



NSRA

Liberty. Independence. Patriotism.

MEMBERS UPDATE

December 2020



HOW TO PREPARE FOR A "GRID DOWN" SCENARIO

- Tactical Shooting Concepts for the Everyman
- 16 Best Pandemic Books and Movies
- NSRA's At Home Workout Plan

When this single most vulnerable resource you use every single day is taken out,
Life for everyone will fall apart and chaos will reign.



**ECONOMIC MELTDOWN, SYSTEMIC COLLAPSE,
PANDEMICS, FOOD SHORTAGES, WATER AND
SANITATION BREAKDOWNS, VIOLENCE AND
RIOTS WILL ALL HAPPEN AT THE SAME TIME**

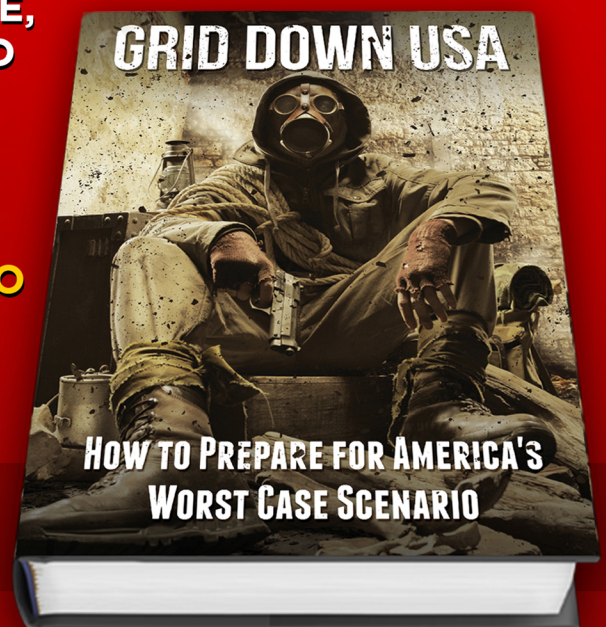
**YOU WILL LEARN HOW TO PREPARE FOR A
COMPLETE NATIONAL GRID DOWN SCENARIO**

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HOW TO PREPARE FOR AMERICA'S WORST CASE SCENARIO

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Tactical Shooting Lexicon

Like most hobbies that border on obsessions, tactical shooting comes with its mountain of intimidating insider jargon. And while the lingo may seem unnecessary, behind the words are ideas. Behind those ideas are important concepts that unlock the mysteries behind getting the absolute best results out of your trips to the range.



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Best Pandemic Fiction

The purpose of books and movies is to, above all, tell a good story. That said, fiction often contains lots of carefully researched information that can help us imagine the challenges we might face in a similar scenario. With the holidays coming up, it never hurts to have a solid list of movies to binge out on!



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Prepare for a Grid Down


Our modern way of life is almost entirely dependent on the reliable delivery of electricity. As 2020's numerous hurricanes and tropical storms have repeatedly shown us, it takes a lot more than a few flashlights and backup batteries to maintain continuity of our basic necessities when the power goes out.



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Staying Fit at Home

Once upon a time, you could simply duck out and head to the gym for a quick workout. Then 2020 happened. With many gyms closed, out of business, or requiring reservations, many Americans are learning that the best place to work on their most important machine (their body) is in the comfort of their own home. Check out the NSRA's at-home workout plan.



TACTICAL SHOOTING CONCEPTS FOR THE EVERYMAN

When it comes to the wide world of tactical shooting, the sheer volume of jargon that gets thrown around can make it seem as if your head is about to explode. Even listening to the experts (as well as the wannabees) rattle on about something as simple as mounting a scope sound like a master class in theoretical physics. Yes, this phenomenon is both a form of shorthand for efficiency's sake and insider-speak designed to filter out the uninitiated and make newbies feel dumb.

The truth is, tactical shooting isn't all that complicated. And it's not different from any other passionate hobby/obsession that enthusiasts like to spend inordinate amounts of their free time researching, discussing, and generally overanalyzing. We humans like to overcomplicate things, don't we?

Now, do we fall victim of that here at the NSRA? Of course, we do... but that's a habit we too are diligently trying to break.

As a self-reliance publication, we consider it our duty to demystify the mysterious, to pragmatize the academic BS, and to take a blow torch to all those useless layers of pretentious crap that make simple concepts seem beyond the reach of the novice. One of the best ways to do this is to break down some of the simple concepts that are made to seem difficult by way too much jargon.

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Our goal for this guide is simple: To help our readers understand that above all else, there's little if anything in the tactical shooting world that's truly over our heads (figuratively speaking). After all, this activity is all about firing projectiles out of a tube, something that can be understood with even a very basic understanding of middle school physics. Don't let the fancy terminology fool you.

WHY IT MATTERS



Sure, you may not want to go around using fancified terminology that goes over your shooting buddy's head... or maybe you do. Either way, there's something here that goes beyond the vernacular. And the concepts we're discussing here are important to advancing your comprehension of marksmanship overall.

You may choose to adopt the lingo or not, but either way, the key is that you understand what

these concepts are and how to use them to your advantage as a shooter. And while we like to joke around about how many people in this field want to sound like the Einstein of firearms, the fact is that most people in the tactical shooting community are very helpful and generous with what they know. Furthermore, as you learn to integrate more concepts into the bigger picture and learn to speak the lingo, you'll discover you build your skillset at a much faster rate.

Many, if not all of these terms have their roots in the US Military; a place where jargon is both a means of having a little fun and transmitting key shooting fundamentals to soldiers throughout all walks of life. When you think of it like that, it's easier to understand the need for a culture and language that's specific for weapons training.

The goal is efficiency and high-level comprehension. By simply understanding what a term like "Bullet Drop" means, you can clue in to the fact that you need to compensate for this effect on the path of a projectile. After all, we're firm believers that memorization has very little benefit if you aren't able to incorporate it into a larger model in your mind. As you build an ever more complete model of what forces are in play when you fire a projectile, the better you can troubleshoot and predict the path a bullet may take in any given scenario. Here are a few terms and some firearm science to familiarize yourself with going forward:

BALLISTICS – This is catch-all term that includes just about any specific information about a bullet's flight path, including a cartridge's weight, velocity, kinetic energy, trajectory, etc. In short, any hard data specific to the round being fired that aids in the pursuit of accuracy.



