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NEWSLETTER

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History Corner

10th Amendment

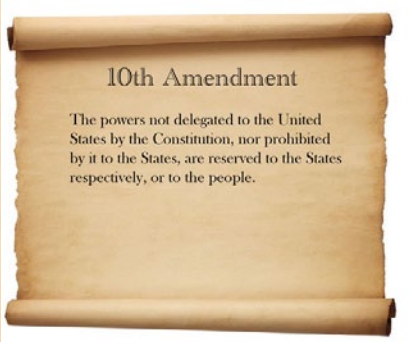
The powers not delegated to the United States by the Constitution, nor prohibited by it to the States, are reserved to the States respectively, or to the people.

The Tenth Amendment to the United States Constitution grants the states the powers not granted to the federal government. It was drafted in 1787 and ratified in 1791 with the rest of the Bill of Rights. This amendment limits the federal government to the powers expressly mentioned in the Constitution, and gives the states the freedom and power to govern all other matters. It combines with the Ninth Amendment to allay ambiguities in the rest of the Constitution.

Drawing on previous provisions of the Articles of Confederation, the amendment has often served as a tool for the states against the federal government. States have charged the government with interference in environ mental and labor regulations, which the states say this amendment protects them from. These powers are not specifically given to the United States federal government by any amendments, and so should belong to the states, many argue.

The Tenth Amendment does not, however, strip the government's implied powers, which are granted under the necessary and proper clause of Article 1 of the Constitution. The federal government has often used the Supreme Court and their construction and interpretation of this clause to guarantee them certain rights not mentioned. These rights, claim supporters of the federal government, ought to be held by the national government because they are implied in their power, such as the administration of the military and the handling of foreign affairs and wars.

The federal government, though, does yield many powers to the states under the Tenth Amendment. Among these are concurrent powers, held by both levels of government, but implemented by states at a more focused level. In some of these cases, however, the federal government may intervene or overrule state powers, leading to further state protest that this amendment is being infringed.



The states have used the amendment in certain cases to repeal a law or decision handed down to them by federal authorities. Forced participation in a law has been challenged and reversed due to Supreme Court decisions, though it is one of the rarest Constitutional laws brought up in the Supreme Court. The Tenth Amendment has also been used more frequently in dealing with matters of commerce and federal funding. The federal government has used this amendment often to ensure economic regulations, where the states have done the same to effect uses of state and federal funding.

Several new regulations that affect you are being argued under the 10th Amendment. Get involved and learn more about your rights and the rights expressed in the U.S. Constitution.

How To Start a Camp Fire

Here are the general steps to make, maintain, and end a fire (any fire, any method):

1. Choose and prepare a location for the fire.
2. Gather fuel.
3. Pile some of the fuel in an appropriate manner where the fire is to be situated, ready to be lit.
4. Ignite some material, usually tinder. This is usually the most difficult (and critical) step.
5. If necessary, depending on the fire-starting method, blow the tinder into a small flame.
6. Transfer the flame from the tinder to the actual fire.
7. Build up the fire by adding fuel.
8. Maintain the fire as needed.
9. Put out the fire.

Generally, the location for your fire is a balance of many different factors:

- close to fuel source
- located on a non-burnable surface (bare rock is best)
- located away from burnable materials (such as very dry branches close overhead, or dry grasses nearby)
- convenience of the location (for example, close to your camp)
- but not in the way, either -- you don't want to have to navigate carefully around a fire that is squarely in everyone's way.
- wind direction and speed (wind can blow the fire onto neighboring burnable materials, such as dry brush)
- whether you need to hide the fire or not
- proximity to a means of extinguishing the fire (such as water)
- safety

Dry wood of course makes the best fuel (aside from other types that you may contemplate using in a survival situation). There are two kinds of "dry":

- dry, as in wood that has been dead long enough for the sap to leave, and the wood to become more brittle.
- dry, as in not wet with water (rain, ground dampness, water from streams or lakes).

Standing dead wood is usually the best source of dry wood for any fire. Dry dead branches will burn best, and are also the easiest to harvest. If it has been raining, then you have to become more creative, looking for dry wood under things, or within things. For example look under rock overhangs or dense branches. You can also use the insides of branches that are wet only on the outside.

