

Helping Children Cope with Disasters



Ready.gov



Disasters can leave children and teens feeling frightened, confused and insecure. Kid's responses can be quite varied. It's important to not only recognize these reactions, but also help children cope with their emotions.

You are their biggest influence. They will take their cues from you as parents. When you manage your own feelings and reactions, you can make disasters less traumatic for your kids.

- Encourage dialogue - listen to your kids. Ask them about their feelings. Validate their concerns.
- Answer questions - Give the amount of information you feel your child needs. Explain misunderstandings about risk and danger.
- Be calm and reassuring - discuss concrete plans for safety. Have children and teens contribute to the family's recovery plan.
- Shut off the TV - news coverage of disasters, frequently repeated, creates confusion and anxiety. Be available to answer questions.
- Find support - reaching out to support organizations can help you cope, which will help your children cope.

For many children, reactions to disasters may be brief, but some children can be at risk for more lasting psychological distress. Three risk factors for longer-lasting responses are:

1. Direct exposure to the disaster such as being evacuated, observing injuries of others, or experiencing injury.
2. Loss/grief relating to the death or serious injury of family or friends.
3. On-going stress from secondary effects, such as temporary housing, loss of social networks, loss of personal property, or parent's unemployment.

Responding to an emergency is one thing but what's the best way to respond to a child during or after a disaster? Listen, Protect and Connect: a Psychological First Aid Series for parents and children, teachers, families and neighbors is available to help you learn what to expect and how to handle children's responses following a disaster. Available [HERE](#)

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We would love to hear your Sun Oven stories. Send your experiences to editor@sunoven.com

Billie Nicholson



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Is it Legal to Live Off the Grid in Your State?



Photo: aero-stream.com

According to Tara Dodrill in [Ask a Prepper](#), living off grid is not illegal in any of the 50 states - at least not technically. Some simple off-grid living activities can be done anywhere, but some of the most essential aspects of disconnecting from modern society are either strictly regulated or outright banned. Off grid living laws not only vary by state, but often vary in municipalities and counties as well. The biggest hurdle is putting

in a septic system that will pass health department rules. Often state off-grid laws are surpassed by local laws. The more developed and affluent an area, the stricter the off-grid living regulations tend to be. Choosing a property “out in the country” will give you more freedom. Unincorporated or no zoning law areas will still have health department septic installation rules.[1]

To live a self-sufficient lifestyle means achieving the ability to independently source the needs to operate a household without external assistance. This requires an independent source of power, water, food and waste disposal.[2]

The first thing to consider in off-grid living is shelter. There are many options to consider for shelter, but the operative word is small. It’s easier and faster to get off grid with small, efficient shelters. The larger the shelter the greater heating and cooling requirements and hence a larger energy source is needed. The smaller exposed wall space the less heat loss in winter or heat absorption in summer. [3]

One of the most important components of what makes a home self-sufficient is being free from dependence on community supplied power as an energy source. You will need an alternative power source, as well as a network of batteries for power storage. Wind turbines are excellent for independent power production. In some parts of the country wind turbine power is a popular, low-cost alternative energy resource and can be scalable in open fields and clearings. Solar panels are one of the most popular alternative energy sources. They are available as roofing tiles or directional free-standing panels. [2] Rules and permits vary by state, but you can actually unplug from the grid and make your own power. Some states cover the installation costs through rebates or tax breaks and will even buy back some of your excess power. A detailed report by Home Power magazine revealed that more than 180,000 homes in the US supply their own power. About 1 million homes with solar panels installed are allowed to at least partially rely on energy they produce themselves. [1] If you have a reliable flowing water source moving through your property, you can consider a water turbine. They convert water flowing energy into electricity. Then you can use wires to transport that electrical power to your house. If the water flow is strong and continuous, you may be able to get away without energy storage (battery) systems. [3]