If there is recorded data on the bullet/rifle combination, or even that combination across varying altitudes and weather conditions, this information could be filed under "ballistics."

BALLISTICS COEFFICIENT – Specifically, this refers to a calculation of how efficient a particular bullet is at overcoming resistance as it flies through the air. The greater the coefficient, the less negative acceleration is impacting the object. HINT: The higher the number, the further and flatter the bullet flies.

BULLET DROP – In reality, barrels are usually not perfectly level. Bullet drop is defined by how far a bullet drops vertically for each 100 yards it travels horizontally when the barrel of the gun completely is level.

The most practical application of this concept is when the bullet's trajectory drops at key distances such as 200, 300, 400 yards. With each 100 yards of horizontal travel, the drop grows exponentially. It would be good to memorize this basic fact.

BULLET TRACE – The bullet trace is literally the wisp of upset air that is left behind a bullet as it pushes through the atmosphere. With this phenomenon, the low-pressure area left behind the bullet distorts the light, leaving a very brief but visible "trail." To observe it in action, it's best to be standing just behind the shooter.

COME-UPS – Another concept that can get overly complicated is a "come-up." Basically, the measurement in Minutes of Angle, or MOAs that you must adjust upward from one range to another to compensate for bullet drop. For example, you might adjust 2 and a half "come-ups" (2.5 MOA) from 100 yards to 200 yards.

DOPE – There are several competing definitions for what this supposed acronym stands for. There's actually some debate as to whether it's even an acronym at all. Some insist it stands for Data Observed in Previous Engagements and others Data on Personal Equipment.

Despite the lacking consensus, the concept is to have all the data for your rifle/ammo combination so well documented that you can adjust your scope

at a moment's notice. For example, "doping the wind" would be to adjust your sights to overcome a prevailing wind speed for a long-range shot.

FIELD OF VIEW – An angular measurement of the area you can view through a rifle scope, binocular, or spotting scope. Essentially, this is the diameter of the circle you can see through your scope at a given distance. For example, you might have a 7-yard FOV (field of view) at 100 yards and a 15-yard FOV at 200 yards.

FLUTED BARREL – A barrel with exterior ridges running lengthwise from breach to muzzle. This is done to cut down on barrel weight, add rigidity, and to give the barrel more surface area to aid in cooling. Accuracy tends to suffer as barrels get hotter and less rigid.

FOLLOW-THROUGH – A great shooter has mastered the art of follow-through, i.e., not reacting to the muzzle blast and instead watching the target seamlessly through and after the shot. This requires both concentration and technique, but it has an impressive effect on accuracy. The tendency to flinch or break concentration at the instant of the shot often results in poor accuracy, and over multiple shots, poor precision as well.

FREE-FLOATED – A barrel is considered "free-floated" when it makes no contact with the rifle's stock, handguard or fore grip, whichever the case may be. Barrels with a 1/8" clearance are widely considered to have greater accuracy over longer distances, although in most practical shooting conditions the difference is negligible.

KENTUCKY WINDAGE – Owing its origins to the great state of Kentucky, this frontier gem literally means to hold your rifle sights to the right or left of your target to overcome a crosswind. **NOTE:** Muzzle velocities were much slower at the time this term was coined.

MINUTE OF ANGLE (MOA) – References to MOA measurements are extremely common in tactical shooting as much as they are in the military. This angular measurement is used most commonly

4 in the context of shot groupings or elevation/

windage adjustments on an optic. To give you a good cheater reference, 1 MOA is roughly 1" at 100 yards. Thus, a group that's less than 1 MOA is generally considered to be acceptable in terms of precision.



To give a more expanded definition, there are 360 degrees of angle in a circle and 60 minutes in each degree. Thus, 1 MOA is 1/60th of 1 degree. But here's where so many shooters get confused: The measurement is

angular and not fixed to a ruler, yardstick, or any other 2-dimensional concept.

Thus, 1 MOA is roughly 1 inch at 100 yards but it's roughly 2 inches at 200 yards, 3 inches at 300, and so on. However, this is still 1 MOA; it just expands as you move outward from the point of origin. The key term to remember is angle. This can sometimes help refocus your attention on the fact that this measurement is directional and not static like most common measurements.

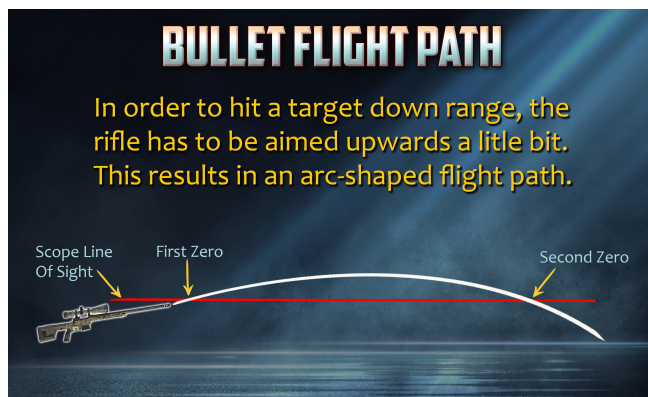


OBJECTIVE LENS – The objective lens is simply the lens that faces toward the object the viewer is observing. Not specific to shooting optics, this term can be used for binoculars, telescopes, and all sorts of technical viewing instruments.

OCULAR LENS – We won't beat a dead horse here. The ocular lens is the side that faces your eyes; the eyepiece, if you will.

POINT-BLANK RANGE – Here’s another concept that’s well worth a deeper explanation since it can really save you some time. Though it sounds self-explanatory, point-blank range does NOT refer to shooting something within inches of your muzzle.

Point blank range can be used in several contexts, but they all involve using the flattest phase of a bullet’s trajectory to allow shooters to aim directly at a target, instead of adjusting their point of aim for distance. In the military, this concept is sometimes referred to as “battle zero.”



In short, a bullet’s trajectory is shaped like an arc, while the shooter’s line of sight is a straight line. This means the bullet crosses through the line of sight twice. Given this fact, if you know your ballistics, then you can sight in your rifle at the first zero and know that your rifle is also accurate out to the second zero.