You will need to gather fuel of different sizes. Small stuff is used to start the fire, and larger branches (lar-

ger diameter, that is) are used to maintain the fire once it gets going. It's easiest in the long run to sort the fuel into piles based on size. Break the wood up into pieces that are the right size to use for your fire. This little bit of prep work may sound like a bit more work than is necessary, but it makes things easier later on. Place your fuel piles close enough that you can reach them conveniently, but far enough away that they won't ignite from sparks thrown from the fire, or if a piece of wood falls out of the fire. Also place the pile where you won't trip over it.

Assemble a small teepee of the thinnest twigs you can find in the center of your chosen fire location. Over this layer some larger twigs and over that lay some larger ones, and so on. But stop for now with twigs about the thickness of your index finger. Leave a gap in this teepee -- a "door" -- where you can quickly insert your burning tinder, so it makes contact and ignites the smallest twigs of this teepee.

Generally speaking, you use some sort of fire making method to create and ignite a coal. Most of the time, a small coal is not enough to actually start a fire. It must be blown into flame for it to be useful. The small coal you created in the preceding step needs to be transferred carefully to tinder. Tinder is some material that, when a coal is placed against it, can be blown into a flame.

Once you have blown the tinder into flame, you must transfer this very quickly to the waiting teepee of sticks. This is where that "door" comes in handy, to quickly get the small flames to the thinnest twigs, which will ignite most quickly. Once your small teepee of sticks has ignited and is burning, you will need to quickly add larger pieces of wood to keep the fire going. If you simply leave it alone without adding any additional fuel, it will go out. While the fire burns you need to add fuel from time to time, in order to keep it burning. Be reasonable and don't make a fire any larger than you need it to be.

It is absolutely essential that the fire be 100% completely OUT before you leave it.

Plan ahead. If you have a fire for cooking, let it die down a bit when foresee that you will be soon finished your task. Similarly, a fire built for warmth on a cold evening - let it die down a while before you go to bed.

There are many ways to put out a fire:

- water is the most effective and easiest
- snow
- sand
- pulling the fire apart and letting it simply go out

The fire and rocks surrounding the fireplace should be cool to touch before you leave. Do not consider the fire to be out until they are. Be certain about this. Overdo it. Don't listen to those who might be telling, "that's good enough", when the fire area is still warm. Pay attention to the possibility that your fire has crept into the ground. It may continue to smolder underground in organic matter or roots. Check for this.

A fire that is not completely and thoroughly put out can potentially flare up later; perhaps even long after you have left the area or maybe that same night while you are asleep. A fire that was carelessly extinguished and flares back up can endanger your life and the lives of others, especially as no one may be around to put it out. Not to mention the lives of animals and plants of the surrounding ecosystem.

Water is the easiest and best method for putting out a fire. If you don't have any containers to bring water to the fire, then take the burning sticks (carefully) to the water and dowse them there. Soak clothing or other materials in water and wring them out over the fire. Improvise some sort of container. Snow works well also, being frozen water. So too would ice. Make sure though, that the snow melts all over the fire and puts it out. Sand is useful for smothering a fire as well. Other kinds of earth may be used as well, but there may be an issue with organic matter in soil that can smolder and later catch fire. Inorganic soil is best. Or you can simply pull the fire apart and let it go out. This may take a while, though. It could be hours before you can be 100% sure that the fire is completely out.

Hammer Fist

Having been in several fights and having broken my hand in one of them I can tell you that the punch your Dad showed you, as a new teenager is not the ideal choice in a fight for your life. However, there is a punch that is extremely effective and rarely hurts YOU. Not getting hurt in the process of hurting your attacker is paramount to your survival. Once the fight is over you still need to get away and it would be great to have both hands to do it.

Here's one of the most powerful self-defense punches you can use in a real street fight.

The Hammer Fist Punch

The actual hammer fist punch is amongst the strongest self-defense strategies because it's firmly based on gross motor skills. It takes advantage of utilizing the underside of the closed fist rather than the actual knuckles to avoid damaging your hand as is common with a regular punch. The contact point for this self defense strike is right next to the wrist where the hands and arms tend to be the most rigid for the striking surface.
Basically, you use the hammer fist blow just like you're hammering a nail into a piece of wood.

