

# PREPARE

**Yurts**  
Historical Shelters  
for Today



Preparing in  
**New York**  
City

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Making the  
move to an  
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# Letter from the Editor

Welcome, and thank you for joining us on this very special journey.

We are very excited to release this first digital issue of PREPARE Magazine and want to express our sincere gratitude to those who have contributed to make this vision a reality. We have many wonderful plans ahead and look forward to receiving your input

Our family has been on this path of preparation for over 25 years. Along the journey we have met and enjoyed fellowship with many wonderful people. Whether they call themselves preppers, survivalists, or just people wanting to live a self-sustaining lifestyle, we realize that the walk in preparedness is quite varied. The common thread for most people on this journey is to prepare for a future that today might seem a bit uncertain and confusing.

In this first digital issue, our hope is to share a diverse reflection of what we desire for the mission of PREPARE Magazine. We want to build a strong and supportive community who share the passion and concern for preparedness. Our goal is that each issue will be an effective resource to equip those who have seen the need to prepare. We hope that PREPARE Magazine will help you connect with a community and know that you have a companion on the journey.

We are currently in pre-launch. During the pre-launch phase we will be working to improve our support operations, further develop our design and layout, and expand our signature features. You may encounter a few minor glitches, and we appreciate your patience.

While we are in pre-launch, we will be working with our contributing writers to offer content that will Encourage, Empower, and Enrich your journey. If you have something you would like to share within the Community, please let us know. You can visit our website or contact us at: [contributors@preparemag.com](mailto:contributors@preparemag.com)

We will move toward our Official Launch with the August release of our first hard-copy print issue. The print version will be a bi-monthly subscription, but will not replace the monthly digital issues. We look forward to the launch of the print version which will contain additional unique content and features.

In conclusion, we want to again thank you for joining with us and hope you enjoy this first sampling of what PREPARE Magazine has to offer. We truly want to serve you with a quality publication and provide you with excellent support and encouragement. Of course, we hope you will invite your friends and family to join with us.

It is our pleasure to serve you.

Joseph and Donna Miller



# The Yurt:

by Donna Miller

## A Historical Shelter for Today

### In America, yurts became

popular predominantly in the West during the 1970s. With the current housing market, more people are becoming aware of the benefits of having a yurt home. There are still many who have never heard of a yurt and have no idea what one even is.

The structure of a yurt is approximately 3500 years old. Genghis Khan lived in yurts. He and his people were nomadic. They, like many ancient peoples, followed their herd of animals and took their yurt housing along with them. Many indigenous people of American soil also had home structures similar to yurts. Yurt living is still a thriving and realistic lifestyle both in America and other countries.

### What is a Yurt?

Most all yurts are portable; they can go up in a day and can be taken down in a day. They have circular lattice walls. The walls are up in just a few minutes. They open like the old expandable, accordion type 'safety baby gates' (before they were deemed unsafe). Yurts have a cone shaped roof that is supported by rafters

which meet in a center ring.

The outer fabric covering (the shell of the yurt) is often made with architectural fabric: cotton polyester with an acrylic coating for mildew and UV protection. Yurts usually will have a skylight and most American yurts will also have windows. The number of these windows can vary from zero to as many as can possibly fit on the yurt walls. They can either be hard or vinyl windows.

Most yurts are designed for year-round living. They are fully insulated to protect inhabitants from all of the elements. Anything done to a conventional home as far as heating, plumbing, electrical can also be done to a yurt.

### Can Yurts be Separated into Different Rooms?

A yurt can be partitioned in any way. Most people will choose a separation for a kitchen and/or bathroom area if they have plumbing and electricity. They should be free-standing partitions that are not attached to the lattice walls or the rafters. This is quite easy to do. A loft can also be added for extra storage or

sleeping space.

### Are There Special Limitations Where a Yurt can be Placed?

A yurt should not be raised next to a stream, other than that, there are not many limitations. There are, however a few more obvious optimal choices to make so that the yurt is secure.

A yurt platform is always needed. A portable platform option is offered for most 16 and 20 foot diameter yurts. Platforms for the yurts have to be placed on a level area and should be at least the same diameter as the yurt.

A yurt can then be raised and secured on concrete pads or on plywood decks that can extend outside the circular diameter of the yurt. However, not everyone has to have a deck.

### How Much do They Weigh and How Easy is it to Transport?

A 16 foot (in diameter) yurt usually weighs approximately 900 lbs. This size can fit into a mini-van with some room to spare complete with the components of compressed, 2x4 rafters (about 20 of them), lattice strips (8 ft), ring, dome, door, door frame and skin bundle.

A 30 foot yurt can weigh between 2000 to 2500 lbs depending on windows and other features. It will fit on a 16 foot flat-bed trailer. The complete package of components is usually 14 1/2 ft rafters (2x6 – about 40 of them), lattice strips, ring, dome, door, door frame and skin bundle.



YOUR  
**PREPARATION**  
station

## What Other Benefits are There to Having a Yurt?

Yurt homes are low impact and require only a small amount of materials to compose the structure. The cost is far more economical than building a traditional frame or brick home. People interested in yurts are usually interested in simplifying their lives. And there is also an appeal and grace to living in a circular dwelling.

The ability to move a complete yurt in an emergency is a unique quality not found in most homes. If there were a warning of a devastating natural disaster in a spe-

“the option of a yurt is just as viable now as it was **3500** years ago”

cific area, mobility is an excellent benefit. Perhaps a family may no longer be able stay in their current location due to finances or personal family struggles, with the benefit of this portable structure the

family can have many more options. A yurt can be set up within a day of getting it to a new location.

*(cont. Next Page)*

How many lists did you make today? Perhaps you made a grocery list, to-do list, wish list, or a list of goals. We are creatures of our lists but what are we really doing?

Lists are a memory tool that we all use to un-clutter our brains so we don't forget to do something. Having a list also keep us organized and moving forward.

In our household we are list-freaks! One of our coveted lists is what we affectionately call our Prepper's List. Because preparedness encompasses so many various things, we felt it was important to keep this list separate so our attention would not be diverted from our preparedness goals.

**Our Prepper's List has helped us in the following ways:**

- Organization
- Focus
- Control
- Momentum
- Accomplishment

Organizing your thoughts and goals on paper will actually hold you accountable to the goal through accomplishment. When organizing your list, put your goal at the top and underneath the list assign the necessary steps needed for success. These small steps will provide you with focus, control, momentum, and accomplishment.