Therefore, you can hold directly, or hone in point-blank on your target without compensating for range. While it’s not considered accurate enough for snipers, this concept is often used in tactical and hunting scenarios where the margin for error is slightly higher.

RATE OF TWIST – Inside the barrel of a rifle is a set of spiral cuts, aptly named, “rifling.” This rifling is what causes a bullet to spin as it fires through the barrel, guiding through the air in a straight line, similar to a football thrown with a tight spiral.

The rate of twist, usually expressed in a ratio such as 1:10, means the bullet makes 1 full rotation in 10 inches of barrel travel.

RETICLE – This refers to the visible markings used to aim your weapon. It’s synonymous with

crosshairs, but refers to any dot, sight post, marking, or intersecting lines that signify a weapon’s point of aim.

“TAP, RACK, GO” OR “TAP, RACK, BANG” –



A mnemonic device used in the military to help shooters overcome a weapons malfunction, i.e. failure to fire. Tap refers to tapping the magazine to make sure it’s properly seated in the well. Rack refers to racking the action and theoretically ejecting the problematic shell. Lastly, Go (or Bang) means returning your weapon to a ready to fire position.

TENNESSEE ELEVATION – Another tongue-in-cheek “frontierism” is Tennessee Elevation. The term refers to holding your point of aim above the intended target to compensate for bullet drop.

TRAJECTORY – This is the flight path a projectile takes, mainly meaning the flight path a bullet takes for all purposes and intentions described here. More importantly, to know the flight path a fired bullet takes, you need to thoroughly understand all the factors that go into determining its trajectory. Several key concepts that figure into this have been covered in this list, including bullet drop, doping, and point-blank range.

VAPOR TRAIL – Often mistaken as being interchangeable with bullet trace, vapor trails are much less common and occur only when weather conditions are conducive. The effect is much easier to see since the water vapors in the air leave a visible trail. The trail hangs in the air briefly, similar to what you’d see with a contrail from an airliner.

CONCLUSION

There are plenty of reasons to be familiar with the tactical shooting terminology, aside from just sounding smart. As far as our experience goes, no one has ever been accused of being too knowledgeable when it comes to knowing how guns work and their safety. Also, what's wrong with sounding like you've done a little research, anyway?

The better you grasp the tactical terminology that comes along with this hobby, the quicker you'll learn the concepts that will actually improve your shooting. Again, the goal isn't to memorize a glossary filled with shooter jargon. Instead, you should constantly work to upgrade and refine your technique and expertise when it comes to the way firearms and projectiles work.

Lastly, if the expectations and behavior of the shooting range in your mind are aligned to the real shooting range down the road, you can make better predictions and decisions about how your equipment will function in reality.

Likewise, getting initiated into "gearhead-speak" isn't all about boosting your ego, but rather a sign that you've put real thought and time into something you like to do. The improvement in your shooting accuracy, precision and enjoyment will be the result and well worth the time and effort you put into becoming a better marksman.



16 BEST PANDEMIC BOOKS/MOVIES THAT GOT IT RIGHT

We've now experienced enough of COVID-19 to understand what movies/books got right, along with what they got wrong. With that being said, there's a whole new way of looking at things now. Which books/movies got it right on the nose? We're about to find out!

Before we dive right in, though, let's also take a moment to remember how many books/movies got it wrong. After all, there's a huge amount of pressure to get maximum ticket/book sales, so the goal for many forms of entertainment isn't necessarily to promote the most realistic depiction possible. From zombies to otherworldly scenarios, those things just didn't come true.

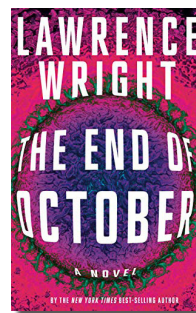
Of course, that means there are still some pandemic movies you can watch without getting the heebie-jeebies. Unfortunately, you won't find any of those titles on this list.



7 **CONTAGION** (2011)

Might as well start with the primo selection, right? When it comes to movies that display a potential breakdown, none get it as right

as *Contagion*. From people being suspicious of the motives of others, to a man faking a cure, this film has it all. Even the way that the virus spreads was accurately predicted, and the ending didn't give much hope for humanity, either. Let's hope we have a better outlook with COVID-19, eh? All in all, this is the perfect pandemic movie, which might translate to a good or bad thing for society as whole.



THE END OF OCTOBER

by Lawrence Wright

This book is eerily creepy in how prescient it is. Although the beginning of the pandemic is different than what happened in real life, most of the rest of it rings very true. The most vicious portion of the book also happens to be the truest; “and the disease slashes across the United States, dismantling institutions and decimating the population.”

This book even gets the time frame right, as we're all counting down until fall for a second wave unlike the world has ever seen before. Will the rest

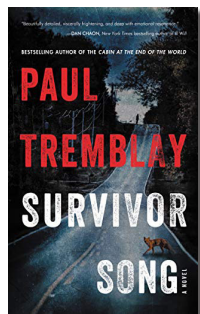
of it come true? Unfortunately, we have to say wait and see. You probably won't have to wait much longer if the race for a vaccine bears fruit.



OUTBREAK (1995)

This movie teaches us something very important; never assume that a virus won't get out, because it most likely will. In fact, the very monkey that spreads the outbreak is smuggled into the United States and then set free in the woods.

Before long, a small town in California is dealing with the horrific impacts of this deadly disease. And a small band of heroes must answer a few very important questions before they can find the source. Although it's not as good today as it was when it was made in 1995, this film still has plenty of accurate parts.



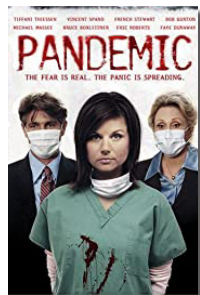
SURVIVOR SONG

by Paul Tremblay

Who better than a horror novelist to really have us face our fears? "Survivor Song" is fast-moving book that focuses on two survivors in the Massachusetts area. The problem is that one of them has

been bitten, and she won't last long until she's turned into a rabies infected monster. Oh, and the other problem? She's pregnant and just about to give birth.