Regarding that water source, every home needs one for many reasons. One of the most traditional options is to dig a well on the property. If you have to go off your property to access water, be sure to get an easement from the property owner. If you chose to set up a rainwater collection system, check your local regulations on where and how you can collect it. Some state laws are simple where others have myriad of exclusions. If you collect and hold water in a cistern, [READ MORE](#)

Dakota Fire Hole

David's Passage



A Dakota fire hole is a simple fire-building method that emits low light and creates very little smoke, so you don't need to worry about unwanted attention in a survival situation. The fire pushes hot air from the fire exit points through the top of the pit. This creates suction and draws more oxygen into the hole, increasing the heat. Because of this, you don't need much firewood compared to a standard fire ring. This technique works well in rainy situations when dry firewood is hard to come by.

Dig two holes in the dirt the same depth. Enlarge the bottom of the second hole so it breaks into the first hole. This creates a "U" shape underground. Fill one hole with firewood cut or broken to fit. Include some small twigs as kindling. You can make fire starting aids by soaking cotton balls in vaseline. Use a ferro rod or other spark producing technique to get the fire started.

Once burning, you can add a couple of pieces of thick, wet wood to act as supports over the hole for your pot, so it will not tip over, spilling whatever you're heating (like water) onto the fire. It takes a little over 5 minutes to bring two cups of liquid to a boil.

When you are finished cooking, push the dirt back into the holes. This will quench the fire. Refill both holes and replace the grass divots to leave no trace. This type fire is not a warming or signal fire as both flames and smoke are minimal.

[17 Ways to Keep Your House Cool During the Summer](#)

Vince Toscano - [Survival Life](#)



Photo: [Survival Life](#)

Lower your monthly bills with these practical ways to keep your house cool this summer.

1. Dehumidify - If you live in a humid area, your sweat evaporates slower, so it's best to wear loose cotton and other natural fabrics to boost cooling. Lowering the humidity will help you feel cooler. Use breathable sheets that will make sleeping more comfortable. Purchase a dehumidifier. It will help remove excess moisture from the air, leaving you feeling cooler in hot temperatures.
2. Reduce and Reflect Sunlight - Direct sunlight coming into your home can increase the temperature. Placing blinds, curtains, or reflective window panels to cover them will help. Closing blinds or curtains from late morning until early evening can keep a room 10-15 degrees cooler.
3. Turn Off Lights When Not In Use - Light bulbs produce heat, especially the incandescent ones. Replacing them with LED bulbs will reduce the heat.
4. Close Your Doors - If a room is cooler than the outdoor temperature, close the door.
5. Don't Cook Inside - Hot days are the perfect excuse to cook outside. Use a grill or a [Sun Oven](#). The kitchen can create and retain a lot of heat when you're cooking. Best compromise - cook during the coolest time of the day.
6. Put Smooth White Fabric Covers on Your Furniture - White fabric covers help retain less heat in your furniture. These covers will also reflect the light.
7. Open Windows at Both Ends of the House - By opening windows at both ends of the house, you let air flow more freely throughout the whole structure. This is called cross-ventilation. This process helps reduce the temperature in your home. You'll be surprised how much cooler it becomes.
8. Set Your Ceiling Fans to Rotate Counter-Clockwise - Doing this will help move the warmth away from the room by pushing it toward the ceiling and not in your direction.
9. Point Box Fans Out the Window - With that window open on the other end of the house, you'll be sucking in cooler air and pushing the hot air out.
10. Unplug Appliances or Electronics - All electronics create heat as a normal by-product. Plug gadgets into a power strip and turn it off when they're not in use.