## The Prepper's List

**I've seen lists that look like this:**

- Buy a generator
- Stock-up on gasoline
- Stock-up on propane

Those are great goals but there is no plan to stay committed through accomplishment nor are there steps to keep a forward momentum. For a list to be effective it needs to have a plan.

**A better example looks like this:**

- **Buy a generator**
  1. Research and gather information on types, research reviews, research price
  2. Set aside \$10 per week to go towards the purchase
  3. Have a yard sale with proceeds going towards the purchase
- **Stock-up on gasoline**
  1. Research best practices when storing gasoline
  2. Research appropriate place to store gasoline
  3. Purchase necessary additives for stored gasoline

4. Purchase one appropriate container per week for 6 weeks

5. Fill one container per week for the following 6 weeks

For practical use, once you've gotten your list prepared, you accomplish one item from your prepper's list weekly; such as putting-back \$10 for the generator or purchasing a gasoline container. Once the step is accomplished you mark it off the prepper's list. Each time you accomplish a small step you are maintaining control and momentum in your overall preparedness goals.

Organization allows for effective productivity and a well thought out list will help with organization. A feeling of accomplishment is important because it makes us feel better about ourselves and reaffirms that we are capable.

Get your preparedness goals on paper today and make your Prepper's List!

*(Lynette Fry)*

# The Yurt: ...continued

## What is the Carbon Footprint of a Yurt?

With a yurt, the structure being built on land that is owned or leased is much more eco-friendly

than bringing in the construction work needed to build a conventional home.

The land and surrounding landscape is not damaged in the process of putting a home onto it.

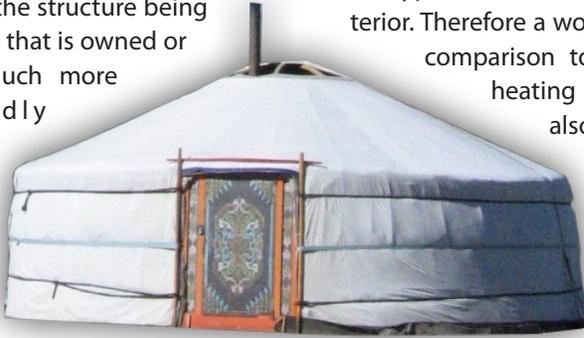
About four months after a yurt is taken down, in most cases, the grass grows back and you never knew it was there. Another benefit in relation to that is if someone doesn't own land, a friend's land can be used or leased and a yurt can be up for several years. Then when it is taken down there is no permanent damage to the land the yurt was on. Unlike a traditional home, a yurt can then be raised somewhere else or sold for the new owner to find a destination of choice. That can't always be said of a house already built or in a neighborhood.

## How Many People Can Stay in a 16ft Yurt?

Three bunk beds could easily fit in a 16 ft yurt, but much depends on what else is wanted inside. Amenities like a portable kitchen wouldn't take up much space but other options would. Larger yurts are better suited for a kitchen and small bathroom. The larger yurt size would accommodate an average sized family quite well.

## How is a Yurt Heated and Cooled?

A yurt is easy to keep warm due to its shape. The insulation used in some yurts is a reflective bubble foil designed to



contain heat. The most effective type of heat to have in a yurt is radiant heat; the type that will reflect back on the interior. Therefore a wood-stove is ideal in comparison to forced air when heating a yurt. Propane also works well. Either are very effective means of heating the yurt.

Cooling a yurt is as simple as opening vents and windows. The structure's shape naturally allows heat to escape from the top while air flow comes through windows and doors below.

## How Does a Yurt Stand Up to Wind?

This is one of the greatest features of a yurt. Being round, there are no flat surfaces for the wind to hit – wind easily flows around the structure. Most yurt structures are engineered for up to 90 mph wind. In extreme conditions, there would be ways to tie down a yurt to secure it even more.

## How Hard is it to Put Up a Yurt?

Most yurts have very clear instructions with pictures so that anyone with or without any carpentry experience could easily raise a yurt. Only a few extra tools are needed. The use of a drill and a hand-



# Review

## Wonder Junior Deluxe Manual Grain Mill

Advertised as “The World’s BEST Hand Grain Mill” the Wonder Junior Hand Grain Mill is the latest offering by the same people who bring us the WonderMill electric grain mill.

In the Deluxe model, the Wonder Junior comes with steel burrs to grind oily nuts and seeds. The burrs also work well for cracking grains. Think of being able to mill flax seed into meal for the freshest product. What about homemade peanut or almond butter? Corn bread and corn grits on the menu? Simply mill dried corn to the preferred texture. You can even grind coffee beans into fresh coffee. The Wonder Junior Deluxe hand mill is not only strong and durable, it is extremely versatile and has features even many of the larger, more expensive mills do not have.

The Wonder Junior Deluxe Manual Grain Mill is portable, yet extremely sturdy and well-built for a reasonable price. The metal body and quality powder finish is scratch and chip resistant. It has a patented Super Grip Dual Clamp which prevents the mill from sliding while milling. It can be washed with soap and water unlike many other mills. The stone milling heads are made from natural stone and require no maintenance and can be easily adjusted using a simple knob to adjust the fineness of the flour, from pastry flour to cracked grains. The hopper is large and holds over a quart of grain and is attached to the mill body so it will not fall off. The handle on the mill is extra-long (10 inches) which makes hand cranking much easier. The extra-large bearings never need lubrication. Last but not least the Wonder Junior Deluxe Manual Grain Mill is covered by a Limited Lifetime Warranty (see Owner’s Manual for details).

## Highly Recommended

Based on my product testing, comparisons and actual usage in my kitchen, the Wonder Junior Deluxe Hand Grain Mill is highly recommended. It is perfect for small or large families, those who prepare for power outages or those who camp or travel. I believe this is the one mill preparing families should not be without.

Vickilynn Haycraft

# Garden Compost Tumblers



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garden what it  
deserves!

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saw will get the job done. However, if you do find you need some additional help raising a yurt is a good way to get together with friends. Often, if anyone can participate in someone else's yurt raising and set up, the speed of setting up a yurt of their own is vastly improved. With just one time of doing it or even seeing one raised makes a world of difference. Like anything else, once it has been set it up – it's a snap to do the next time.

It make sense how a yurt goes together since there is such a natural flow to the design. This may have something to do with being a historically old design and a circular building, but raising it seems to have a familiar feel.

## What are Some Alternate Building Site Options for a Yurt?

When the site has a steep slope and the deck or platform for the yurt protrudes from that slope, there are many things you can do underneath the yurt. The space lends itself to storage, a basement room, a root cellar or a garage.

If the platform is placed where there is direct access to the ground below it, the ground can be dug out underneath for a root cellar and more storage.