Can the duo keep her alive long enough to let her child live? Will the bad guys step down long enough to help her? And will the rabies vaccine that's helped society for so long be able to keep up with this plague? All of these answers and then some are waiting for you in the pages of "Survivor Song."



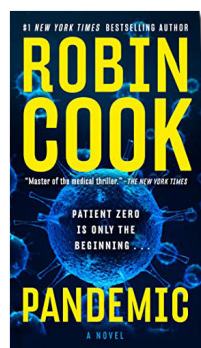
PANDEMIC (2007)

This made-for-TV movie would have been much better if it had better acting. Still, it's got all the hallmarks of a pandemic movie, right down to its name. In this

entry, we've got the bird flu racing across Los Angeles.

There's a doctor from the CDC racing to find a cure, but she also has to deal with a very stubborn mayor and political opportunists. Sound familiar?

Although the production values are a bit shlocky and the acting never truly lives up to its premise, the movie itself is shockingly well done. Pandemic shows how important it is to pay close attention to the CDC, and it also proves that political movements may be as much of an impediment than a fight against the disease.



PANDEMIC

by Robin Cook

Released in 2018, this take on pandemic lore goes deep into the world of gene manipulation. What starts with only one patient quickly moves onto two more, starting a race to the finish line.

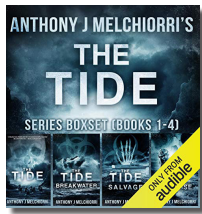
What's different about this particular book is that it involves CRISPR/CAS9 gene modifications. Could this really happen? All signs point toward yes. And what would begin with a small number of people would quickly balloon outward, creating a pandemic that brings everyone along for their ride.



VIRUS (2019)

This docudrama is based on real-life events. The plot revolves around the Nipah virus epidemic in 2018. Based in Calicut, this disease kills an astounding 75 percent of the people infected. Somehow, against the greatest odds, a tiny town in India manages to fight a battle against Nipah and win.

One of the most exciting things about this particular movie is that it is based on real life. In other words, a small town did truly take on the Nipah virus, and it also won. This gives us hope during hopeless times. As such, Virus definitely deserves a spot on this list.



THE TIDE

by Anthony J. Melchiorri

What begins as your average thriller about a pandemic evolves into so much more within the pages of “The Tide.” Hospitals are overrun, and a bioweapon is set loose to claim everyone’s life. The only team that can effectively track the bioweapon may also be the most susceptible to its effects. Can they track the weapon in time or will life as we know it cease?

“The Tide” is a little heavier on the fictionalized aspects of a pandemic, but it’s still good enough to have earned its spot on this list. As you can see in the above image, you’ll have the opportunity to listen to all four of the novels in one file from Audible.

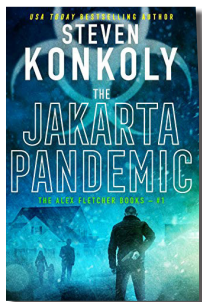


FLU (2013)

This Korean language film is available for viewers with subtitles via Amazon Prime. It’s more than worth watching, with a human trafficker starting the virus off by showing up at the hospital coughing up blood and covered in red rashes.

Within just a few hours, the entire city is under siege from the unknown contagion. Checkpoints are quickly put up around the city, and soon, everyone is at risk. Will the young girl make it? Only time will tell in this riveting thriller.

Although we’re not sure if there’s any disease on earth that could decimate mankind so thoroughly in such a short period of time, there is a lot about Flu that’s accurate. Even better, you can enjoy the film regardless of whether you speak Korean or not, thanks to the well-done subtitles.



THE JAKARTA PANDEMIC

by Steven Konkoly

Written in 2013, “The Jakarta Pandemic” proves that no one is as ready as they think they are.

Alex Fletcher, an Iraqi war veteran, has watched the signs spreading slowly around the country, and he knows it’s time to put his pandemic plan into use. However, no matter how prepared he thinks he is, the reality is so much worse.

The H16N1 virus soon begins ripping across the United States, and it quickly proves that no one is ready to stop it. Before long, the virus itself becomes a second thought to surviving all the mistrust in a world that has no grocery stores, no schools, and no fuel. How much will Alex do to survive?



LIGHT OF MY LIFE

(2019)

This movie is set after a mass pandemic has ripped through the world. Now, almost all men are living alone because the pandemic disproportionately affected women. Despite this, a few women are still left, including the daughter of Casey Affleck. As Casey fights to keep her alive and safe, he must also disguise her.

How will being dressed as a boy affect her future? And how will Affleck continue to survive men’s camps when he doesn’t even have a weapon? Watch this poignant film to find out!



THE CHINA PANDEMIC: GRAHAM'S RESOLUTION

by A. R. Shaw

Back in 2013, A. R. Shaw wrote the first in a five-book series about a weaponized bird flu. This single event ravaged the world, and it left mankind on the brink of extinction. As those left struggle to survive, a former math teacher races for a cure while a community of survivalists fight to remain undetected. Meanwhile, a young girl is exposed, and this threatens to tear apart what little is left of the world.

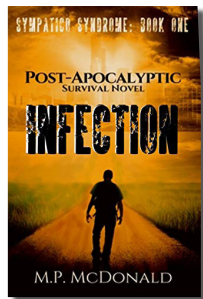
By the end of the first book, it's clear that nothing will ever be the same again. But those left behind in the new world must still fight for the scraps that are left to them. Is this a world worth living in? Perhaps not, but when it's live or die, most people will fight until their dying breath.



93 DAYS (2018)

93 Days won't cure film lovers of their desire to see pandemic movies. That's because it very intentionally focuses on the people, not the deaths. It's also a look at the Ebola virus and how that particular strain of death can be defeated. Still, it's highly worth watching as it showcases how to make it through the titular 93 days when everything seems like it's going to hell.

Another theme that's explored in the movie is how to survive the 93 days between discovering an outbreak and getting help from the CDC. That's a very long time to wait, as the COVID-19 outbreak recently showed us. But it becomes even worse when you're dealing with the residents of Nigeria, as not all of them are willing to see the truth.



INFECTION

by M. P. McDonald

What would you do to survive a pandemic? And how would you convince your family to follow you if no one was willing to accept the truth? These are the problems that Cole faces as the virus burns its way through the United States. But even if he gets his family onboard, how will they ever make it to a hard to reach, isolated island?

