiate a mass casualty event.

Even so, when you read or hear about psychopaths or sociopaths, everyone with that label gets bunched in together, regardless of whether they're at the lower end of the scale or out at the far extreme.

Since estimates on the number of people with psychopathic and sociopathic tendencies range from 2-10% of the general population, it's safe to say that you interact with people in this group on a regular basis.

For the purposes of this article, I'm going to isolate the conversation to people who are at the extreme end of the scale who don't struggle with their anti-social tendencies, but embrace them at the expense of causing physical and mental pain in others.

It's also important that I restate that I am not a psychological professional of any sort. I'm a student of human behavior, speak with criminal psychiatrists whenever possible, and consider psychology to be a vital component of survival and preparedness. As a result, I've dug into the issue from many esoteric and lay angles to figure out tools that I can use on a daily basis and in civil breakdown situations.



It seems like acts of violence are increasingly being committed by people who are what we call psychopaths and sociopaths.

Impulse-need crimes, such as road rage, rape and assault are being committed by people who suddenly explode with anger. Random violence is putting fear into the ordinary citizen. Teenage and even preteen school kids committing murder of innocent bystanders without remorse are undermining our future. Armed robberies go bad and the perpetrator starts shooting at anyone and everyone in sight because people made them do it.

There are several sides to the debate on whether or not things are "going

to hell", but I want to give you three things to keep in mind:

1. The media will give more attention to a grossly unhealthy act than to 1,000 healthy ones.
2. Ten years ago, a bizarre crime happening in Seattle would have only been known regionally, but now it's instantly broadcast from coast to coast.
3. Even if an equal number of bad things happened to you this year, five years ago, and 10 years ago, your mind will remember fewer of the events from five and 10 years ago than it remembers from this year.

The combination of these factors makes it very hard as an individual to know whether there actually ARE more bad events happening. Regardless of whether major psychopathic and sociopathic events are happening more or less frequently, I think we can all agree that they happen too often, and they'll happen more often after a disaster.

Why? As I discuss in the SurviveInPlace.com course, many people who are at the far end of the personality scales are able to function in society with a combination of stress management, proper nutrition, and/or taking medication.

All three of these control mechanisms go away with a severe breakdown in the supply chain unless those affected have made proper arrangements in advance.

Back to the crimes I mentioned—are these people crazy? Not necessarily.

Let's try to define our terms quickly. There's a continual debate on whether the terms sociopath and psychopath are equivalent or different. Some experts say that psychopaths are born and sociopaths are created. Others say that the difference is whether the "acting out" is primarily physical or verbal. Some say that the difference is how well the person assimilates into society. Still others say that psychopaths don't show empathy for anyone and sociopaths show empathy for a select few.

For the purposes of this article, we're primarily concerned about being the target of a psychopath/sociopath who views you as an inanimate, non-human object who is standing between them and something they want.

Most often people who commit violent acts like these are psychopaths who either don't have their condition under control, don't want to control their condition, or don't have the capacity to control their condition. They are anti-social people who are capable of almost anything. These people are dangerous because they have no conscience. They belong in mental hospitals, but are more likely to wind up in prison. And until they get caught and convicted, they are walking the same streets that we do.

To the dangerous psychopath, it doesn't matter if he shoots you or sets your home on fire in the middle of the night.

### **We must be aware of psychopathic symptoms.**

If you encounter a psychopath, your best strategy is generally to avoid the person. But that's easier

said than done. Psychopaths can be charming, calm, cool, and immune to worry. It is impossible to predict a psychopath's conduct. He is unreliable and has a complete disregard for the consequences of his actions. The psychopath is a compulsive liar. He will lie about everything and anything. He will often admit his lie calling it an honest mistake—just to build credibility.

Ironically, it's because of these very reasons that when I'm working in a security capacity I attempt to develop a rapport with people who I identify as having psychopathic tendencies. This is especially valuable if it's someone I'm seeing on a regular basis.

Having a casual, non-adversarial relationship allows me to identify baseline behavior and identify early warning signs when their behavior is escalating or is at risk of escalating.

The pure psychopath feels no guilt—he can't because he has no conscience or empathy for others. Most people with psychopathic tendencies will feel some guilt or empathy, but it won't be a "normal" amount.