In either option mentioned above, a trap door is easily installed in the floor to access the space underneath. So exiting the yurt to get to the area below is not an issue.

Since a yurt is portable, the best part about it is: if the first placement site does not offer the greatest use of space, one can simply move the yurt! Unlike building a house which is an immovable object.

## Do Yurts Require Any Special Care?

The fabric is architectural fabric, so it does the job it was meant to do. It is designed for the purpose of being the exterior protective material. The walls are usually a cotton polyester blend with acrylic coating with UV and mildew resistant treatment. The roof is vinyl. All materials are usually fire rated.

With the cotton in the blend, once it's been rained on the yurt cover has 1-2% shrinkage so it tightens down and looks great because it becomes more form fitted. There is a very large variety of color selections for most yurts.

To clean a yurt, it is recommended to wash it once a year with a mild solution of dishwashing liquid and water. Do not

use a pressure washer, just go outside with a soft brush and give it a good scrub down. This is still much easier than power washing a conventional home.

## What About Building Codes?

Each area will have differing building codes. It is suggested to confer with your State and Local code officials just as if a typical stricter were being placed on the land.

Over the past year, the yurt makers of North America and Hawaii have come together and formed the North America Yurt Alliance (NAYA). At their first meeting there were several yurt companies and persons of interest who were putting their collective voices together and sharing ideas. It is the hope of the North American Yurt Alliance to help make yurts a more viable option for people.

One of the biggest advantages of this alliance may be that they are addressing the building codes. They are hoping to have an exception for yurts across the board and unify the code for yurt placement. They hope to write their own code on the building process, but this labor of love will take some time. The ball is rolling though!

**In closing, it appears that With the newer building materials and set up assistance, this opportunity could open doors for various families who may be facing uncertainty with their living arrangements. Although dwelling in a yurt may not be for everyone, with more information and more selections presented, an alternative structure for a home may be more attractive in the future.**





# Safe Water Treatment for Survival

**Water** is essential to life. Humans can survive approximately three days without water. Many times what fluids the body needs are gained through drinks such as coffee, Gatorade and even foods. In a survival situation, there will not be coffee or flavored drinks and food is secondary to safe drinking water. Dehydration comes on quickly and becomes life threatening after three days.

When water is not needed, it seems to be everywhere from lakes to rivers and ponds. However, water cannot be consumed from any of these sources without first being purified in some manner. Tap water is normally lake or reservoir water that has been chemically treated at the water treatment plant.

Typically, in a survival situation, there are two methods, which make water safe to drink. Boiling is one and treating the water with chlorine bleach or iodine is another. Boiling is the preferred method but it requires some way to heat the water. Your survival pack should contain the means to start a fire without matches and a metal container, preferably stainless steel, in which to boil water. If you lack the essentials to boil water, treating

it with bleach or iodine will achieve the same results. First, however, be sure and filter the water. Use coffee filters, tee shirt material or cheesecloth.

Water filtration systems are one other method, but you can never be sure they are working and many are cumbersome to use and pack. You will become reliant on them and they can become corrupted with contaminants. Learn to purify water without using a commercial filtration system. There are purification tablets that contain iodine, which can be used, as well. The recommended dose is two tablets per quart of water. However, when it comes to life threatening situations it is best to rely on yourself. By using bleach and iodine, you are assured of the results. Commercial tablets and filters are excellent products. However, learn to use the materials that are available to you and can be found in most homes.

To purify water with bleach you should have an eyedropper to measure accurately. The method uses drops as a measurement. To make one quart of water safe to drink add three (3) drops of bleach. This of course means that it takes 12 drops of bleach to treat one gallon. If the water is extremely cloudy, add two extra drops per quart. Add the extra

drops if the water is below 65 degrees Fahrenheit, as well. This may be the case if you are purifying water from a creek or river. Wait at least an hour before drinking to allow the bleach to work. You can add vitamin C tablets or sugar free drink mixes to help with the taste.

Water treatment for survival using iodine employs the same technique as with bleach. However, the ratio is different. Two percent liquid or tincture of iodine can be purchased virtually anywhere and should be, along with bleach, a survival essential. To purify one quart of water, use five (5) drops of iodine. If the water is extremely cloudy or cold, double the amount to ten drops. There are four quarts to a gallon, which means it takes 20 drops per gallon. Double to 40 if cloudy. Wait at least 30 minutes before consuming. You can add vitamin C tablets and drink mixes, as well, for flavor.

If you can boil water, do so. Water must come to a rolling boil and be allowed to boil for at least three minutes to purify it. Allow it to cool and then you can add flavoring. Water cannot be made safe to drink by any method if it contaminated with any chemicals, poisons or toxins of any kind. Gather your water from fast moving streams or rivers if possible.

# Emergency Shelters

Civilization has created many comforts and conveniences for humanity. The infrastructure of towns and cities have been in place for many generations and the majority of our population has fashioned their lifestyle around it to the point of taking it for granted and lacks understanding of how it works. They assume that the light will come on each time that they flip a switch. But let's think for a moment about the possible interruption of that regularity. What would happen if a natural disaster destroyed residential housing and disabled utilities? What if you had to evacuate the area? Could you find or create a shelter?

Shelters provide safety and comfort from heat and cold, as well as from physical threats like the sun, rain, snow, sand or animals. In urban areas additional precautions may be needed to protect against human threats as well. Understanding the core purpose of shelters helps us to improvise effective structures that provide hospitable environments for survival.

There are many existing structures in domestic environments such as houses, out-buildings, RVs, and other passenger vehicles. These are generally enclosed areas that block wind and rain. They may require additional insulation and auxiliary heat. Be sure there is adequate ventilation when using flame-based heat to avoid any toxic fumes and carbon monoxide poisoning. Where there is a flame, provide a way to extinguish it and have it at the ready close by.

Sometimes it's necessary to construct a new shelter. It may consist of scrap lumber, tarps, or foliage, depending on your location and resources. Generally it pays to think "small" with the benefit of less resources needed and less space to heat. Your shelter should be established away from potentially dangerous areas such as flood zones, lightning strike zones, avalanche areas, and on pathways.

When constructing a roof, whether by panel, fabric or foliage, be aware of the drip path of water that flows downward and can be directed by slanted surface areas and edges. When layering material like shingles or leaves, start with a bottom row and overlay successive layers above. Small strings tied around the support lines of tarps, tents and hammocks can divert water drips away from entering into your dry area.

