



The Motivation Factor

As we begin a new year, have you made a plan for 2015? Did you know you could? Yes, you can! This may seem like a mammoth task, but not if you take the planning in phases, by topics or even by time. What are your plans and obligations for January, February and March? What parts of your life do you want to change? Motivation for change can come in a variety of ways. Are we solving a problem or trying to eliminate an unwanted situation? These motivations seldom are successful. Why not focus on something that you desire - a positive outcome.

The first step is a personal evaluation. Once you know where you are, then you can begin setting goals. The difference between our desired goals and our actual state creates a structural tension, which strives for resolution. This requires tracking your actions. Keep those records.

As you work through this process, you will have to make choices. A primary choice is something we want more than something else. Secondary choices involve the actions we take to support the primary choice. Sometimes, we have to make secondary choices that we don't want to do, but we do them because these actions influence the outcome of the primary choice. We learn to have internal conversations with ourselves. If you will have these conversations, you will become more aware of what you're doing when you make these choices. This is powerful, you move out of the mindless behavior stage and into one where the consequences of your actions have a meaning. The relationship between primary and secondary choices provides us with the key to discipline. With this understanding you will be able to accomplish more than you ever imagined. In 2015, **Go for it!**

Ask Billie



Q. Are SUN OVENS® used in countries outside the U. S.?

A. Yes, SUN OVENS International, Inc. is involved in solar cooking projects in deforested countries on 5 continents. We have been innovative in developing methods of placement, training, and marketing to assist in the positioning of over 34,000 family sized GLOBAL SUN OVENS® in the U.S. and more than 100 developing countries, and 250 large VILLAGER SUN OVENS® in deforested developing countries. We are striving to develop and implement comprehensive solar cooking programs which will radically decrease the developing world's dependence on fuel wood and dung as the primary cooking fuels, while benefiting the environment, raising the standard of living, and improving the health of the poor worldwide. Domestic SUN OVEN® sales help finance these projects.

What is your Most Burning Question about Food Storage or Emergency Preparedness? Send your questions to editor@sunoven.com



Billie Nicholson



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The Magic of the Side

Stephen Palmer

Almost every important thing I've done in my life has been done on the side. Most of the progress I've made has developed on the side. The side — *if* you have one — is where the real action is. The side, if pursued persistently, is where you find meaning and purpose. The side is where opportunity and freedom are found.

Your front is your day job, how you support your family, where you spend the bulk of your time. The side is where you dream and discover. The side is where you wonder and experiment. The side is where you develop new skills, acquire new knowledge, engage with mentors, meet new people, push your boundaries.

The side is where you burn the midnight oil in search of something more, new, different, better. The side is where you turn keys that unlock doors to new worlds, new adventures. The side is your part-time venture that gives you hope and energy to get through your full-time grind.

In August 2004, my front was delivering water to convenience stores while attending college. I started [washing windows on the side](#). In November of that same year I quit my job; my side had become my new front, and that front eventually opened other doors on the side. In June of 2006 my front was real estate and other investments. I started [writing \(for free\) on the side](#). In December of that year I was approached to write a book. When [that book](#) became a bestseller, [freelance writing](#) became my new front ...

My front pays the bills. My side feeds my fire.

My front gives me stability. My side gives me inspiration and excitement.

My front provides security. My side produces freedom.

My front builds my credibility. My side builds my wings.

I don't care what your front is. I want to know what you're doing on the side. I don't care where you've come from. I want to know where you're going.

Are you ready to go places you've never been before? [More](#)

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9 Simple Tips to Prevent Antibiotic Resistance

[Gaye Levy, Backdoor Survival](#)

It seems to me that whenever I travel by air, I come home with a sniffle or two. It is not that I am not careful because I am. It is just that being squeezed into a miniscule airline seat surrounded by strangers who are breathing, chewing, coughing, and sneezing makes contact unavoidable. Travelers can carry some [DIY Anti-Viral Spray](#) with them but other than donning a mask and gloves, they run the risk of exposure to all kinds of nasties during their flight.

Often, when someone catches a common cold, the first words out of their mouth are “I better call the clinic to get some antibiotics just in case.”