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Materia Medica - Celery



Photo: DrAxe.com

Botanical name: *Apium graveolens var. dulce*

Common name: Celery

Family: Umbelliferae

Parts used: Stalks, leaves and seeds

Native Region: Native to southern Europe, Italian gardeners developed it from the wild, tough and nearly inedible, acrid, nasty tasting wild celery. Its habitat is wet and salty soils, swamps, and marshes. [1]

Botanical Description: A biennial herb, growing 1-2 feet tall. The green stem “stalks” are ribbed and tough. Fleshy green conical shaped leafstalks grow from a common base. The stalks bear dark green, highly segmented leaves with toothed leaflets. In cultivation, celery is blanched to produce the edible white stem. Small whitish flowers (June-July) are borne in flat clusters arranged in dense compound umbels, followed by smooth, gray, ovoid fruit (seeds). While prized for its leaf stalk, the leaves, roots and seeds can also be used as food and seasoning as well as herbal medicine.[1] [3]

Growing: Transplants are hard to find, so plan to start plants from seeds. Celery is a long-season vegetable grown in the spring or fall depending on your location. It is often grown as a winter crop in the south, a summer crop in the far north and a fall crop in most other areas. It does have specific growing needs. Gardeners are encouraged to grow it because commercial celery is one of the most pesticide-laden crops. Three critical needs:

1. A long growing season (130 - 140 days of mostly cool weather.) Celery will not tolerate high heat.
2. A constant, unfailing water supply. The soil must stay wet at all times. Dry spells make it tough and stingy, and /or with hollow stalks.
3. Rich, fertile soil with plenty of organic matter mixed in. It will need to be fertilized during the growth period. Roots are shallow, so nutrients need to be in the top of soil.

Start seeds indoors for the best success rate 10-12 weeks before you plan to set them in the soil. For good germination, soak the seeds in warm water overnight, press them into potting soil and cover with plastic to hold the moisture. Germination should occur in about a week. When two inches tall, transplant into individual pots. Work organic compost into the soil prior to planting. Transplant seedlings 8-10 inches apart. Mulch plants after they are 6 inches high. Water directly after planting. Provide plenty of water throughout the the growing season. Fertilize in the second and third growth months. Remove weeds carefully to avoid upsetting the shallow roots. Tie the celery stalks together to keep them from sprawling. [2]

Harvesting: Harvest the stalks whenever you want, from the outside in, beginning when stalks are about 8 inches tall. Celery can be kept in the garden for about a month as long as the soil is built up to maintain ideal temperature. Note that the darker the stalks become the more nutrient dense they will become, but be aware that dark green stalks will be tougher. Stores well in a plastic bag in the refrigerator for many weeks. Celery stalks can be frozen for later use in cooking. Cut the stalks into half-inch pieces and store in freezer-grade bags. When using fresh, wash and chop just before using. Steam lightly rather than boil to preserve phytonutrients. [2][Continued](#)

Dirt Therapy - The Benefits of Healthy Bacteria

Sue Kusch in HerbalRemediesAdvice.org



Gardeners are happy people, especially during the growing season. We love to watch plants grow, we relish the early morning garden check-in, we feel amazed and even euphoric when we harvest a meal's worth of vegetables, berries for our breakfast and, of course, our beloved herbs. We ignore the muscle-aching movement of bending, kneeling and lifting and, at the end of a busy day in the garden, we sit quietly as our sore and tired bodies surrender to the biggest cushion that can be found.

Science has revealed why gardeners wear goofy grins while grunting through garden work: we are inhaling a soil bacteria

that aids in the production of the feel-good chemical, serotonin.

Soil 101

A brief lesson on the makeup of soil helps explain how it is we are inhaling good bacteria.

The most basic definition of soil is simply that soil is made of weathered rock fragments and decomposing organic matter (anything that was once alive). That's what we see when we look at soil.

It may surprise you to learn that healthy productive soil consists of the following:

- organic matter, which consists of decomposing plant debris, is only 5%
- mineral content (AKA weathered rock) is about 45%
- depending on the current conditions the other two components share the remaining space of water and air

But it's what we can't see with our naked eyes that is the magic of soil: microorganisms take up residence in the decaying organic matter and begin the process of recycling. The living ecosystem of microorganisms make up less than 1% of soil but they are abundant and critical to the maintenance of healthy soil and thriving plants.