Try to determine the wind direction as you will want your shelter to block the wind versus becoming an air scoop. If you're located on a hillside it helps to know that air rises as the day heats up, and conversely, falls as the day cools off. Therefore it's best to place an entrance perpendicular to this air path.

You can learn more about alternative and improvised shelters and other survival techniques by visiting my website

<http://www.survivaltek.com> (Ken Youngquist)



# Preparing In New York City

by Vina8 of [NCPreppers.com](http://NCPreppers.com)

When my daughter, Sarah, was 5 years old she decided that she wanted to live in New York City when she grew up. Never mind that we had never been there, knew no one in New York, and lived about 2000 miles away. It is 25 years later, and guess where she lives? Yep, New York City. Sarah moved there to go to college and stayed.

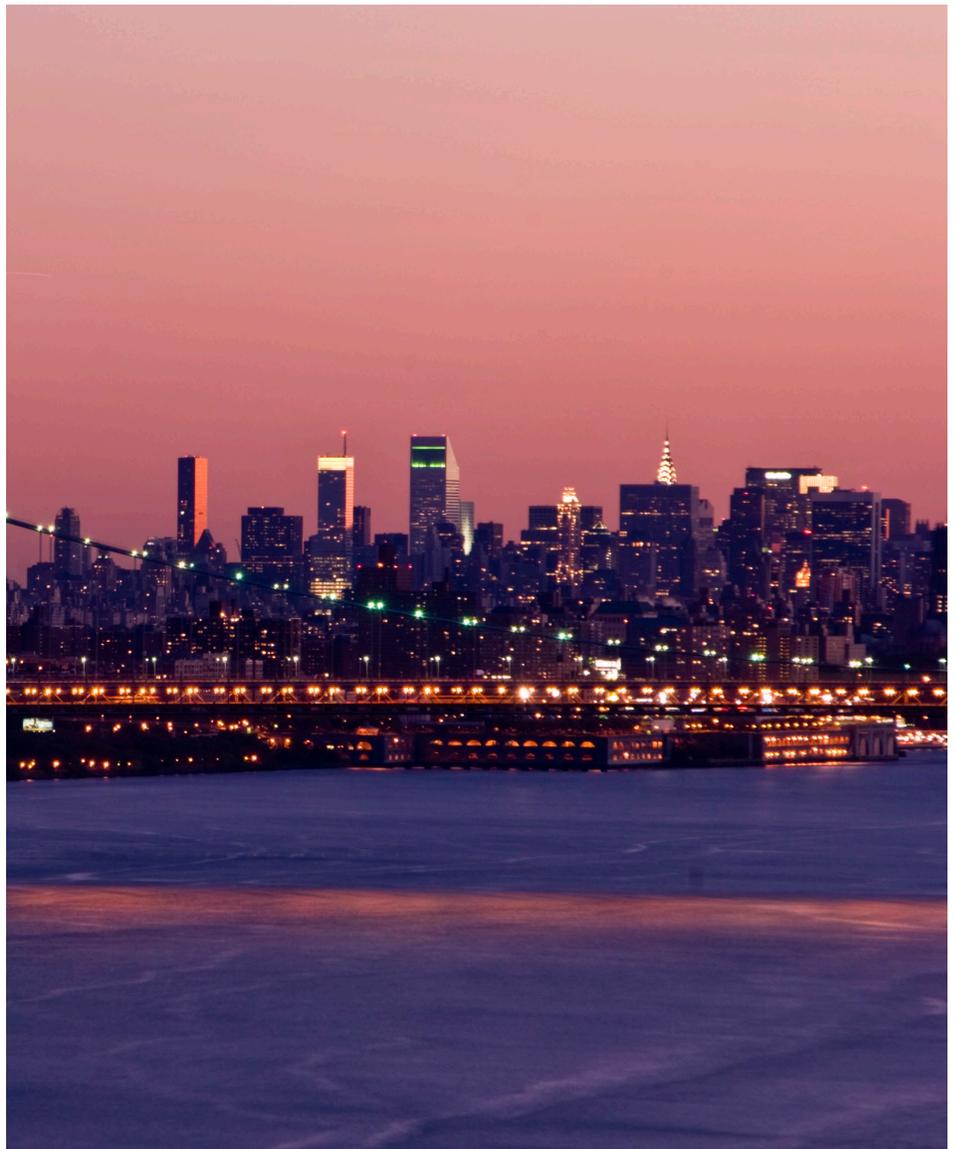
She witnessed a plane hitting the World Trade Center on 9/11, and had to walk from one end of the City to the other during the NYC blackout. That is why I have learned about urban prepping even though we live in the wooded mountains of North Carolina.

While preparing emergency kits for them, I was faced with some challenges. They have no car; space in their apartment is very limited; they have no access to a back-up water supply; they cannot grow any of their own food; security is not good; New York's restrictive gun laws results in them being unarmed; and there is limited access to the mainland which means they use bridges and tunnels to leave their home.

I live in my bug-out location and would choose to remain in place if at all possible. Sarah and her husband would choose to bug-out in a serious emergency. They have a place to go with friends outside of the city for a temporary solution. Their ultimate goal would be to get to us in North Carolina with another couple where we have prepared a place for them.

We have a 4WD, EMP-hardened, diesel vehicle that we would use to go get them, if at all possible. They would leave NYC on foot to avoid the vehicle getting bottlenecked on the bridges or tunnels. If it is necessary for them to walk to get here, they have maps of several routes including using the Appalachian Trail and even following railroad tracks.

The emergency kits we prepared for them include enough water



and food for at least a week in case they have to stay put. They also have some basic items with a long hike in mind: back-packing tent, survival sleeping bags, water treatment equipment, several fire-starting methods, fishing and trapping equipment, ponchos, N95 facemasks, LED headlamps, first aid kit, knives and multi-tools, etc.

For those of you living in small, urban living spaces who would like to prepare, consider some of these tips my daughter uses. Put shelves along the wall near the ceiling for extra storage space. Cover boxes of supplies with an attractive cloth

and call it a coffee table. Purchase a water bob that stores small, but can be placed in your bathtub and filled with water for a clean water source. Put sturdy brackets on the wall on either side of your door into which you can place a 2 x 4 as a barrier. Have some plastic drop cloths and duct tape available to seal your doors and windows in the event of a chemical or biological threat. If you have space for a window box or planted pots on a patio or balcony, grow edible plants. Find friends who know the value of preparing with whom you can find mutual support and protection.

## Introduction to

# Whole Wheat Bread Baking

Whether it's for the holidays, a special occasion or a goal for everyday simplicity a lot of people desire to make homemade whole wheat bread. Smelling the freshly baked aroma coming from your kitchen is one of the homiest and soothing fragrances in the culinary world. Making and baking whole wheat bread is healthier for you and can cost much less than traditional 'healthy' store-bought 'whole wheat' bread.