These questions and many more plague the lead character of this book. He might make it to the island, but there will definitely be a cost. Is he ready to pay it?



DIANI & DEVINE MEET THE APOCALYPSE (2016)

It might seem odd to put a comedy on this list, but you have to see the full picture. After all, even though there's low-key humor woven throughout the entire flick, it's also a movie about what happens when the world goes to hell and you're stuck with the one person you love/hate.

The best part of this movie was, of course, the determination to keep their dog and cat alive. Many might not understand such a thing, considering that the apocalypse had stolen everyone they'd ever known. But when it comes down to it, don't we all love our pets more than our neighbors?



PANDEMIC: THE EXTINCTION FILES

by A. G. Riddle

In this take on the pandemic, a 4 million+ copy author gazed at the future in 2017. And what he found is not a happy story. Here we find the CDC and the WHO working together, but it's still not good enough to contain everything. Even worse, we find that Dr. Peyton Shaw, our chief epidemiologist, has discovered that the outbreak may not be entirely natural in behavior.

By the time we run the clock down, the world is a very different place. And it's clear that one thing is true: no matter what happens, the world just keeps on moving.

FINAL THOUGHTS

As you can see, there's a vast array of pandemic films and books available. Many of them are cheesy and contain zombies, but those that don't are definitely worth your time. Check out any of the books/movies on this list, and you're certain to find out how you will react during an even worse pandemic.



HOW TO PREPARE FOR A "GRID DOWN" SCENARIO

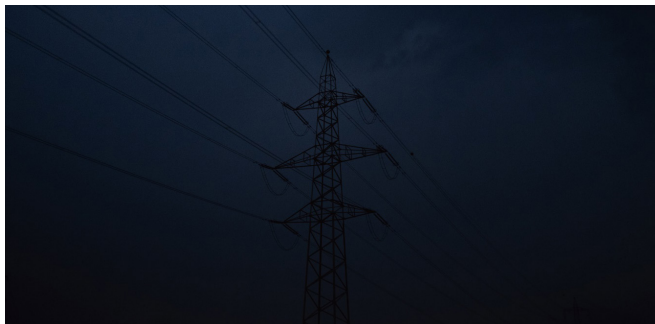
If you work at home like this NSRA author does, you know it's the kiss of death for productivity if the power goes out. When it does, it also signifies that your Internet is next – a big resource for putting together newsletters that keep prepper's and survivalists transfixed and reading (we hope!).

Unless it's the time of year that the weather's perfect, it also means the heater or air-conditioner you're relying on to keep you comfortable won't work, either. The situation is a minor inconvenience, and, of course, we grumble to anyone within hearing distance about how long it takes to get the outage resolved.

However, what happens if the power goes out and stays that way long-term? The thought of such an occurrence tends to make one uneasy, doesn't it? That thought probably lingered in hundreds of thousands of Californians' minds more than most recently, as rolling blackouts and planned power shut offs happened during the dog days of summer.

The mercury hit a sizzling 125°F in many areas when that happened, and, as you can imagine, things got pretty miserable. But picture how miserable it would be if you had to live without electricity for an extended period of time. In a grid down scenario that could very easily happen.

WHAT IS MEANT BY "GRID DOWN?"



Grid down means having to live without electricity, and everything that runs on electricity, for an extended amount of time. And it is not just a temporary power outage that will be resolved in the short term, either. If it happens, it means that the power grid will be down many months – possibly even years.

In a month, maybe less, it will become a dog-eat-dog world, and shortages of services, supplies and necessities will be so dire, your formerly friendly neighbor might whack you in the head to get your stuff. Unfortunately, law enforcement will not be able to step in because they'll most likely be understaffed. Many of them will be scrambling to survive themselves.

Think that sounds like the stuff of movies? Don't kid yourself, and it's very possible it could happen in real life. In the event it does happen, society will most likely collapse.

Here's some more fodder to keep you awake at night, and it concerns four likely grid down scenarios.



1. EMP STRIKE

An electromagnetic pulse, or EMP for short, is a powerful pulse of energy that can be emitted from a nuclear weapon blast, portable devices like high power microwave weapons (HPMWs), and even

from natural phenomena such as a geomagnetic storms and solar flares.

When EMPs interact with the planet's magnetic field, they have the capability to destroy electronic and electrical equipment, thereby crippling the country's critical communications infrastructure and electric grid when they occur.

What's worse is that the design of the country's electrical grid means that damage to critical substations will result in a domino effect that will cause cascading failures across the entire nation. While the threat of EMP is nothing new, our reliance on technology is unprecedented and makes us particularly vulnerable.

Think it's highly unlikely that this will happen? Don't, because the Commission to Assess the Threat from Electromagnetic Pulse Attack has warned since 2001 that the nation's infrastructure is at risk of an EMP strike. The commission stated that in the case of a high-altitude EMP (HEMP) attack, the result would be "an existential threat to the survival of the United States and its allies."

Another frightening to think about is that both our peer competitors, China and Russia, along with emerging threat countries, Iran and North Korea, are perfecting weapons that utilize EMP technology.

According to the U.S. Congress, If a high-altitude electromagnetic pulse was created over American soil, the "result could be to shut down the U.S. electric power grid for an indefinite period, leading to the death within a year of up to 90 percent of all Americans."

In other words, if we are hit with powerful EMP pulse, whether natural or through a deliberate attack, we're pretty much screwed Snake Plissken style; there is just no other way to put it. If you'll recall in the post-apocalyptic movie *Escape from LA*, a pissed off Plissken plunges technology back into the Stone Age with the press of a button, unleashing a "world code." That's just fiction, but in reality, other countries have their hands on a similar device. If they ever decide to press the button, civilization will never be the same. On the plus side, the stars will

12 look prettier from our dark spider holes.



Terrorist attacks took on new meaning for America after 9/11. Before that, large-scale and destructive suicide bombings seemed to happen somewhere else and not here on our native soil. Welcome to the new normal, where we have to be extremely vigilant and defend ourselves against terrorist attacks, including one to the grid.

A coordinated terrorist attack on the grid would be devastating.