My response is: *Just in Case of What?*

These days, it appears to me that the slightest sniffle sends parents, their kids, and even knowledgeable adults to the nearest clinic to pick up a dose of these once-upon-a-time miracle drugs. And clearly, antibiotic drugs can save lives. But something quite deadly has happened along the highway to miracles: [Antibiotic Resistance](#).

Today I offer a basic, layman’s primer on antibiotic resistance along with 9 simple tips to prevent antibiotic resistance. No preaching, no panic, just some general, information to make you think and to make you evaluate your own actions the next time you get a sniffle.

And why is this important? When the SHTF, you are going to want your antibiotics to work and not be rendered useless to fight a bacterial or parasitic infection.

What Causes Antibiotic Resistance?

Antibiotics normally work by killing germs such as bacteria. Or, if they do not kill the bacteria, they severely retard the bacteria from growing. They are also used as an effective medicine to fight or prevent infections caused by certain parasites and some types of fungus.

But sometimes things go wrong and not all of these bad boys are stopped or killed. Alas, sometimes the strongest ones are left to grow and spread. When this happens, the person being treated can get sick again. And this second time around, the germs become harder to kill. This becomes a never ending cycle.

The more often a person uses a particular antibiotic, the more likely it is that bacteria will resist it. And at the end of the day? The illness or disease becomes difficult to control, keeping you sick for a longer period and requiring stronger and stronger drugs.

Plus guess what? The stronger the drug, the more costly the drug. And the more costly, the greater the likelihood that your drug insurance plan will require a large co-pay (that is, if they pay for it at all).

Antibiotics Do Not Have Any Effect on Viruses

Now here is the tricky part. Germs come in two major flavors: bacteria, as mentioned above, and viruses. Antibiotics, used sparingly and only when medically dictated, can be effective in killing and stopping bacteria but they are ineffective and do not work in treating viruses.

Repeat after me: Antibiotics do not have any effect on viruses.

Continued on pg. 4

9 Simple Tips to Prevent Antibiotic Resistance

[Gaye Levy, Backdoor Survival](#) Continued from pg. 3

Part two of that equation is that the common cold is caused by a virus or viral infection *and not bacteria!* Just to refresh what you may already know, viruses are the typical culprit in the following maladies:

- *Colds*
- *Coughs*
- *Sore throats*
- *Flu*
- *Sinus problems*
- *Bronchitis*
- *Ear infections*

Why is this important? Because in taking an antibiotic for one of these ills, you are increasing the chance of making yourself antibiotic resistant. Besides, they won't work and might even harm you since each time you take one, you increase the possibility and probability that bacteria in your body will begin to resist and become ineffective against bacterial infections just when you need them most. [...](#)

9 Tips For Preventing Antibiotic Resistance

Here are some tips for helping insure that you do not promote antibiotic resistance in your own body.

1. *Do not ask for or demand an antibiotic when your doctor says you don't need it.*
2. *Don't take an antibiotic for a virus (cold, cough, or flu).*
3. *Take your medicine exactly the way it was prescribed. Finish the complete dosage and do not skip doses. Yes, you may feel better but that does not mean you are cured.*
4. *Ask questions. If a doctor prescribes an antibiotic, or any drug for that matter, ask what it is and why he or she is prescribing that particular medication. If you don't understand the answer, say so and do not leave until you are satisfied.*
5. *Also talk to your pharmacist about drug interactions, and recommended food to eat (or not eat) along with the drug. Also discuss common side effects since many antibiotics have annoying side effects including dizziness and gastrointestinal distress. This is not the time to be bashful.*

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HOW'S YOUR FUEL SUPPLY?

As part of your emergency/camping preparations, now is the time to stock up on Fuel Disks/Fire Starters for your Cube Stove or any outdoor wood burning stove.

- * Designed to ignite easily and burn hot, they can be broken into pieces for use as fire starters
- * Can be used in the Cloudy Day Cube Stove as a fuel source when hiking, camping or cooking in the outdoors
- * Completely waterproof so they catch fire in windy, rainy or snowy weather
- * Reaches a temperature of 1,200°F within 2 minutes, boils water in less than 5 minutes
- * Burns for up to 45 minutes
- * A case includes 105 Fuel Disks/Fire Starters
- * **CASE LOT PRICE ONLY \$125**

BUY NOW

Case Lot Sale

SAVE 40%

(Only \$1.19 Each)



Added Bonus ...