Once the dough bakes in the oven and that beautiful loaf is cooling on your cooling rack, everyone can hardly wait to eat it. A little patience pays off, though. In addition to the satisfaction of making whole wheat bread yourself, you won't want to go back to the store to buy bread anymore. It just won't satisfy you or your family the same as your home-made, whole wheat bread will. Making a fluffy loaf of whole wheat bread is easy and once you master the simple skills, you'll want to keep making it.

Because the whole grain is already designed by the Creator to be stored for far longer than flour it is a staple for the prepared pantry. Weather milled into flour or sprouted whole grains pack far more nutrition in their husk than the white, dead bagged flour counterpart.

Often, it is thought that a good loaf of whole wheat bread can be made from the store bought whole wheat flour. Usually this option leads to having to add white flour to obtain the soft, light and fluffy texture desired in a loaf of bread. Adding white flour is exactly what we are trying to avoid both for the sake of health and the sake of long term storage.

In order for the finished product to have the right quality, you have to choose the right kind of flour. There are a couple of options, each with a different effect on your Whole Wheat Bread, its nutritional value and its texture.

### Option 1:

The healthiest, freshest and most nutritionally complete Whole Wheat Flour is only produced by milling it at home from the whole grains of Hard Wheat. It will contain all the exact balance of wheat germ, wheat germ oil, fiber, protein, vitamins, minerals and nutrients to work synergistically with each other to make the healthiest Whole Wheat Flour possible.

In addition to the heightened nutritional value of home-milled Whole Wheat Flour, the taste and texture is unsurpassed by any store-bought bagged flour.

### Option 2:

Whole Wheat Bagged Flour that can be purchased at any grocery store is an option. If you are purchasing bagged Whole Wheat Flour be sure it is intended for Bread making. Whole Wheat Flour labeled All-Purpose or Pastry will lack the needed protein to rise a loaf of Whole Wheat Bread.

Bagged Whole Wheat Flour is often more dense. It does have more fiber than White Flour but has been processed to remove the essential oils and germ in order to extend the shelf life for marketing and profit purposes. This longer shelf life does oxidize the flour and may also cause there to be a more 'bitter' taste than freshly milled.

If choosing Bagged Whole Wheat Flour (Option 2), you will likely still have to either use a portion of the flour in your recipe as White Bread Flour or increase the Vital Wheat Gluten content to achieve a loaf at the texture you desire. This is another reason we recommend Freshly Milled Whole Wheat Flour (Option 1), since it does not require using White Flour (aka: Elmer's glue for the colon) or an exorbitant amount of extra gluten.

## Tools of the Trade

### Ingredients:

Whole Wheat Flour  
Vital Wheat Gluten (Gluten Flour)\*  
Instant Dry Yeast  
Warm Water or Other Liquid  
Sweet Stuff: (Sugar, Honey, Syrup etc.)  
Healthy Oil,  
Healthy Salt

### Tools:

Measuring Cups & Spoons  
Thermometer  
Bread Pan  
Cooling Rack  
Smooth Counter or Table Top  
Grain Mill  
Mixing spoon  
Large Mixing Bowl

For more detailed tips, techniques and tricks please consider looking into "[Whole Wheat Bread Baking](#)". Available in both paperback and e-book formats. Either choice will give you many more detailed steps, photos and easy to follow instructions.



# Making the Move to an RV

by Brenda Berry

With foreclosures and home ownership greatly compromised, many people are looking for alternative means of housing. An RV is a very viable option but with idiosyncrasies of its own. Having lived in an RV several full time years ago and again making that transition to it as a permanent dwelling, this insight may help if you are pondering the mobile and certainly space confined option of an RV. In an interview about making this move, the following questions arose:

## 1. What are your suggestions in finding the right RV for your family & budget?

The first step is to evaluate your daily living as it is. Do you cook a lot? If you do, you will want to focus on an RV that has a well laid out kitchen area. If you tend to group up in the family room, you will want a style that has more seating, pull out couches and beds. If you live rather

sparse to begin with, you might want a "toy hauler" type RV that gives you storage space in the rear, but frees up your living quarters. Paying attention to how you live daily will make choosing your RV much less daunting.

As for budget, don't limit your thought process to simply purchasing an RV... there are plenty of them sitting around, unused, where the owner may be more than willing to take some type of trade. You can trade labor (tree work, yard work, handyman skills, teaching/tutoring) or trade tangible items such as furnishings, guns, appliances, jewelry, etc. If your trade involves you working over a period of time before getting the RV in return, you will want to draw up a simple contract to ensure that all parties get what they agree upon, but bartering is often a wonderful way to obtain what you need! Scout out dealerships, but BUY PRIVATELY – often craigslist or newspapers will offer FAR better deals than a dealership. You can get the idea of what you want at

a dealership or RV show, but buying privately will save you tons of money! Just have your mechanic inspect the RV before you purchase or trade, if possible.

## 2. What are the biggest adjustments to making an RV a more permanent living space?

I think the key here is really paying attention to your life as you live it now. In my case, I realized that I spent a great deal of time in my kitchen and on my computer. I really wasn't utilizing much of the rest of my home. Thus, choosing a smaller, more economic RV was an easy choice when I realized I don't take up too much space in my day!

Taking into account how many will share the RV space and what THEIR habits are helps in the transition. If you start viewing your daily routine from the viewpoint of "can-I-do-this-in-my-RV", you can start making adjustments well ahead of time. For example, I used to have a routine of cooking most of my meals for the week



We will give you one guess why most storage foods have long shelf lives...

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on Sunday afternoon and storing them in the freezer for quick heat-ups during the week. I quickly realized that limited space would prevent that practice, so I started making easier daily meals and less elaborate dinners, making it far easier to tackle my kitchen duties in the RV.

Things that you may do weekly, such as laundry, are better done on a daily basis in a quicker and easier fashion. I highly recommend the [LAUNDRY POD](#) as a quick and easy way to pop out a load or two of laundry a day, rather than saving them all up for the week. The Laundry Pod is non electric, perfectly suitable for your RV and it is easy to store.

Keep a list of the gadgets and tools that you use in your daily routine and ask yourself if you can manage without them or with a smaller version. I replaced my food processor with a good kitchen knife, but of course retained my high end appliances that I rely on. It really doesn't take me any longer to shred a cabbage with a knife rather than a food processor, so giving up a space hog was an easy choice.

