



Volume 2, Issue 9
April 30, 2012

Woodlake Property Owners Association Neighborhood Watch Newsletter Part II of III: Survival Issue

The publication of this newsletter is unofficial and does not reflect any opinion, directive, or policy of the Woodlake Property Owners Association members or Board of Directors.

The primary purpose of the newsletter is to convey information designed to assist us to reduce or prevent crime in our community.

The information presented is available through various public access sources, personal interview, or observation. Your comments as to how we can better improve this effort are welcome.

1. Bell County Sheriff Tip Line: Wanted

<http://www.bellcountytexas.com/cscd/cscdwanted.htm>

Demarcus Jordan is a 22 y/o, 6'3", 170 lb, B/M with hazel eyes and sandy hair from Killeen, wanted for aggravated robbery. Christopher Miller, also from Killeen is 21 y/o, 6'3", 175 lb, B/M with brown eyes and black hair, is wanted for burglary of a habitation. Two former Temple resident-suspects are: Devin Johnson, 22 y/o, 6'5", 240 lb, W/M with brown eyes and brown hair is wanted for injury to a child and 22 y/o, 5'8", 272 lb, Juan Ortiz, a W/M with brown eyes and black hair is wanted for burglary of a building. Mathew Tapin is a 6'1", 30 y/o, 170 lb, W/M with blue eyes and brown hair, LKA- Harker Heights, is wanted for assault on a family member. Lastly, 67 y/o, 5'11", 200 lbs, Alton McMahan is a W/M, with brown eyes and brown hair from Nolanville who is wanted for DWI.

If you have any information regarding these individuals, please call the Bell County Sheriff's Office at 254-933-5400, your local law enforcement, or **CRIMESTOPPERS AT 1-800-729-TIPS (Local 526-TIPS)**. **ALL CALLS WILL BE KEPT STRICTLY CONFIDENTIAL.**

2. Crime Update -

Waco - Officers responded and spoke to witnesses who said they had observed a suspect breaking into a neighbor's home. The suspect was seen walking away from the scene, was later taken into custody and charged with the burglary. He was also in possession of marijuana.

The property that was stolen from the home owner was recovered and returned.

Killeen - Gangs are growing in Central Texas, and they could be trying to recruit your child. Killeen Police said the gangs are targeting juveniles, because they're easily influenced and want to belong to a group. There are approximately 25 different gangs within city limits, and they're involved in everything from selling drugs to homicide.

Gang members tend to get violent in an attempt to make a name for themselves. If you suspect your child is being recruited by gang call your local police.

3. Eat, Drink, but be Wary:

Not only is drinkable water essential to maintaining health, it is also important for cooking, personal hygiene, sanitation, cleaning wounds, sprouting seeds and reconstituting dehydrated foods including baby formula. Because water is so essential for survival, it is wise to have both a stored supply of drinking water and a way to acquire water for your continuing needs.

Two contaminants render water unsafe to drink; microorganisms and pollutants may cause diseases such as dysentery, cholera, typhoid and hepatitis. Some microorganisms can even cause death for those with weak immune systems (children, elderly, sick).

Protozoa include such parasites as Giardia Lamblia and cryptosporidium and bacteria include E. coli, Vibrio Cholerae, campylobacter, and salmonella, are all found in human and animal waste.

The most common occurrences are in preparing and processing food at home and in the food industry (especially associated with not washing hands after using the bathroom).

Viruses are the smallest of all the microorganisms. They include hepatitis A and E, Norwalk virus, rotavirus, poliovirus and echovirus.

Pollutants generally fall into two categories: man-made and natural. They include water contaminants such as minerals (salts) and heavy metals. Man-made pollutants are introduced into water sources by factories, poor waste and disposal management, air pollution, etc. Pollutants can cause water to taste foul, and they can cause physical ailments or death.

Your emergency plan needs to include a method of replenishing your drinking water. The methods you consider will depend on what resources you have immediately available. Start with the cleanest, salt-free, and least polluted water in your surrounding living area. Cold river water that is running is preferred over warm stationary water.

As you deplete your stored water rations, use the empty containers to augment your rain collection barrels. Any large plastic or metal container can be used and when the time comes, placed under the down-spout will fill a large container with run-off from the roof in just one good rain shower.

Usually combining methods, boiling, distilling, disinfectant, or exposure to ultraviolet light to convert "raw" undrinkable water into safe "potable" drinking water is the best. Each method has its advantages and disadvantages but regardless, you should always remove all visible particulate by straining through close-mesh cloth or cotton first.

Done correctly, **BOILING** water will kill all microorganisms. Bacteria and protozoa are dead at the first bubbles but the water must boil at least three minutes to kill all viruses. Boiling water, however, does not eliminate pollutants, poor taste or foul odors. In fact, boiling can give water a stale taste.