### **A great deal of criminal violence is impulsive.**

Tension rises quickly in response to stimuli but is immediately discharged. Specific hate and rage develops when the psychopath is frustrated, rather than general hostility. Pent-up emotions often lead to aggressive criminal acts. Robert D. Hare, Ph.D., a professor of Psychology at the University of British Columbia, a leading authority in the field of Psychopathy research, has developed a Psychopathy Checklist. In Dr. Hare's

book, *Without Conscience*, he gives us insight into the symptoms we should be aware of:

- **Glib and superficial**

Psychopaths can be witty and articulate. With a ready story to tell, they can be good conversationalists. When it suits them, they appear likable and charming. But they are superficial and their charm wears off quickly.

- **Egocentric and grandiose**

They have a narcissistic and grossly inflated view of their own self-worth and importance. They have an incredible sense of entitlement and see themselves as the center of the universe. They believe they are superior beings justified in living by their own rules. They appear arrogant, are shameless braggarts, self-assured, opinionated, domineering and cocky.

- **Lack of remorse or guilt**

Psychopaths show a lack of concern for the devastating effects their actions have on others. They have a remarkable ability to rationalize their behavior, and that's understandable because they only play by their own rules.

- **Lack of empathy**

Psychopaths view people as objects to be used for their own gratification. Their egocentricity, lack of remorse and deceitfulness are closely associated with this profound lack of empathy. This lack of empathy allows the psychopath to commit totally vicious acts. Torture and mutilation are examples of what they are capable of doing without



giving it a second thought. Their callousness may emerge in less dramatic ways. Acting as parasites, they may bleed other people of their possessions, savings, and dignity, aggressively doing and taking whatever they want without shame.

- **Deceitful and manipulative**

Lying, deceiving and manipulation are tools of the trade for psychopaths. Given their glibness and ability to lie, they are successful at cheating, defrauding and manipulating people. Their capacity to swindle friend or foe alike makes them ideal embezzlers, phony stock promoters and fraudulent telemarketers.

Psychopaths are good at convincing victims that they will not be hurt if only they do what they are told. This makes them especially dangerous.

- **Shallow emotions**

Psychopaths are prone to dramatic, shallow, and short-lived displays of feelings. Studies have shown that psychopaths lack the physiological responses associated with emotions.

- **Impulsive**

“I did it because I felt like it” is a common response from a psychopath. Driven by the need for immediate satisfaction, pleasure or relief, the psychopath lives day-to-day and ignores the needs of others.

- **Poor behavior controls**

Besides being impulsive, psychopaths react strongly to

perceived insults. They are short tempered and tend to respond to frustration, failure or criticism with sudden violence, threats or verbal abuse.

### **What’s the point of all this?**

When you meet new people, don’t wear blinders. Enter new relationships with your eyes wide open. It doesn’t matter whether you are at work, traveling, or having lunch in your favorite restaurant, keep your guard up for emotionally disturbed people. The psychopath’s ability to lie, deceive and manipulate, coupled with their easy conversation can put you at ease. But, their lack of guilt, remorse and empathy gives them the ability to hurt or kill you without hesitation.

If you recognize a person with psychopathic tendencies, it may be best to avoid him. If you can’t, be ready for explosive violence that can be set off at the drop of a hat.

In a violent force encounter with someone who has psychopathic tendencies, you can’t assume you have a common morality that you can use as a basis for negotiating. You are simply a tool to use or an obstacle in the way of getting what they want.

That means that emotional pleas may not work, logic may not matter, and traditional negotiating gambits are likely to prove unfruitful.

An oft-quoted scenario is one where a sane woman holds her hands in front of her face in a defensive posture repeatedly asking “Why? Why?” while a psychopath repeatedly stabs her.

Once an psychopath goes kinetic, you’ve got to be ready to effectively remove yourself from the situation (unlikely) or take them to non-functional as quickly as possible with empty hands, human powered weapons, or firearms. Again, reasoning with someone who sees you as an object rather than a fellow human with feelings, loved ones, and value is a losing proposition.