Now, we have to throw some assumptions in here in order to set the stage for close physical violence. You have just walked out of the grocery store. A man approaches and gets your attention. Now, this bad guy has lured you in by trying to ask for directions to an obvious place that everyone around town knows. He keeps looking around and acting somewhat nervous or anxious while you are giving him your answer. Then, without warning he grabs your arms and is trying to walk you closer to your car in order to rob you. You don't have your gun on because it's just a quick trip to get milk and bread. You don't have your knife on either, for the same reason. He is bigger than you and is forcefully moving you against your will. You panic under the realization that IT IS HAPPENING TO YOU! Ok, so what options do you have against an over powering opponent?

You guessed it…The Hammer Fist!

Here's what you do.

You need to get in a position to face him. Next, identify your target location for you Hammer Fist punch. One of the best targets is surprisingly the jaw. In fact, you may have heard of boxers having a "glass jaw." The reason being the actual jaw, which moves sideways as well as forwards and backwards, is actually attached to nerves precisely where the jaw connects to the skull, just beneath

the base of the ear. These nerves send out signals to the body's central nervous system, making them a perfect target in order to induce unconsciousness when struck properly. You basically now have two targets you are able to hit with a hammer fist, the left or right jaw. You can hit the jaw exactly where it attaches to the skull, striking right where all these nerve fibers intersect.

An additional choice would be to hit the bottom part of the chin using a hammer fist, striking horizontally, giving you much more leverage. This helps to create much more of a jolt to the nervous system. Just make sure that when you throw the hammer fist, you're near enough to hit powerfully. Keep the elbow near to your own body so that you have the total power of your overall weight behind the strike, and don't forget to keep your hand and wrist as rigid as you can.

When you find yourself locked in a real street fight, you'll find that individuals instinctively tuck their chins down in order to safeguard their throat. In addition, when trading punches, it's natural to for them to clench their teeth intuitively when they believe they may get hit. Consequently, the optimum time for you to hit the jaw or the chin happens when your attacker is actually speaking, which means his mouth will at least be partially open and more susceptible to jarring the nerves. Therefore, when you know that an attack is imminent because of the way your aggressor is talking smack, the ideal time to use your hammer fist knockout blow is when he's talking.

Now, he is telling you to walk and well…a bunch of other expletives that I'll leave out. Suddenly STOP! (Remember the OODA loop and what you just did to him) Turn sharply and face him. Identify the jaw line under the ear. Ball your fist up and strike his jaw with the full force of your hammer fist and body weight and watch the magic unfold! Your size really doesn't matter because his nerve endings are doing the heavy lifting. Now, if you had a blunt metal object in your hand, like a kubaton, when you strike him that would be even better but I'll save that for later.

Teach yourself this move then pass it along to your friends and family. If you have a teenage daughter then she absolutely needs to know the Hammer Fist Punch!

So, Do I Need Stitches?

The first concern with open wounds is to control bleeding. If the wound is on a victim other than yourself, be sure to stay safe and follow universal precautions, using personal protective equipment if available.

When evaluating a wound to decide if it needs stitches, there are several questions that need to be answered. The first is why you are considering stitches at all. Stitches are used for two reasons.

1. Close a wound to promote healing and discourage infection
2. Reduce scarring

Let's look at the second reason now, to get it out of the way. If the wound is in an area where scarring would be obvious and the wound is deep enough to see the fatty tissue under the skin surface (the subcutaneous tissue), then stitches may be indicated to reduce scarring.

Wounds that cause a break in the skin are called open wounds. These are the types of wounds that may require stitches. Closed wounds do not have a break in the skin and are identified by swelling and bruises.

There are several types of open wounds:

- Lacerations. This is what we are thinking of when we say "cuts." Lacerations are simple breaks in the skin.

- Incisions. Surgical wounds, which are usually made by a scalpel. These are similar to lacerations, but have very smooth edges.

- Punctures. It's hard to tell a puncture from a laceration if the item that made the wound is big enough. Lacerations tear through the skin, while punctures go in and come back out. If the item that made the puncture is still imbedded, it's called an impaled object.