To improve the taste is to transfer water from one container to another several times while boiling. Boiling can require a lot of fuel and cooking equipment, takes time to cool-down, and some will evaporate before it is ready to drink.

Two primary **CHEMICALS**, iodine and chlorine, are lightweight, low-cost, are easy and when used properly can be used effectively to purify water.

Iodine has been found to be very effective against viruses, bacteria, and protozoa with the exception of cryptosporidium.

A dose of 7-8 tablets per gallon of water is needed to make water potable. However, cold water requires more time to disinfect, and because iodine is absorbed into dirt and debris, which is found in water, the purification dosage will vary. Neither does iodine change the clarity of water and can also be distasteful.

Pregnant women and people with thyroid conditions should not drink water purified with iodine. Additionally, iodine is a short-term water purification solution and should not be used regularly for more than three months.

FEMA, recommends using **CLOROX** (regular household bleach) that contains 5.25% sodium hypochlorite to purify raw water. Do not use scented bleaches, color safe bleaches or bleaches with added cleaners.

Add 8 drops of bleach per gallon of water stir and let stand for 30 minutes. If the water does not have a slight bleach odor, repeat the dosage and let stand another 15 minutes.

The process of chlorination will cause dirt and debris to settle to the bottom of the water container and make the water visually clearer.

The drawbacks to the chlorination method is that bleach over six months old may not have enough potency to disinfect and chlorine is a poison which might cause illness, internal organ damage or even death if too much is added. The effects of using bleach are short-lived so add it at the time you intend to use your water, NOT when you store it.

Throughout the centuries, people in many countries have used pure **SILVER** for sicknesses, infections, and as an antibiotic but, in the United States it recently has been accepted as an agent for water purification.

To use **ULTRAVIOLET** light will require an electrical source therefore, is



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the least practical method of water purification in an emergency.

These work by swirling water around a low-pressure mercury vapor lamp which emits powerful ultraviolet light inside a high volume output chamber. The energy components of microorganisms absorb the light energy which disrupts their DNA preventing them from reproducing. UV lighting literally sterilizes the microorganisms rendering them ineffective in making one sick.

UV lighting adds no chemicals to change water's taste. Beyond requiring electricity, UV methods demand some form of filtration to remove dirt, debris, chemicals, tastes and odors. UV purification is considered a good "stage" of the purification process, but it is not complete by itself.

Water **FILTRATION** means to strain out the impurities from a water source. The larger the impurity particulate the easier it is to filter, conversely, the smaller the impurity particulate, the harder it is to remove.

Ceramic elements are the most expensive, most durable, and maintainable, and have the smallest pore size (0.1-0.5 microns). Ceramic elements can filter only free floating particulates and microorganisms. They do not remove chemicals, poor tastes, odors, or pollutants.

Glass fiber elements and compressed surgical paper are mildly expensive and have medium durability. They also have small pores (0.2-1.0 microns). Like the ceramic filter, they remove only particulates and microorganisms, but they do not help much with pollutants. They are good low-cost filtering elements for home, backpacking and scouting needs, but they are difficult or impossible to keep clean therefore, not good for long-term storage because they can develop mold and mildew.

Hard-block carbon elements are the least expensive, but they are brittle, and cannot be cleaned. They do have a small, but still effective pore size (0.4-2.0 microns). They are mostly used as an absorption filter and, because carbon is only mildly effective in filtering out particulates and microorganisms, it is mostly used as a second or third stage filter in home and portable water use and rarely as a stand-alone filtering unit.

The best contribution that carbon makes to filtering is its ability to reduce chemical quantities, poor taste, odors and many pollutants.

SOLAR STILLs operate upon the "greenhouse effect," are easy to assemble and require only two components: a container to catch the water, and a large sheet of clear plastic (from 6' x 6' to 9' x 9') as a barrier which is placed over a "source," such as the ground, tree branches or other organic materials.

The sun's (solar) energy passes through the barrier and heats the source material. Moisture from the source vaporizes rises and then condenses on the underside of the plastic barrier. The moisture is then collected as drinkable water.

Solar stills are capable of distilling almost any tainted water, (i.e. seawater) and can condense drinkable water from substantially anything that contains moisture. It cannot distill drinkable water from materials that give off toxins, such as fluids with high amounts of chemicals, radiator fluids, and fuels.

A solar still is good when you have exhausted other methods of purifying water. This distilling process is extremely slow and only small amounts can be collected daily.

Combining methods can make water safe to drink and taste better. Become aware of your area's surrounding surface water and determine what methods work best to make that water safe to drink. Educate yourself to know what works, what doesn't, and how you could get more drinkable water if needed.

The Golden Rule of Food Storage - Store what you use, and use what you store. All foods have a limited shelf-life no matter how they are stored or preserved. It is imperative that you have a plan for rotating your food stash to keep it fresh. Even if your food doesn't spoil, through time it will lose much of its nutritional value and flavor.