Try to make simple transitions such as these BEFORE you transition fully, so that your routine is already set. Simple things like finding a good soap that will serve as a DO ALL – shampoo, body wash, laundry/dish soap, and household cleaner, will eliminate the need to have a separate bottle or box sitting around. I use a chemical-free soap that I purchase by the gallon, and it serves all of my cleaning needs, both personal and household. Scaling down the small stuff really does make a difference.

### 3. What is the best part about RV living?

The BEST part of RV living is that you have your house with you everywhere you go and your "home" can change within a couple of hours! Hurricane headed your way? Go where the weather is fine! Snow in the forecast? Hmmm, a nice warm beach by nightfall... head south! With a well stocked and thought out RV, you never have to worry about what you left at home-since home is with you at all times!

### 4. What is the worst part about RV living?

The WORST part about RV living is finding decent places to stay or park where you aren't stacked in with weekend hobby campers, or finding places that have the amenities you want or need that aren't priced too high just for those hobby campers. For example, if WIFI internet is important to you, you may wish to invest in a mobile hotspot so you always have access without having to rely on a campground or try kitting out your RV where electricity isn't required for you to function. This way, you can park overnight in rest areas or other places besides a campground. Many Wal-Marts allow parking lot camping overnight, but there typically isn't access to electricity or water.

Not having access to postal delivery is a huge consideration. If you are headed off on a 6 month journey for example, you need to consider how and where you will have your mail delivered to you. Most campgrounds do not allow mail for campers. I suggest checking with post offices along your route to see if they have "general delivery" service where you can arrange mail or package delivery. Otherwise, you may need a "base" person who will accept your mail for you

and take care of any relevant needs. My brother accepts mail for me, reads me what comes in, and either he or I will deal with anything that needs it. Having a key person or planning ahead is important. It would be nice to think we have no bills coming in, with no need for mail, but let's face it – every now and then we will need to get a package or letter delivered, so this is another element you should consider with living in an RV.

### 5. A list of 'Do's and Don'ts' when living in an RV long term.

**- DON'T** try to live with all the creature comforts you are used to. Learn to scale down.

**- DON'T** resort to "paper" and disposables just because it "seems" to make sense. Corning or chinet place settings from a yard sale are thin and easy to store and will save you from acquiring huge bags of waste that you may not have a place to dispose of. This is the same for too many coffee mugs, silverware, etc. as well. Please don't clog the landfills by thinking you need disposable stuff.

**- DON'T** forget to sanitize your water holding tanks on a regular basis and flush

## CAMPING CHECKLIST

### are YOU ready?

- Backpack
- Camping Tools
- Tent
- Sleeping Bag
- Camp Stove



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out your sewage. Odors can quickly ruin your night, as can bacteria in your dish water!

**- DON'T** rely on the locks that are in your RV!!! Install latch type locks on both the inside and outside entrance, and look for any areas that need more security than what comes with it. It takes mere seconds for someone to break into a standard lock on an RV. When you are settled in for the night, make sure you have secured the inside lock, but be sure to have an easy escape in case of fire or emergency. In other words, keep the key for the lock hanging on a hook right by it and make sure all occupants know where it is.

**- DO** make sure you have fire extinguishers located in both the outside and inside storage compartments, as well as a few cans of aerosol type extinguishers in case of a fire.

**- DO** keep a well stocked toolbox, as well as things like "fix-a-flat" and a power inverter/car charger. Power inverters are essential for me, since they can bridge the gap when no electric is available.

**- DO** join a road service club, such as GOOD SAM, so you are covered for things like road service, flat tires, dead battery, lock outs, etc. They run about 80 dollars a year and are worth EVERY cent... one road call or tow service would cost far more.

**- DO** make sure to secure anything breakable. I store my glass/breakable appliances BEHIND softer things, like clothing, to ensure they don't slide out while in motion.

**- DO** ALWAYS know the address or GPS coordinate of your current location. If you needed to call 911 from a cell phone, it isn't easily tracked, so KNOW WHERE YOU ARE AT ALL TIMES!

**- DO** ALWAYS let someone know your route of travel and have someone to check in with at set times.

**- DO** have a well stocked first aid kit, including antiseptic, water purifier, bandages,

antibiotic ointment, snake bite/bee sting kits, etc.

## 6. Did you have any misconceptions prior to living in an RV (day dreaming perhaps) and the reality (both pleasantly surprised and challenges)?

I quickly realized that my days of long, hot showers were a thing of the past and had to learn to do a quickie shampoo and scrub before my limited hot water ran out! Simple things like not washing the dishes 5 minutes before you shower make a difference, but you will find your routine as you go along. I HIGHLY recommend "living" in your RV for a few weeks while you still have access to other quarters or your home to get a good feel for it first.

If you have never been RVing before, I suggest renting one for a week to see if the lifestyle suits you. It isn't for everyone, but can be a major blast if you don't try to live as you are used to living – it just won't be the same.

## 7. A list of 'To Dos' for living in an RV long term.

Create a "master" and "minor" checklist that you follow EACH AND EVERY time you stop at or leave a location. This would include your basic "set up" routine (sewer pipe, chucks under the wheels, awnings, etc) and be sure to reverse ALL actions when you leave. There's nothing worse than driving off with your sewage pipe still connected to the dump station :). Your minor checklist should include things like securing your cooking utensils, bathroom supplies, etc. It isn't much

fun to drive off with the kitchen sink still full of water and your oatmeal sliding off the table onto the couch! Don't ask me how I know this.....

Keep your RV in TOP condition mechanically. Have regular oil changes, checking tire pressure, fluids, battery status, anti-freeze, etc.

ALWAYS winterize well ahead of when needed. If you plan to live in it during the winter, like I do, make sure you wrap your pipes with insulated foam to avoid split pipes. These are very costly to repair.

Regularly flush out and sanitize your water tanks by dumping a few bottles of peroxide and some grapefruit seed extract (natural antifungal/antivirus, etc) in and letting it sit, then flush well with pure water. I personally use bottled water for cooking, drinking, and tooth brushing.

Learn to be organized in your storage. Rather than store extra linens in a cabinet, store them in a pretty pillow sham where they can serve as prop up pillows when not in use. Use a nice throw pillow cover to store kitchen towels and linens.

The best "to do" is HAVE FUN!!! RV living can be an amazing lifestyle, affording you the opportunity to see the world, but giving you the ability to live on a tight budget all at the same time. Even if you are just living in your RV and not "on the road", you can enjoy nature at its very finest without the hassles of home ownership.