These encounters are particularly difficult for people who don’t have regular encounters with mentally disturbed people. Specifically, I’m talking about ordinary, sane, well-adjusted people who value human life and want to see the best in others. It’s very difficult to simply flip a switch, bypass posturing and negotiating, and jump right to effectively defending yourself from a lethal force attack.

I talk about it often, but one of the best books on dealing with violent encounters with people with anti-social personality disorder is called, “How to Survive the Most Critical 5 Seconds of Your Life” by Tim Larkin and Chris Ranck Buhr. You can get it free as part of a special training package by going to [www.SurviveInPlace.com/targetfocustraining](http://www.SurviveInPlace.com/targetfocustraining).

This is another case where a little bit of knowledge about a threat that’s been all around you since the day you were born could increase your level of worry. This would be a mistake.

What I suggest you do is simply begin looking for signs of anti-social behavior. Chances are good that you’ll run into many more con-men, manipulators, and thieves than mass murderers. Don’t automatically

label everyone that exhibits these traits, or the traits above, as being psychopathic...that would be a mistake. Everyone has told a lie at some point in their lives. Everyone has done something manipulative at some point in their lives as well.

In particular, look for people who lie, cheat, and steal without emotion. Not because of need or revenge, but because they simply don't respect their victims as fellow humans.

Next, as you're gaming situations in your mind, think about how, if at all, your response would change if you knew you were dealing with a psychopath or sociopath. Would you "flip the switch" and go kinetic faster than if you were simply dealing with a desperate individual who was making a serious one-time mistake? Or would you simply have one set of triggers and responses regardless of the perceived mental state of the violent attacker you're dealing with?

These are questions that you need to address now, rather than in the heat of the moment.

Questions? Comments? (Especially from mental health workers, people who have been diagnosed or have family members who have been diagnosed with anti-social personality disorders, or law enforcement/first responders with ASPD experience). Let me know by emailing me at [David@LamplighterReport.com](mailto:David@LamplighterReport.com).

## The Chair as a Weapon

Improvised weapons have been used since the beginning of time.

Rocks, stones, branches of a tree, even a handful of sand or dirt have been used to win fights ever since Cain and Abel learned how to fight.

And, as any prison guard knows, just about anything can be used as a weapon by a creative person.

Most make-shift weapons fit one of several categories. They may be impact weapons, such as a stick or bat, that are used for striking.

Or they may be edged weapons, such as a comb, key, credit card, piece of broken glass, and even eyeglass frames, that are used to poke, jab or scrape an attacker in vulnerable areas such as the eyes, nose, ears, face, throat or hands.

Then there are projectile weapons that can be thrown to either hurt or distract an attacker. And just about anything fits this category.

Having an engineering mindset, I also like looking at things from a physicist's perspective. So another way to categorize weapons is by whether they increase the kinetic energy, increase range, focus your strike, or a combination.

It's a little more complicated when you add in rotation, but it's accurate enough for this discussion to say that kinetic energy = force =  $1/2 \times \text{mass} \times \text{velocity squared}$ .

Simplifying it even more, we can substitute "weight" for mass and "speed" for velocity and say that we're looking for weapons that will add weight, speed, distance, or focus to our strikes.

I brought in the math and equations because it's important to understand that if you have the option of doubling the weight of your weapon, or doubling the speed of your strike, you want to double the speed of your strike. If you double the weight of your weapon, you double the force you're exerting,

but if you can double the speed of your attack, you'll exert four TIMES more force.

### **Introducing the common chair.**

If you are in a restaurant, office, kitchen, living room, or any other place where people sit down, you are going to find chairs.

Now we're not talking about those overgrown, heavily padded arm chairs. We are talking about straight back wooden or metal chairs, or even stools.

Against an attacker armed with a knife or club, as well as one without a weapon, the chair may be an ideal defensive tool.

Held up in a horizontal position, it provides about a 2-3 foot barrier between the person holding the chair and the would-be attacker. The most common chairs and stools have four legs. They can be used as striking points.



## THE CHAIR AS A WEAPON

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Even if the chair doesn't have traditional legs, it will still add distance and weight to your strike, and will probably help focus your strikes.

The seat of the chair acts as a barrier between the holder and the attacker on the other side. Oftentimes they're nothing more than heavy duty cardboard, so it's more accurate to think of them as "concealment" than "cover" but they're still useful.