Ancient cave men were among the first to discover ways to safely store and preserve food. Cave men in cold locations used freezing as a way to

store fish, seal meat and other small animals to prevent long searches for food in harsh weather. Their technique was very uncomplicated and consisted of merely laying the fresh meat on ice which kept the food safe to eat for small amounts of time between severe storms.

Ancient men in warmer climates discovered the benefits of drying foods as a measure to keep them stored for longer periods of time. Fruits and vegetables have been dried as preservation methods dating back to the earliest dates of man on record.

Discovering a method to save food was vital to the expansion and development of mankind as it is today. The earliest methods of food preservation are still used today yet the variety of effective methods and technology has greatly expanded.

Freezing, drying and fermenting are still among the most popular in food preservation.

Before beginning any food preservation technique, it is important to thoroughly research the shelf life and correct ways to perform the technique. This is a way to avoid unwanted bacteria from contaminating the food and causing illness.

Lacto (natural) pickling/fermenting: Fermentation is one of the earliest forms of food preservation. The process was discovered accidentally when rain met with barley grains first recorded around 10,000 B.C.

Pickling was amongst the most popular in this time which is a process consisting of using acids, such as vinegar, to oxidize bacteria in food to a harmless and healthful acetic acid.

Lactic acid fermentation relies on beneficial cultures - similar to those used to make yogurt or sourdough bread - to break down natural sugars in the vegetables and produce a variety of healthful substances, primarily lactic acid.

The process begins with fresh, nutrient-rich vegetables, naturally bearing lactic acid cultures on their surfaces (making starters or inoculants unnecessary).

First wash the produce is well, chop or sliced as needed, then mix with a small amount of sea salt. The salt acts to draw out juices, preserve the vegetables while the fermentation gets started, and regulate the fermentation process itself. The mixture is packed into air-tight fermentation vessels (jars, crocks, or barrels) and placed in a warm spot (65-80 deg F).

The starches and sugars in vegetables and fruits, when combined with salt and whey, convert to lactic acid, a natural preservative that stops the growth of bacteria. The food ferments at room temperature in a jar and is stored in cool temperatures once the fruits or vegetables are fermented.

Lacto-fermented vegetables and fruits typically are not eaten as main or side dishes but as condiments with other foods.

Eat lacto-fermented fruits within two months. Vegetables, however, keep for several months in cold storage.

Make whey at home by straining commercial or homemade yogurt. Whey is the liquid that sits on top of the yogurt. Pour the yogurt into a strainer covered with cheesecloth to strain off the whey.

<http://www.livestrong.com/article/516611-how-to-preserve-foods-using-lacto-fermentation/#ixzz1umf7M7Nz>

Cold Storage & Food Cellar Style is the simplest method for short-term food storage in your garden. Certain root vegetables, like carrots, turnips, parsnips and horseradish, may be left in the ground through the winter.

After the ground begins to freeze, cover them with mulch, such as dry leaves or straw, to protect them from hard freezes. They can then be dug up as needed.

Other cold-hardy crops, such as lettuce, cabbage, beets and cauliflower, may also be left in the garden, protected by heavy mulch, for several weeks after the growing season.

Drying or Dehydration is an excellent way to preserve food. Without moisture, the microbes that are responsible for food spoilage cannot thrive



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and the enzymes that lead to deterioration are inactivated, so the food is preserved in a form that is suitable for long-term storage.

When dehydrating food for long-term storage, care must be taken to insure that most of the water is removed, otherwise spoilage, particularly by molds, could become a problem.

As with all preservation techniques, some nutritional value is lost during the drying process. Dehydrated foods, however, retain most of their nutritional value and remain one of the best ways to prepare food for storage without the need for refrigeration or sterilization.

Properly dehydrated foods do not require refrigeration. They can be stored in airtight glass containers or plastic bags and will keep for a year or longer—the dryer the food the longer it will store. Survivalists prefer plastic because glass can be easily broken during a disaster such as an earthquake.

Glass containers should be protected from breakage and light. You can put them in a brown paper bag to protect from light.

Since water is responsible for much of the bulk and most of the weight of any food, dehydrated foods are lighter and more compact, making them ideal for backpacking or for your evacuation kit. Eat as is or restore dehydrated foods by soaking them in water for a few hours before consuming.

Dehydrated vegetables are great to use in soups and stews. Many dehydrated foods, particularly fruits, are delicious right out of the bag without rehydration.

Canning requires the total elimination of all traces of microbes by sterilization of the food and container. The enzymes that would in time lead to deterioration are also destroyed by the heat used in the canning process. Special glass jars (e.g., Mason jars) and two-piece lids are designed to completely seal the jars with a vacuum inside which prevents the entry of microorganisms. Properly canned foods will keep almost indefinitely, but their quality begins to deteriorate after about a year.