The National Research Council spoke out on what the crippling results would be after that happened saying,

"A terrorist attack on the power system would lack the dramatic impact of the attacks in New York, Madrid, or London. It would not immediately kill many people or make for spectacular television footage of bloody destruction. But if it were carried out in a carefully planned way, by people who knew what they were doing, it could deny large regions of the country access to bulk system power for weeks or even months."

They added that,

"An event of this magnitude and duration could lead to turmoil, widespread public fear, and an image of helplessness that would play directly into the hands of the terrorists. If such large extended outages were to occur during times of extreme weather, they could also result in hundreds or even thousands of deaths due to heat stress or extended exposure to extreme cold."

A terrorist attack of that magnitude need not just be from fanatics overseas, either. There can also be terrorism that comes from within our borders to worry about, too. The threat poses both digital and

physical threats to the US power grid. As terrorists become more sophisticated and capable of digital attacks as described above, they can fabricate weapons in their own country that could be used to destabilize power plants in other regions later.

Homeland security experts inform us that an attack on the grid would be well researched and planned. They indicated that a terrorist attack could be a two-pronged approach where they launch a grid down scenario that will see communication, cameras, lights and security shut down, all so they could use the resulting chaos and lack of communication as an advantage to launch a second attack that bombs essential structures.



Another thing that makes the US grid vulnerable during a grid down scenario is the silent war being fought online. Sophisticated computer hackers both domestically and from abroad have been waging wars to test and penetrate an attack on our power grid. The most successful cyberattacks so far have been implemented by the Russians.

If you've heard about Russian hackers, it's probably been in the context of election meddling. However, what's more important is that they have been hard at work behind the scenes targeting the US grid over the past few years. The Department of Homeland security says Russian operatives have actually been successful in that regard and recently hacked their way into the country's power grid.

That's troublesome because in the event of a truly serious cyber attack, hackers won't just access information or control a few processes. Instead, they can potentially use these processes to interrupt the way US power plants and the aviation industry

operate. A true victory in shutting it all down would put scores of American lives at risk

You'd be surprised at how easy it is to hack the grid system, too. A report by Tech Insider followed a group of white hat hackers to observe them virtually break into a power station. Alarming, they were able to hack into the system in less than a week. Keep in mind this was only a small group, and a country that wanted to commit a cyberattack against the US could surely do damage to us on a grand scale. In fact, they could most likely cripple and destroy the grid.



“Mother nature is a brutal bitch, red in tooth and claw, who destroys what she creates.” – Ernest Becker, author of the Pulitzer Prize winning book, *“The Denial of Death.”*

Grid down is a phenomenon that preppers and the government often dread will come to pass. Besides deliberate threats to the power grid, solar events such as coronal mass ejections (CME) can cause a natural and hugely destructive EMP to occur. In case you didn't know about it, Earth was on the brink of an apocalypse in 2012; all courtesy of one of the main things that gives us life: The sun.

During that year, scientists said that one of the largest solar flares and coronal mass ejections in history happened. The only thing that saved our hides from going back to medieval times was that the fact that the CME barely missed us.

If you don't know what a CME is, it is when a massive energy and solar plasma cloud bursts away from the sun in a huge and violent eruption. It's a

little different from a solar flare, which is more like a burst of light.

Although terrorist and cyberattacks can be catastrophic, if a CME is directed at Earth and touches down, it will have the EMP capacity of 20 million nuclear bombs. Also, the strength of one will likely be far more effective than any manmade EMP device, and it will also have a larger impact area. If we are unfortunate enough for this to happen, then to quote the late actor Bill Paxton in the movie *Aliens*, “Game over, man. Game over! WTF are we going to do now!”

There’s nothing like a celestial event to make you feel like a speck in the infinite cosmos, but just what is the likelihood of a CME happening in our lifetime? That’s a trick question because in 1989 a geomagnetic storm hit our planet and unleashed a CME upon us. Luckily, there was less of an impact since we didn’t have as much reliance on technology back then. Still, after it happened, Canada’s power grid collapsed immediately after the EMP arrived.

A CME happening today would wreak more destruction, and the costs would cripple countries across the world. The National Academy of Science tells us that the potential damage of a geomagnetic event like the 1989 CME has a price tag \$1 to \$2 trillion today. They also reported that it would take at least a year for the grid to show signs of recovery, and a full recovery would take anywhere from four to 10 years. In other words, it’s candles and horse & buggy transportation for the lot of us for at least a decade.

THE BEST WAY TO PREPARE FOR A GRID DOWN SCENARIO

If you aren’t prepared for a grid down scenario, it will pretty much be a disaster for you and your family. You are pretty much in the 90 percent that won’t make it that congress described earlier. There is a whole laundry list of things you can do to survive directly after the grid goes down for short-term survival. However, preppers usually don’t let things get that far. In short, the NSRA believes that it is better to be ready to live your daily life off grid before the SHTF.

LIVING OFF GRID CAN HAVE DIFFERENT MEANINGS



Because we are jaded by apocalypses portrayed in TV shows like *The Walking Dead*, or because we are more exposed to natural disasters than ever before, people are getting motivated to unplug and live their lives off grid. The desire for green living and sustainment often motivates people to do the same, too. In fact, the movement towards this sustainable living shares many aspects with disaster prepping.

Living off grid can mean different things to its practitioners, as well. To some, it simply means having an alternative source of electricity if they lose power. These individuals subscribe to basic prepper mentality, and they use gas powered generators of some capacity for energy. A portable or permanent standby generator works really well for severe weather or a natural disaster that interrupts power to your home for a short time.

Others view living off grid as producing their own power source. They do this by installing wind turbines, solar panels or water mills on their property. They often have a backup battery storage system for when the weather is uncooperative, too. When it comes to the alternative systems, the ones that are extremely efficient have power arrays that will send power back to the grid. In these cases, the power meter is rewound, and you’ll likely get paid by the energy companies or get credits when this happens.

In fact, this way of living sounds an awful lot like how the Amish get by now. Their culture is creative, independent, and they are used to living off the grid. To power appliances, they use batteries,

compressed air pressure, propane, gas generators, hydraulic pumps and solar panels.