The point is an ordinary chair can be used in a variety of defensive situations that you may encounter.

For example: Let's say you are being confronted by a subject who is acting in a violent manner. Once you've made a decision to engage this person, the chair can be used in several ways.

First, keeping the chair on the floor in a normal position, it can be used to create a barrier and keep some distance until you decide on the specific action you want to take.

The subject can't launch a sneak attack because he has to either go around or over the barrier, or he must remove it altogether. We've discussed this before in relation to increasing the reactionary gap.

Even though they can reach right over it, most people tend to go around the barrier. Therefore, even something as simple as a chair can provide enough of a mental distraction to give you the extra time needed to respond to the threat with the proper tactics and weapon.

If the threat escalates to violence, you can simply pick the chair up by the

backrest and point the four legs at the assailant.

This gives you several options.

You can use the legs of the chair to trap the person or to pin him or her against the wall.

If the subject grabs hold of the chair you simply let go of it and move quickly around it to gain control of the suspect before he realizes what is happening. Remember, he expects that you will continue to hold on to the chair and struggle to retain control.

If the attacker has dumped adrenaline, there's a good chance that they'll have tunnel vision and by moving around him, he may completely lose sight of you.



### Getting the subject to the ground.

If the subject remains combative, the chair can be used as a take-down device. Personally, I don't recommend this particular technique because of the fact that it is difficult to pull off with bigger or stronger attackers, but I'm including it as an example of out-of-the-box thinking.

To execute this maneuver, move the chair into a position where the legs

are just past the subject and straddling his upper torso.

This must be done quickly to prevent the subject from taking evasive action. So be prepared to thrust the chair forward.

When the chair is in position, twist it in the direction you want to take the subject down.

The chair legs will act as a lever against the subject's body, and the twisting motion will take him down to the ground. Once on the ground, set the chair on top of the subject, with the legs separating the head from the arms.

Now we're getting into the good stuff...

If the threat requires the use of force, you can use the chair legs as weapons. By turning the chair so that one of the legs is directly in front of you in a 12 o'clock position and the bottom leg in a six o'clock position, you can thrust the chair into the subject and you will have two contact points instead of just one.

This WILL be more surface area than if you only struck with a single leg, but if we assume that the average fist has a surface area of 5 square inches and the average chair leg has a surface area of 1 square inch, we still gain a considerable amount of focus by using two legs.

A strike to the chest area with the top chair leg will also result in a strike to the lower abdominal or groin area. If they dodge to the left or right, they still get a leg.

Regardless of where you hit them

or how many legs you make contact with, you want to make sure that you put your weight into the strike and attempt to make contact with an imaginary point behind their body so that you get significant penetration to cause injury and stop the threat.

What you don't want to do is try to use the chair as a club. Lifting the chair up and swinging at the subject is too slow, and much too difficult to do.

The chair is especially effective if the attacker has a knife.

The construction of the chair makes it difficult for someone to push a knife

through it. The cardboard, wooden or metal seat is a solid obstacle and the legs allow you to keep a reasonable distance between you and the attacker.

One common thought is that you can and should use the chair to subdue and hold down your attacker once they're on the ground. This is not a good idea. It commits you to staying with your attacker, which means you can't get help or deal with other attackers. It also only works if you are dealing with a weak attacker who doesn't know how to shake you off and who chooses to not buck, bite, grab, or kick you. It's much more strategically sound to take your attacker to non-

functional and restrain them with an improvised restraint like a power cord or a purpose built restraint.

This is a great example of how important it is to not only be able to identify improvised weapons, but also have a plan in mind on how you'll use them and how they fit into an overall plan that includes multiple attackers, escape, and getting help.

Remember, as you're identifying improvised weapons, whether they're chairs, lamps, or anything else in your environment, look for items that will increase the weight, speed, range, or focus of your strike.

## A Taste of Justice South African Style

South Africa has one of the highest crime rates in the world. Last year it had more than 2.1 million serious crimes, including 16,834 murders, 68,332 reported rapes and 256,577 home burglaries. Its per capita murder rate has gone down, but is seven times that of the United States. But the carjacking is the most common and feared crime because it combines the trauma of armed robbery with the horror of random violence. And most carjackings occur while the victim is in his own driveway as they leave or return home.