If you'd like to hear the interview with Brenda and more advice on transitioning to an RV for full time living (or perhaps as simply a temporary mobile unit in emergencies) find the show in the archives on [Your Preparation Station](#)



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# Preparing the Heart

Preparing one's heart is much like a romantic love story. Not your movie-style 'boy-meets-girl, they fall in love then live happily ever after and no one ever hears of them again' kind of love story. I'm talking a whole and real story, the type that includes the guts behind the glamour. The kind you don't read (if you're into that sort of thing), but the ones that are lived out.

Take a section out of this story – engagement, for example. Once a girl is engaged, she typically begins work on wedding preparations. Each bride-to-be is different, as well as the circumstances and time-frame in which to prepare, but most engaged women gather information for their special day, create their task lists and begin taking actions toward completing that often daunting list. She can easily become overwhelmed or "lose her cool" along the way and especially as the day draws nearer or if things don't go according to plan. Sound familiar?

Preparation can have those same feelings. We can become overwhelmed, stressed out, and "lose our cool" as we gather information (learning), maybe we feel like we're not completing our task list quickly enough, finances throw our plans for a loop, etc. This can especially happen as we notice the changes in the world and observe the "Day" drawing nearer.

When a bride-to-be gets stressed out, it isn't a fun place to be (Bridezilla, anyone?). Preparing for a wedding should be an enjoyable experience. If the bride-to-be has her heart fixated and focused on preparing for her husband-to-be rather than the task list of preparing for the event of her wedding, I've observed that things tend to fall into place much more smoothly. Her heart is on the one she loves!

This same principle should apply to any preparation. You can have all the right skills, the detailed task list, the materials to prepare, etc. But if your heart is not prepared and you're too honed in on preparing for the event instead of the reason for your preparation, then you'll easily become overwhelmed and may end up sacrificing more in the long-run. Make sure your heart is where it needs to be and don't get caught up in the stresses of preparation. Because if your heart wasn't prepared, when the day's event draws to a close – you may not know how to handle the reality of your new life.

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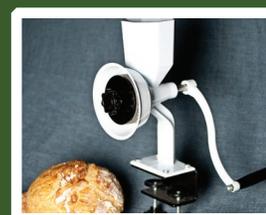
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# Surviving after a Flood

by: Trent Powers

Natural disasters are extremely hard to predict. Thus, being prepared before disaster strikes is essential in order to maintain life after the catastrophe. There are essentially two types of floods, flash floods and the rise from rivers, lakes and levees. Suburban developments are not as prone to flash floods as are more rural, less developed areas.

Surviving the flood is just the beginning. Being properly prepared is essential to help you sustain life for yourself and your family after the disaster strikes. People living in areas prone to flooding should begin gathering essentials well ahead of time. Even if the area has not experienced a flood in many years, if the area has flooded it is certainly possible to flood again. Don't make the mistake of ignoring the potential of a deadly flood.

If you own a boat, you will likely want to incorporate the boat into your flood preparation plans. A boat can make a difference when the rivers rise and the streams overflow their banks. Boats, preferably a rubber inflatable raft, if secured in the correct manner will rise with the floodwaters. The boat then becomes a way of storing and preserving your survival essentials.

The boat should be secured with rope. The rope should be tied off well above the flood stage, for example, attach the boat securely somewhere on the house such as along the roofline. This allows the boat to rise uninhibited with the water. The boat will rise with the water and you want the line connected to the home so the boat can be retrieved. You may have to climb into the boat through a window or from the roof. You may have to seek refuge on the roof or upper stories of the home. The boat should be retrievable from these locations.

Pack supplies in the boat well ahead of time and secure with nylon rope that will not swell from water saturation. The supplies need to be covered well with tarps to keep them dry. Safe drinking water

is a main concern. The recommended amount is one gallon per person daily. Try to store enough for at least three days. Keep in mind water weighs roughly 8.5 pounds per gallon. Food and medical supplies are the next concern along with clothing. Some models of inflatable rafts have a covered area that provides some shelter from the elements. Pack food that can be consumed without cooking. Keep in mind many foods such as canned vegetables contain liquid, which can also be consumed to prevent dehydration.

You will more than likely need to start a fire at some point. Learn how to start a fire without matches. Purchase a magnesium stick from any camping section in most retail outlets or camp supply stores. It typically comes with a flint and steel.

Magnesium is a very soft metal, which just happens to be flammable. To use the stick simply shave off some slivers with a knife. The shavings can be laid over cotton balls that are covered in Vaseline, or some other suitable starter. Take the steel and strike it against the flint to create a spark. The sparks will catch the magnesium slivers on fire. Frito-Lay's chips are saturated with oils that are flammable and can be used to start fires when used along with the magnesium slivers as well.

Floods displace wildlife and that is a major concern even while the waters are high and after they recede. Some wildlife can be a threat to humans such as snakes and alligators. It is important to be aware of this as you appraise the flood damage.

## A word about water...

Surviving after a flood requires good preparation. Your supplies should include chlorine bleach, and tincture of iodine both of which can be used to purify drinking water. The best method of water purification is boiling but that may be impossible at times.

After the flood, your tap water may very well be contaminated from the floodwaters. If you can get tap water, store as much as you can and boil it prior to drinking. Boiling or adding bleach or iodine will only kill bacteria and viruses. Purification methods will not make water safe to drink if it is contaminated by chemicals or toxins of any kind.

Once you realize your home will be flooded and you cannot evacuate, ensure the raft or boat is attached where the rope can be reached as your retreat to the upper levels. At some point, you may need to evacuate the home and the boat then becomes a means of surviving after a flood. Also, another thing to consider when it comes to surviving, your neighbors may not have prepared as well as you. Keep this in mind as your neighbors and friends will act differently and they may become desperate.

# Surviving a Natural Disaster

## in an Urban Environment

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With summer just around the corner, many people begin to prepare for harsh weather situations like hurricanes, tornados, and severe storms that may cause flooding. Living in urban areas offers some unique challenges in preparation strategies during a natural disaster, but good planning will increase your chances of survival (no matter where you live).

First, if you live in an urban environment become familiar with evacuation routes. Hurricanes, earthquakes and tornadoes can and have struck heavily populated areas. If you live in an apartment complex you must be prepared to evacuate the building. You, your partner, and all family members must have a backpack ready to go. Each pack should contain all the same essentials. This ensures survival of each person even if separated.

Leave before the disaster strikes if possible. If this is not possible, you should not be in any building that can collapse around you. You do not want to become trapped. Seek an open space if there is an earthquake and basements or the lowest point possible if there is the threat of a tornado. For hurricanes seek the sturdiest building you can find. Make sure everyone has their packs with clothing, energy bars, bottled water, flashlights and a two-way radio. Ensure all radios are set for the same channel. Cell phones may very well be inoperative.