Those that are really devoted take their off grid living further, putting fail-safes in place that make them entirely self-sufficient. They not only remove themselves from the electrical grid, but also remove themselves from the sewage disposal system and water supply.

These individuals usually live in isolated areas where infrastructure hasn't been established yet, or if it is, they sell any excess power back to the grid. They are able to do this by using technology that allows them to reach a comparable level of modern convenience that people connected to the traditional grid experience.

It's hard to believe, but prepper's can even take the concept of living off grid to an even further point on the spectrum. When you're this hard-core, you take on a Luddite-like approach and live off the land. With this lifestyle, prepper's tend to reject all technology, choosing instead to live completely off the homestead. They cook using wood for fuel and light their homes with kerosene lamps or candles.

TEN THINGS YOU CAN DO TO BEGIN LIVING OFF GRID



It may be a while before you finally take the plunge to start living off grid. Here are a few things you can do to put your toes in the water until you make that final leap to complete infrastructure independence. The good news is the more you are informed, the less likely you will be to make mistakes or get caught unprepared.

Here are ten homesteading practices that are widely utilized by preppers to begin living off grid:

- Get physically fit.
- Read everything you can about preparing for off grid living.
- Scout for potential real estate.
- Educate yourself about shelter possibilities.
- Examine your water and energy options – and even sewage if you're ambitious.
- Determine how you'll provide your supply of food.
- Look into off grid ways to turn a profit, AKA money-making options.
- Take a course on how to live off grid.
- Network with other preppers who live off grid.
- Begin your off-grid lifestyle preparation supply checklist.

Once you start making your way through the list above, you'll be able to bug out and disconnect more and more from grocery stores, public water pumps and the power grid. However, it will be very challenging to completely disassociate from civilization. Even homesteaders and subsistence farmers have to live close enough to a town to get supplies and staples if they aren't able to produce them themselves.

A second prepper strategy besides living off the grid is to prepare for some of the grid down scenarios. One example could be to develop a faraday cage with protective covering to guard against possible EMP damage to your electronics.

FINAL THOUGHTS

The power grid is one of those things in life that we won't miss very much until it's gone. However, it's time to acknowledge that the power grid is aging, reaching capacity, and, as time goes by, becoming more vulnerable to the threat of attack. Without a plan in place, the majority of the population is going to be in rough shape during a grid down event.

Staying Physically Fit: How to Exercise at Home



Whether it's because of COVID-19 or simply because you don't want to pay for a gym membership, there are some good exercises you can do at home. And the best part is that you don't need a lot (or any, in some cases) of equipment! Instead, these workouts allow you to put your body to the test by using only your own muscles. Even the exercises that do need an outside object can be done with stuff that you already own. So, let's get started!

Jumping Jacks

Yes, that's right; the most classic of exercises can become your favorite again when you're trying to work out with nothing. Are you doing them correctly, though? Here's the right way:

1. Stand with your arms at your sides and legs together.
2. Bend your knees just a little bit, then jump.
3. While jumping, stretch your arms over your head. Spread your legs about shoulder width apart.
4. Jump back to the starting position and repeat as many times as desired.

March in Place

This is a truly simple exercise that yields positive results. To do it, you need only remember a couple of things.

1. Stand with your feet hip width apart and your elbows bent at a 90-degree angle.
2. Bring your left knee up at the same time that you bring your right elbow forward.
3. Repeat on the opposite side and keep repeating until you're satisfied.

High Knees

This plyometric exercise is easy and burns through a lot of calories.

1. Stand up and place your feet hip width apart.
2. Your palms should be facing the floor and held just above your belly button.
3. Drive your right knee up to meet your right hand. Drop it to the ground. Then, bring your left knee up to meet your left hand.
4. Repeat for three to five minutes.

Jog in Place

Jogging in place is one of the most effective ways to burn calories. Make sure you slip on your sneakers before you begin.

1. Stand with your feet hip width apart.
2. Lift your left leg and right arm, then switch quickly to your right leg and left arm.
3. Repeat for up to 30 minutes.

Plyo Jacks

This one might not be as familiar to everyone, but it's just as simple as all the others.

1. Stand with your feet together.
2. Slowly drop into a squat, with your legs far apart.
3. Cross your arms over your head.
4. Slowly return to the standing position.
5. Repeat.

Mountain Climbers



This cardio exercise will also strengthen your abs. It's a bit trickier than it seems, though, so make sure you master planks and crunches first.

1. To begin, assume the traditional planking form.
2. Next, engage your core by lifting your right leg up toward your elbow.
3. As you return the right knee to its starting position, bring the left knee up toward your elbow.

4. Continue switching and pick up the pace.
5. Once it's like you're running in a planking position, continue to do so for at least 30 seconds.

Skaters

As a cardio and functional exercise, this will keep your metabolism burning and your heart healthy.

1. Begin with your legs slightly further apart than shoulder distance. Have your arms at your sides.
2. Bring one leg behind you at a slight angle into a reverse lunge. Your front knee should also come forward at a 90-degree angle.
3. Swing your arms in front of the bent knee. At the same time, leap the back leg forward. Your arms should alternate as you switch sides.
4. Repeat as desired.

Squats

This general-purpose exercise is good for almost everyone.

1. Stand with your feet hip-width apart.
2. Bend forward from the hips, keeping your chest up and your shoulders back.
3. Bend your knees while keeping them over your toes.
4. Keeping your knees aligned will prevent falls.
5. Keep most your weight in your heels.
6. Rise up to the starting position.
7. Repeat as many times as you're able.

Push-Ups



This deceptively easy exercise can actually be very challenging.

1. Begin in the starting position (see photo on page 17).
2. Bend your elbows out into a 45-degree angle and lower to the ground.
3. Rise back into the starting position.
4. Repeat as many times as desired.

Walking Lunge

This one is only good for those who have knees that are in good shape. If your knees bother you, please skip forward to the next exercise.

1. Stand upright, feet together.
2. Take a controlled step with your right leg. Lower your hips by bending both knees to a 90-degree angle.
3. Don't actually let the left knee touch the ground. Instead, hover just above it.
4. Your front knee should be positioned just above the ankle.
5. Press your right knee into the ground. Push off with your left leg, bringing your left leg forward. Take a controlled step into a lunge.
6. Repeat.