- * Free Cloudy Cube Stove (\$29.50 Value)
- * Free Shipping*

* Free Shipping to the Contiguous US

Vegetarian Chickpea Curry Pie from the Solar Chef



The easiest way to make this savory, vegetarian pie is in a skillet, but make sure yours fits in the Sun Oven. If not, bake it in a pie tin.

INGREDIENTS

- 2 tablespoons butter
- 1 onion, finely chopped
- 8 ounces white mushroom, chopped
- 2 cloves garlic, minced
- 2 cups frozen chopped mixed vegetables
- 1 tablespoon cornstarch
- 1 cup vegetable broth
- 1 tablespoon mild curry powder
- 1 1/2 cups previously cooked chickpeas or 1 (15-ounce) can drained and rinsed
- salt to taste
- 1 refrigerated pie crust

PREPARATIONS

Preheat Sun Oven® to 300-350°F

Melt the butter in a 10-inch cast iron skillet over medium heat. Add the onion, mushrooms, and garlic. Cook, stirring often, until the mushrooms have released most of their water, about 5 minutes. Stir in the frozen vegetables and continue cooking and stirring until just softened, about 5 more minutes. In a small bowl, whisk the broth into the cornstarch. Add broth mixture to the skillet and simmer until it begins to thicken, about 5 minutes. Stir in the curry powder and the chickpeas. Season with salt. Remove from heat and top with the pie crust. Use a sharp knife to cut a few slits in the crust. Transfer to the Sun Oven and bake until the filling is bubbling and the crust is golden, about 45 minutes. Let cool 10 minutes before serving.

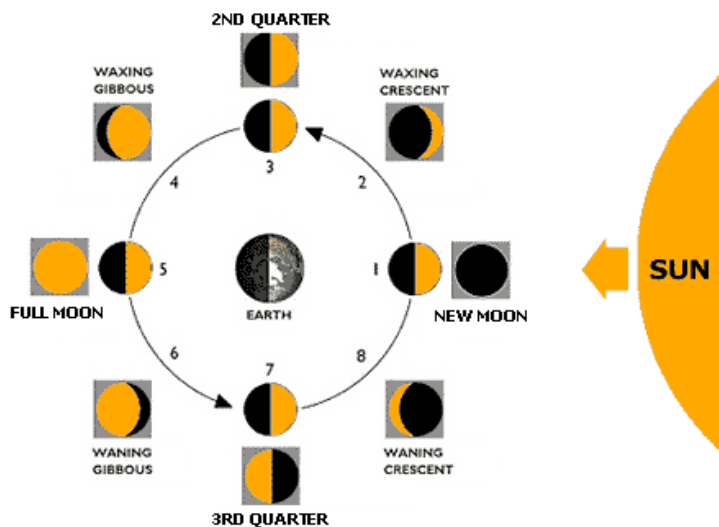
Makes 6 servings.

Gardening by the Moon

Planting a garden using the phases of the moon is a method of cultivation as old as agriculture itself. For centuries, farming records show a reliance on using the proper phase of the moon for timing planting, crop maintenance and harvesting. Astrology and it's symbolic figures were used as guides for many parts of everyday life including planting, harvesting, raising, butchering meats, and even marrying. [The Farmer's Almanac](#), still published today, includes these directions along with a long range weather forecast and suggestions for other life activities. This old style knowledge provides a schedule for planting that we can use just as gardeners in days passed. Today it is referred to as "Biodynamic Gardening."¹

As the moon revolves around the earth the sun's light creates a changing shape or phase of the moon as seen from earth. The earth's gravity is affected by both the sun, moon and planets. The ocean tides are highest during a full moon, when the sun and moon are lined up with the earth. Our forefathers believed that as the moon draws the tides, it also draws upon all water, causing moisture to swell up in the earth promoting growth. This is the best time to plant.