Canning sterilized foods in a 10 minute boiling water bath in sterilized jars is adequate for high-acid foods such as fruits, tomatoes and foods pickled in vinegar. Nonacid foods such as meat, fish, fowl and vegetables require a higher temperature (240° F or 116° C) which is obtainable only in a pressure canner. A pressure cooker will double as a pressure canner providing it is large enough to hold the glass jars that you are using. http://www.thenewsurvivalist.com/food_preservation_techniques.html#mbp_toc_25.

Commercially or home canned foods, either in glass jars or tin cans, should make up the bulk of your food storage program. They are by far the least expensive option when it comes to food storage, come in convenient sizes and can be eaten from the can. Canned foods contain a fair amount of water making them weighty but they stack well and are easily rotated. Gradually and economically build your home food storage by purchasing a few extra canned goods each time you buy groceries.

Special foods packed for long-term storage, like powdered milk substitute and the whole powdered eggs, are produced just for survivalists.

These foods are processed for very long shelf lives and canned in nitrogen gas in large #10 cans. They have a recommended shelf life of at least 10 years. The problem is this ignores the "store what you eat and eat what you store" rule because they are not as easy to rotate into your daily diet.

No matter how you store your emergency rations, it is essential they be protected and secured from breakage. If possible, your jars of food should be stored in the original boxes along with the cardboard partitions inside which will keep them from banging against each other. The jars that are not in boxes are wrapped with bubble wrap or separated with cardboard. Then the containers should be secured to the shelf and the shelving secured to the structure.

Freezing is an easy and convenient method of food preservation. It is also very good at retaining the nutritional value of your foods. To prepare fresh vegetables for freezing they must be blanched first to stop the enzymatic activity that can cause the nutritional value and quality of your food to deteriorate.

To blanch vegetables drop them into a pot of boiling water. Leave them for a minute or two to allow the water to come back to a boil. Then quickly stop the cooking process by removing them from the boiling water and dropping them into ice water. Once cooled, they are ready to put into freezer bags, squeezing as much air out of the bag as possible, and then into your freezer.

The drawback is that, unless you have invested in a gasoline or propane-powered generator, when the electricity goes off so does your freezer.

Hopefully, during an emergency, you will be able to consume or preserve the foods in your freezer before they spoil. But you should also have a stash of foods that do not require freezing for those longer emergencies.

If you do use a freezer to store some of your food, remember that loss of power does not have to mean the loss of your food, even if you don't have a generator.

The food in a full freestanding freezer will be safe for about two days after the power goes out, providing you don't open the door too much. Cold air is heavier than warm air, and the cold air tends to stay in a chest-type freezer longer. When you open the door of an upright freezer all of the cold air "falls out" of the freezer in a matter of seconds. If your freezer isn't full, group the frozen foods together forming a pyramid so that they can protect each other. Before the power goes out, put meat and poultry to one side so their juices won't contaminate the other foods when they begin to thaw.

Fill any empty space with plastic bottles that are three quarters full of water which allows for expansion. It won't take any additional energy to keep the water frozen, and the fuller your freezer is the more efficiently it will operate. When the power goes out your frozen foods will remain frozen much longer. The frozen bottled water may also serve as emergency drinking water.

4. On The Horizon - 2012 Arson Awareness Week Was May 6th to 12th

The headline reminds me that we are on the cusp of fire season.

The United States Fire Administration (USFA) is pleased to partner with the International Association of Arson Investigators; Safe Kids USA; USAonWatch; National Volunteer Fire Council; and the National Association of State Fire Marshals to announce the theme for the 2012 Arson Awareness Week: Prevent Juvenile Firesetting.

USFA and its partners used the week of May 6th to 12th to focus public attention on the importance of a collaborative effort with fire and emergency service departments, law enforcement, mental health, social services, schools and juvenile justice to the help reduce the occurrence of juveniles engaged with fire.

According to the National Fire Protection Association, fires started by children playing accounted for an average of 56,300 fires with associated losses of 110 civilian deaths, 880 civilian injuries and \$286 million in direct property damage per year between 2005 - 2009. The Federal Bureau of Investigation's Uniform Crime Reporting Program report states that juveniles (persons under age 18) accounted for roughly 46% of arson arrests in 2005-2010. In 2010, 40% of arson arrests were juveniles with 47.6% of those children under 16 years of age.

Islamic extremists have been instructed to set and use wildfires as a terrorist weapon in locations like Fort Hood and populated areas in California. The instructions to extremists come from Inspire, al Qaeda's online publication which was started by American-born al Qaeda leader Anwar al-Awlaki. Al-Awlaki was killed by a U.S. missile strike in September, but the publication is still being produced.

Learn what you can do at www.usfa.fema.gov/aaw.