They are the microscopic workers of the soil: producers, consumers, and decomposers and their workplace is the organic matter in your soil. This abundant and invisible life includes bacteria, fungi, archaea, protists, and viruses, and we want them to hang out in our soil. This mixture of both visible and microscopic beings is called the soil food web and, in general, the more invertebrates in your soil, the healthier it is. Their work is to deconstruct (eat) and recycle (poop) every piece of organic matter.

From an Oregon State blog post titled "The Secret Life of Soil":

"Soil is alive. Much more than a prop to hold up your plants, healthy soil is a jungle of voracious creatures eating and pooping and reproducing their way toward glorious soil fertility. A single teaspoon (1 gram) of

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NUTTY, JUICY SHROOM BURGERS*



Want a veggie burger that “bleeds”? Enjoy these burgers protein style.

Ingredients

2 cups walnuts, pieces and halves
 2 cups chopped mushrooms
 1 cup shredded red beet
 2 cloves garlic, peeled or ¼ tsp garlic powder
 ½ cup chopped red onion or 2 TBS dried minced
 1 tsp paprika, Hungarian
 1 TBS dried parsley or ¼ cup fresh
 Iodized sea salt
 Cracked black pepper
 ½ cup finely chopped fresh basil or sage
 2 TBS cassava or tapioca flour
 Spritzes of avocado oil for pan and hands for mixing

 8 romaine leaves
 Avocado mayonnaise optional
 1 avocado peeled, pit removed and sliced

* Modified from The Plant Paradox
by Steven R. Gundry, MD

Directions

Put walnuts, mushrooms, beet, garlic, ¼ cup onion, paprika, parsley ¼ tsp salt and ¼ tsp pepper in a food processor fitted with S-blade. Pulse and blend until blended but still chunky.

Transfer mixture to mixing bowl, stir in basil, remaining onion and flour. Grease hands with oil and knead mixture to fully combine ingredients. Form into 4 inch patties about 1 inch thick.

Spritz inside of pan with oil place burgers and cover with glass lid.

Bake in Sun Oven about 1 hour, adjusting position to maintain temperature.

Serve each patty on lettuce leaf (protein style), add a dollop of avocado mayonnaise, salt and pepper to taste, top with slices of avocado, and cover with second lettuce leaf.

Meat version: Add ½ pound grass-fed ground meat to mixing bowl before forming patties.

Mass Attacks in Crowded & Public Spaces

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While the threat of mass attacks is real, we can all take steps to prepare, protect ourselves, and help others.

What are Mass Attacks?

- Assailants use weapons to attack crowds
- Target less protected indoor or outdoor spaces
- Intend to harm multiple victims
- Use attacks to intimidate
- Can use makeshift or modern weapons

Types of Mass Attacks

- Active shooter: individuals using firearms to cause mass casualties
- Intentional vehicular assault: individuals using a vehicle to cause mass casualties
- Improvised Explosive Device: Individuals using homemade bombs
- Other methods may include knives, fires, drones, or other weapons

How to Stay Safe When a Mass attack Threatens

- Prepare now - be alert to your surroundings. "If you see something say something®"
 - Be aware of warning signs - unusual or threatening communications; expressed grievances related to a workplace, personal, or other issue; ideologies promoting violence; suspicious behavior such as excessive questioning or attention to security details; unusual items or packages.
- Know exits and areas to cover and hide
 - When visiting new places, take time to identify at least two nearby exits.
 - Identify areas in familiar places where you could hide and seek protective cover in case of attack.
- Be ready to help
 - Learn and practice skills such as casualty care, CPR, and first aid. Teach others.
 - Organize and participate in safety drills in places where people gather.
- Surviving during an attack
 - Stay alert to what is happening around you so you can react quickly to attacks.
 - Run to safety if there is an accessible escape path, get out of the area.
 - Cover and hide if you can't evacuate. Put a solid barrier between you and the threat. Keep silent.
 - Defend, disrupt, fight as a last resort; be aggressive.
 - Help the wounded
 - Call 9-1-1; be prepared to provide information to the operator including location.

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