- Avulsions. These are torn sections of skin, either a flap open on three sides or torn away completely.

- Abrasions. These are scratches. The difference between an abrasion and an avulsion is the depth. Abrasions leave the skin mostly intact, while avulsions remove the skin entirely.

So, Do I Need Stitches?

Lacerations, punctures, and incisions are all suturable wounds (can be stitched). Avulsions that still have a flap of skin attached may also be suturable. Complete avulsions and abrasions are not suturable, but still my need a doctor if they are serious enough.

To determine if stitches are needed, look at three things:

1. *Depth*. Is the wound deep enough to see the subcutaneous tissue (yellowish fatty tissue)? If so, the wound is deep enough to get stitches, but still may not need them.

2. *Width*. Can the wound be pulled closed easily? If the wound is gaping and cannot be easily pinched closed, then it will need stitches to hold it closed long enough to heal correctly.

3. *Location*. Wounds on areas of the body that stretch and move a lot will need stitches more often than those on areas that do not move as much. For example, a wound on the forearm will not move as much as a wound on the calf, so it would not necessarily require stitches.

The final - but not least - concern is how long it's been since your last tetanus vaccination. A booster tetanus shot is recommended every 10 years, unless you get a dirty wound—in which case some experts recommend getting a booster if it's been more than 5 years.

In general, if it's been more than 10 years since your last tetanus shot, then you should go see a doctor. And while you're there, you might as well have your wound evaluated for stitches. Ultimately, if you're concerned about the wound and unsure whether it needs professional attention, then see a doctor.

Open Wounds that Should Always Go to a Doctor
These are the wounds - and the victims - that should always go to the doctor:

- Diabetic victims
- Animal or human bites (remember, we're talking about open wounds)
- Dirt that won't come out of the wound
- Can't close the edges of the wound
- Uncontrolled bleeding - Call 911

Deciding whether to see a doctor is the easy part of the equation. What should you do until then? Apply pressure and wrap the wound to prevent blood loss and keep the wound from getting any debris in it till you can get medical attention.

Fuel Storage

A generator without gas is like a rifle without ammunition. For this piece of machinery to be of any use to you outside of a very expensive and heavy paper weight, you need to have a plan for fuel storage. This is also the case if you don't want to end up like millions of people each year who are unable to get gas after a natural emergency like Hurricane Sandy. A good fuel storage plan usually involves purchasing and properly treating a minimum amount of fuel to last you through whatever scenario you are planning for. This might be fuel for your generators, or enough gas to get you to your bug out location. It is easier to pre-purchase fuel and store it so that in the case of an emergency, you aren't standing in line. There are a few things to consider when you are planning to store fuel for a long time.

What type of container should you store fuel in?

Similar to having water on hand in an emergency having a supply of fuel in containers that protect the fuel and are easy to carry is important. There are many different types of fuel containers but for gas, the most common style is plastic and red in color with a built in spout of some form. Kerosene containers are blue, Diesel is Yellow and it is important to follow this handy color convention so that you don't accidentally pour regular gas in your kerosene heater and fry your eyebrows off or worse.

You can get new fuel cans just about anywhere. Home Depot, Wal-Mart, Lowes and any hardware store will have some options for you. Most of the new models at Wal-Mart are from a company called Scepter and have a new type of nozzle, which is probably the result of stupid EPA legislation, that doesn't work well at all. The nozzle requires you to press two tabs and pull them into a position for the fuel to dispense. This doesn't work very well and the fuel doesn't come out smoothly. I don't think this is necessarily Scepter's fault and they are probably only doing what is required from government regulations.

You can pick up gas cans at yard sales, flea markets and sometimes at salvage yards. Regardless of whether you have a new or an old can, the place you store your fuel should be as airtight as possible. You don't want fumes leaking into the area you have your fuel stored and gasoline evaporates quickly when exposed to air.

Using Fuel Additives for long term fuel storage

Gas loses its potency over time and this also applies to diesel and kerosene. Diesel, for example, if stored at lower than 70 degrees will last about 12 months without any additives provided it is kept in a sealed container. According to BP, if your temperatures are much above 70 that time slips by 50% to 6 months.