Gardening By Moon Phases



1. **New moon to first quarter** - This is the time to plant above ground crops; those you can see. Examples are cabbage, celery, broccoli, brussels sprouts, asparagus, grains, leeks, celery, lettuce, spinach, parsley, cauliflower.
2. **First quarter to full moon** - At this time you would plant above ground crops that you can see that have seed within a fruit or pod, and flowers. Examples are tomatoes, peppers, beans, melons, cucumbers, beans, squash.
3. **Full moon to last quarter** - This is when you plant root crops, bulbs, perennials and biennials. The idea is

that these plants need strong roots. Examples are onion, turnips, garlic, carrots, beets and radishes.

4. **Last quarter to new moon** - If you have to plant during this time, it must be in a fruitful sign such as Scorpio, Pisces, Cancer, Taurus, Libra or Capricorn. If you need to weed, or cultivate, do it in a barren sign like Virgo, Leo, Aquarius, Gemini, Sagittarius or Aries. Harvest in Aquarius, Gemini, Leo, Aries, or Sagittarius.²

Our Moon zooms around the Zodiac wheel while visiting each of the 12 signs in only 28 and a quarter days, thus having to change into a different astrological sign every 2-3 days. With the understanding that each of our 12 signs are categorized into the 4 elements of fire, earth, air and water- this is the basis of how one can determine what sign the Moon is passing through is the best one to plant under to make sure that a successful harvest will be the end result. Moon phase gardening has been around a long time. It is worth trying if you haven't yet. [Learn More](#) [References](#)

How Many Plastic Bags Do You Use?

Earth Policy Institute

One-time use plastic bags have been around for over 50 years. Introduced as a convenience for shoppers and as an alternative to using paper, created from trees, plastic bags have become a worldwide nuisance, littering the countryside, backing up drains and sewers and becoming a hazard to animals and marine life. They have become the major component of garbage floating in the ocean currents.¹



The Earth Policy Institute has provided a [Plastic Bag Fact Sheet](#) filled with facts you need to know in order to understand what is coming soon to communities near you.

- ◆ Worldwide, a trillion single-use plastic bags are used each year, nearly 2 million per minute.
- ◆ The amount of energy required to make 12 plastic shopping bags could drive a car for a mile.
- ◆ Currently 100 billion plastic bags pass through the hands of U.S. consumers every year - almost one bag per person each day. Laid end to end, they would circle the equator 1,330 times.
- ◆ Livestock choking on plastic bags - from camels in the United Arab Emirates to sheep in Mauritania and cattle in India and Texas - have led communities to consider regulation.
- ◆ City, state and national governments around the world are trying to limit plastic bag litter and waste with bans and fees.
- ◆ Denmark was the first country to pass a plastic bag tax in 1993. Danes use very few light-weight plastic bags - about 4 per person each year.
- ◆ At least 16 African countries have announced bans on certain types of plastic bags, to varying levels of effectiveness. Before a ban on thin bags, which tear easily and get caught by the wind, went into effect in 2003, plastic bags were christened South Africa's "national flower" because of their prevalence in bushes and trees. Thicker bags are taxed.
- ◆ Many European countries tax plastic bags or ban free distribution. The EU Parliament is discussing measures that would require member states to cut plastic bag use by 80% by 2019. A memo on the proposal noted "plastic bags have been found in stomachs of several endangered marine species," including various turtles and porpoises, and 94% of North Sea birds.
- ◆ The provinces of Ontario and Quebec have each halved their plastic bag use through a variety of measures, including store incentives for using reusable bags and retailer imposed fees.
- ◆ The plastics industry has spent millions of dollars to challenge plastic bag ordinances.
- ◆ Over 150 U.S. cities and counties ban or require fees for plastic bags. California passed the first statewide ban in 2014.
- ◆ Washington, D.C., was the first U.S. city to require food and alcohol retailers to charge customers 5¢ for each plastic or paper bag. Proceeds are shared between stores and environmental clean-ups.
- ◆ The Clean Air Council reports that less than 1% of plastic bags are recycled each year and the cost for recycling one ton costs \$4,000 and the recycled product can be sold for only \$32.²

Are you one of the 49 million Americans living in communities that have banned plastic bags?

References