The widespread fear of carjacking and the popular belief that the police cannot deal with the problem has created a strong market for devices or systems to thwart carjackers and/or make them suffer. Naturally, there are the traditional fuel-cutoff systems,

ignition immobilizer switches and vehicle tracking devices. But South Africans are creative people and new, often bizarre devices are being developed. Most of these are illegal and we are sharing them with you for entertainment purposes only.



One invention is a gun barrel that fits under the driver's seat. It is loaded with a rifle round...normally a .308 or other big game round. If someone tried

to start the car without deactivating the device, they would be terminally tenderized from the bottom up. Personally, I wouldn't want to drive this vehicle, especially over bumps.

Another device uses two 3-foot pipes or swords connected to a powerful spring underneath the car. With the press of a button, the blades swing out from under the car and amputate the legs of anyone standing near the doors. Actually, motorcycle gangs and drug dealers have been using this type of device for years.

Then came the "Blaster." Invented in 1998 by Charl Fourie, a 33-year-old lawyer, the Blaster fights fire with fire. At the first sign of trouble, the driver steps hard on a switch near the accelerator, opening a flow of liquidized gas from a

canister in the trunk. The gas exits over a spark via two small nozzles beneath the front doors and a wall of flame jets forth from both sides of the car. If an attacker is lucky, he will be singed. If he isn't lucky, he will be flambéed by 7-foot-high fireballs. A few hundred cars have the Blaster installed, but Fourie has changed his focus to making pocket sized flame throwers.

South African police say it's legal if it's used in self-defense, but keep in mind that the first customer was Police Superintendent David Walkley of Johannesburg's crime

intelligence unit. Politicians have remained quiet about it for the most part. And human rights advocates, surprisingly, are shocked.



Turn the dial back a little, and you've got the "Crime Blaster"

and the "Bingo." They're remotely controlled pepper spray systems that are installed in the dash of the car. I'm not sure how many of these have gone off accidentally, but it doesn't seem like a way to make a good impression on a first date.

Right now, these devices are not legal in the U.S., and hopefully, we'll never have a need for them. In the meantime, it's fun information to know.

## Using a Dehydrator In Humid Climates

If you happen to live in a humid climate and have noticed that your dehydrated goods start taking on moisture the instant you open up your dehydrator, here's a trick for you...

Set up your dehydrator in a walk-in closet or small room. Be careful to set

it on a hard, flat surface where it won't cause a fire.

Here's the trick...set up a dehumidifier in the room and start running it near the end of your dehydrating cycle so that the humidity level in the closet/room will be lower when you start removing your dehydrated food.

Since dehumidifiers use a LOT of electricity, you want to figure out the shortest amount of time possible that you can run the dehumidifier and still get the humidity level where you need it.

Then, while you're still in the room, seal your dehydrated food for storage and you'll be all set!

For feedback, or to comment please contact:  
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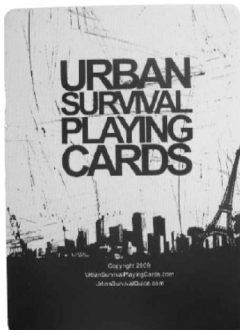




# Lamplighter Calendar and Resource Center

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## Welcome To The Lamplighter Report!

I wanted to take a moment to say thank you for your membership to The Lamplighter Report. This issue is packed with some powerful information that will help you to prepare you and your loved ones in the event of terrorist attack, natural disaster, economic collapse, or a pandemic.

### In Future Issues, "Lamplighter Report" readers will get....

- My ESSENTIAL Survival "How-To's" (3 - 5 EACH MONTH)
- New "Off-The-Grid" Books, Videos, and Sites I've discovered
- My Private "Intel Report" on Global, National and Local Situations I'm Monitoring
- Real Life "Case Studies" of How other Families are Preparing
- "What Went Wrong" - My Analysis of COMMON Mistakes That Most Preppers are Making and much, MUCH more...

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UNTIL NEXT MONTH, MAKE SMALL FORWARD STEPS EVERY DAY IN YOUR PREPARATIONS AND GOD BLESS!, DAVID MORRIS  
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