Dips

A dip is a compound exercise, which means that it works out several muscle groups at once. There are several ways to do dips, but we're going to focus on the method that requires two parallel bars.

1. Grab the parallel bars. At the same time, bend your legs behind your body.
2. Hoist yourself up.
3. Lower your body by bending your elbows.
4. Repeat as many times as possible.

Plank

Planking is a fantastic core and abdominal exercise.

1. Begin in the planking position, as shown above.

2. Hold this position for 10 seconds. As you grow stronger, you'll be able to increase your time to 20 seconds, then 30 seconds. Over time, you'll learn to hold the position for a full minute.



Lateral Leg Lifts

This easy to do exercise engages your gluteus maximus, abductors, adductors, and hip flexors. It's also a great way to work on balance.

1. Grab a chair.
2. Stand behind it, holding onto the back with both hands.
3. Lift one leg to the side.
4. Go back to the start.
5. Lift the other leg to the side.
6. Repeat.

Glute Bridge

The three gluteal muscles in your body need to be worked out, especially if you are getting cubicle butt.

1. Lie face up on the ground. Bend your knees. Keep your feet flat on the ground and your palms at your side, palms down.
2. Lift your hips up. Your shoulders, hips, and knees should form a straight line.
3. Hold this position for a couple of seconds, then come back down.
4. As always, repeat!

Jump Rope



A jump rope may seem like an easy way to get into shape. After all, you used one while you were a kid, and that was easy, right? The difference, of course, is that you're working out now. And as such, you need to choose the right jump rope for your height and exercise ability.

Rule number one is don't get a speed rope if you're new to jumping rope. And yes, you're new to it if you haven't done it five+ years. Once you find the right rope for you, begin with a basic routine.

1. Start with the rope resting on your heels.
2. Jump up into the air and bring the jump rope over your head and under your feet.
3. Repeat for as long as possible.

Water Jugs

Want to get in a good workout with nothing more than water jugs? Well, you've come to the right place, and here's how!

1. Stand with your feet hip width apart and your arms at your sides.
2. Lift the water jugs up to your shoulders.
3. If possible, extend your arms above your head, while still holding the water jugs.
4. Bring your arms back to your sides.
5. Repeat.

Video Game Exercises

You've just learned 16 exercise routines that you can do at home, with little (or no) equipment. But what

happens if you want to take it to the next level? Or perhaps you're simply bored of those exercises and want to do something entirely different? That's where this section will come in and save the day!

Dancing Video Games



Let's face it; dancing video games are hard. And I mean really, really hard. That's because unlike the other workouts on this list, dancing gets your heart pumping and uses a long list of muscles all at the same time.

There is no list of instructions we can provide for you because you'll have to follow what it says on screen. What we can tell you is that this is the perfect exercise for those who are video game addicts. After all, there's nothing that brings out your competitiveness quite like a video game.

Dance Dance Revolution

Unlike your normal dancing video games that have you dancing all around your living room, DDR has you isolate your movements onto a giant controller pad. This will have you jumping all around the pad, and you'll feel even more inclined to keep going. In fact, the competitiveness of this particular game is insane!

On a personal note, DDR helped the author lose 25 pounds in just a few months. I didn't do anything else, either, including changing my eating habits. All I did was play DDR as much as I wanted, and boy did I want to play it a lot.

Wii Active

Another way to really get yourself sweating is to use the workouts included with the Wii Active. This video game includes a large number of exercise

routines, and they're of the real-life variety. Instead of having to do it for yourself, though, you'll hear a personal trainer cheering you on as you run in place, do squats, and use your own resistance to simulate lifting weights.

Walking is the Best Exercise



We've spent a lot of time on various workouts, but did you know that walking is the best low impact exercise? It's true; walking 20 to 30 minutes five times per week is not only the simplest workout, but it will get you into shape. It might not tone your abs or give you to-die-for arm muscles, but it will help you lose weight, tone your legs, and increase your endurance.

In fact, there are 12 benefits to walking, all of which will make you much more excited to try this simple yet healthy practice.

- 1. Increases Your Stamina** – Aerobic walking can reduce the instance of disability and help you last for much longer.
- 2. Boosts Your Breath** – Yes, something as easy as walking actually improves your breath!
- 3. Improves Sleep** – Women who walk for around an hour each morning have been proven to be much more likely to beat insomnia than those who didn't.
- 4. Lose Weight** – The average calorie loss from a 30-minute walk is 200. If you do this again and again, you're going to lose weight.
- 5. Strengthens Muscles** – Walking tones your abdominal and leg muscles. This also increase your range of motion.

6. Improves Circulation – Walking strengthens the heart, lowers blood pressure, brings up the heart rate, and wards off heart disease. Women who walk for just 30 minutes daily can reduce their stroke risk by 20 – 40 percent.

7. Live a Longer Life – Enjoying this practice into your 50s and 60s can make you 35 percent less likely to die within eight years than your non-walking counterparts.

8. Makes Your Bones Stronger – Only 30 minutes a day makes women 40 percent less likely to fracture a hip as they get older.

9. Boosts Your Mood – Endorphins are naturally released when you walk. This means that the more steps you take, the better your mood will be.

10. Supports Your Joints – The more walking you do, the more nutrients and oxygen that will be brought into your joints.

11. Reduces Your Odds of Alzheimer's – Men above the age of 70 who walked for a mere quarter of a mile per day had a 50 percent less chance of getting Alzheimer's than their couch-bound peers.

12. Slows Down Mental Decline – Once you get past the age of 65, mental decline is almost a guarantee. But you can reduce this damage by walking. Get an 8 percent slower mental decline by walking daily as opposed to walking once or twice per week.

Final Thoughts

There are 20 different exercise options in this article, and each of them will help your body. Whether you incorporate one, five, or even all 20, you'll feel the benefits of your hard work. The most important thing to remember is that everyone's body is different, and some of these workouts may work better or worse for you.

Try to find your own groove, then get into a routine. Whether that's simply walking daily or doing a workout with 10 of the exercises, you'll benefit by improving your overall health. And whether you're worried about when the sh!t hits the fan or the side effects of COVID-19, being in good shape is going to help you fight back.

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