Keep an eye out for looters; unfortunately, they are an unpleasant fact. If possible, do not leave the immediate area since rescue workers will know the populated areas and will concentrate their efforts there first. If the disaster has damaged buildings, do not seek shelter in them. If tents are available and you can pack them, find a spot and use them for protection from the elements. Once again, make sure the backpacks have the essentials. Food and water is heavy so it may be difficult to carry enough for extended periods. Purchase pouch foods, in other words, food that is dehydrated but can be consumed without water or cooking.

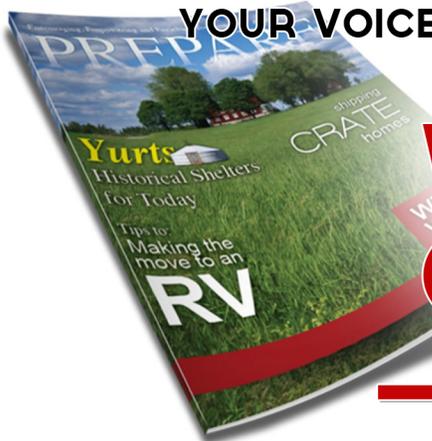
The best survival tool you have is your ability to think. The essentials for survival are: water, food, clothing and shelter. Make-shift shelters are acceptable, and can be made using scraps of lumber and discarded tarps or even sheets of plastic. Build a fire for comfort and morale. Use matches if you have them but they become useless quickly in a survival situation, so it is prudent to learn how to start a fire using other methods. One method is magnesium sticks, which are available in most camping supply stores and many retail outlets. You will need a flint and steel which is typically sold with the magnesium. The supplies one might need in a survival situation would fill a garage. However, you should and must pack the essentials for whatever situation. Do not forget to have water, food, clothing and the means to start a fire.





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## Doomsday Survival or Preparation Call?

Doomsday Survival has become quite a popular topic with today's media and politicians. It is a telling sign that more and more people are concerned with events that are happening all across the globe.

Unfortunately, the concerns that people face are often fueled by the media in the form of fear. News outlets and others often sensationalize events that are happening in order to boost their following or listener ratings. Regrettably, fear has proven to be a powerful agent in driving revenues.

The internet has made information immediately available so it has become very easy to follow events all over the world. I suspect if the internet was available during the great World Wars or during the great global depression, there likely would have been a far greater movement of people preparing for the ultimate destruction of society. A real doomsday scenario was unfolding before their eyes.

Certainly, (more than ever, in fact) I believe it is essential that we all prepare. But... I really do not believe that preparation should be a reaction to fear. I personally am not interested in perpetuating hysteria or pushing a fear message simply to create a reaction in people, or to drive revenues.

Today, "Preppers" is a popular name that is used to identify those who are somewhat involved in some type of preparation act. I am not a big fan of the term Preppers, but I do understand the attempt to identify people who are a part of the preparation journey. I have just never particularly appreciated how we have grown so accustomed to classifying people into categories, or sub-categories. Our history is littered by too many terrible acts against people who were visibly identified, labeled, and branded as they were placed as a member of a certain group.

To me, preparation is not about fitting within a certain society niche or group. Preparation is a journey, and a movement. It is a community of people taking action and often coming together to prepare themselves for living - regardless of the circumstances they may encounter.

In my Faith, preparation is not particularly about special survival skills in a doomsday scenario, but far more about being ready and prepared for the soon return of the King of Kings. It is about having oil in the lamps awaiting the Bridegroom.

It is ultimately pointless for me to rant about a simple term used for identification. I am fine with anyone who wants to call themselves a Prepper, survivalist, hoarder, or whatever. Over 18 years ago I heard a Preparation Call that has impacted my life in a profound way. My desire is to remain faithful on the journey of that call, and to prepare my family and others for the difficulties (and also the joys) that lie ahead.

Preparation is not just about some doomsday scenario. Preparation has everything to do with Faith, living life with hope, and strengthening relationships with our families and communities.

- Joseph Miller

## Vickilynn Haycraft

The hostess of the *GetReal-GetPrepared* radio show on PRN. She is the author of: *Wrapping It Up!* and co-author of *Naturally Healthy Cuisine, Real Food for Real Families*. Vickilynn is a sought-after independent product tester and book reviewer delivering accurate, honest, and trustworthy reviews on products and books for the whole family. Subscribe to Vickilynn at: [www.realfoodliving.com](http://www.realfoodliving.com).

## Donna Miller

Donna Miller is a teacher, author, sought-after speaker and trainer. She has been both guest and host on internet and broadcast radio talk-shows and in television interviews. She enjoys teaching classes & retreats for people to learn more than head-knowledge of preparedness skills. She and her husband (Joseph) are the founders of both [Millers Grain House](#), [Your Preparation Station](#) and are on the board of PREPARE Magazine. At the leadership of her husband, Donna and her family have been active in preparing for over 25 years

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Lynette Fry is a freelance writer, instructor, speaker, website and talk radio hostess. She enjoys hosting her weekly talk radio program 'Prepping On A Budget' on Blog Talk Radio. Her passion is providing others with the necessary tools to move forward in their own preparedness journey and she accomplishes this with online and on-location workshops, an e-book, and personal coaching. Lynette is the owner of [PreppingOnABudget.com](http://PreppingOnABudget.com) and enjoys her rural lifestyle, with her husband and dog, in the deep south!

## Brenda Berry

The creator of the blog [MEAL MASTERS](#). Healthy, nutritious and FUN ways to prepare food. On her blog she shares many tips on allergy free food preparation with recipes, product reviews and videos.

## Ken Youngquist

Ken Youngquist is the creator of *Survivaltek*, a website dedicated to teaching the ways and means to survive. From his youth, Ken was captivated by primitive living skills, and in his adulthood was intrigued by the television Series *MacGyver*. The result has been the study and practice of survival skills and the desire to pass on the mantle of preparedness to others. You can visit and learn more at: [Survivaltek.com](http://Survivaltek.com)

## Vina8

Vina8 of [NCpreppers.com](http://NCpreppers.com) lives with her husband on top of a hill in Western North Carolina. They lived and worked most of their adult lives in and around large cities, but are now happily settled in the country with no other houses in sight. Both are retired and use their time to grow much of their own food and become more self-sufficient. They have learned a lot about preparedness and their prepping has evolved over 30 years from being primarily food storage to a more sustainable lifestyle.

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