As diesel gets older a fine sediment and gum forms in the diesel brought about by the reaction of diesel components with oxygen from the air. The fine sediment and gum will block fuel filters, leading to fuel starvation

and the engine stopping. Frequent filter changes are then required to keep the engine going. The gums and sediments do not burn in the engine very well and can lead to carbon and soot deposits on injectors and other combustion surfaces.

Now, what can you do to prevent issues like this and protect your fuel because you don't want to be trying to outrun the mutant zombie bikers from Mars and have your engine stop? Additives. There are two main additives that work, STA-BIL and PRI-G. PRI has several lines of additives and the –G stands for gasoline. They also have PRI-D for diesel. PRI additives are designed to be added to your fuel on a yearly basis to maintain the fuel in the best condition possible and they even claim that if your fuel has aged already, just adding PRI-G has proven to restore the fuel to "refinery-fresh conditions".

STA-BIL is one that I have personally used and does pretty much the same thing as PRI-G in terms of conditioning your fuel to last a lot longer in storage than it would without treatment. The instructions are simple, just dump the required amount in with your fuel and Voila! You should be able to safe storing fuel for at least a year with no adverse affects. I pour in the additive first and then the gas so that it is mixed as thoroughly as possible.

How Much and Where do I store my fuel?

Can you ever have too much fuel? I don't know that you can in a real emergency. If you are unable to get to the gas station or there are rations at the pump you can never have too much. Would 500 gallons be enough? It really depends. If you have a minor power outage that lasts a few days, then you wouldn't need that much gas at all. If we are still standing at the end of the world and there are no gas stations anymore, then 500 gallons is going to be a huge help, but it won't last forever. Now let me say this, there might be some local regulations about how much fuel you can store legally. You might want to check that out.

What I think is a good baseline takes into consideration the 80/20 rule. What is the likelihood that you will need this fuel for? For most people I think storing fuel for a bug out vehicle or a generator is the most common scenario to plan for. For your car, I would plan on storing as much gas as you need to get you to your bugout location and add 50% to that. So, if you needed 2 tanks of gas to get you to your retreat and your tank held 20 gallons, I would store 60 gallons of treated fuel. This way if for some reason the grid goes down, the SHTF and zombies are walking all over the gas station parking lots, you should have plenty to get you there.

For a generator, I think you have to look at what you plan to run and how long you plan to run it. 15 gallons would last me about a week as long as I was using the generator for necessities only. Of course it depends on the time of year but that is an average. Everyone should have at least one can of gas stored for emergencies but I like to store a minimum of one tank of gas for my car which is roughly 17 gallons and another 10 for the generator.

Fuel should be stored in a clean, preferably cool place away from where you live. Don't store fuel in your house if possible because that is an accident waiting to happen. If my shed blew up I would be a lot less concerned than if my house blew up.

Don't forget to rotate

Don't buy 50 gallons of gas, throw in some stabilizer and forget about them. Use and rotate your fuel yearly and you will be in great shape if something does require you to use your supplies. Since they blend gas differently in the winter, I buy my fuel around January and store that for a year. Before the next January comes around I load up my gas tank in my car expending my stores and then head to the pump for a fresh batch. This way I think my fuel will be in as good a condition as possible. Plan ahead!

The Three D's of Home Defense: Detect, Disrupt, Defeat

The 3-D's of Home Defense is what this training is all about. And you once you master them, two things will happen:

1. you'll can dramatically decrease your chances of becoming a victim and
2. if you do find yourself staring evil in the face, you CAN survive, because you'll be prepared!

TACTICAL HOME DEFENSE

Military-Grade Instruction From Former U.S. Army Infantry Officer

http://legallyconcealed.org/thdefense

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THANK YOU!

For Being A Member Of The Sheepdog Society!

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VIP emergency news and alerts	As Required	Delivered via email, txt and voice-broadcast as needed
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The 3 Battles Of Every Gunfight (PDF Report)	Available Now	SheepdogSociety.org/members
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Lionheart Home Defense (2-hour audio program)	Available Now	SheepdogSociety.org/members
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The Guns & Gear I Bet My Life On (PDF Guide)	Available Now	SheepdogSociety.org/members

SHEEPDOG SOCIETY STORE COMING SOON!