

JULY EDITION

SURVIVAL LIFE

MAGAZINE

**DIY
FIRE
STARTERS:**
IT ALL BEGINS WITH
A COTTON BALL

**IT'S
OFFICIALLY
SUMMER!**

**HOW
PREPARED
ARE YOU?**

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for spider bites

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**PLANNING YOUR ACADIA
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One of Our Country's
Most Beautiful Parks

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FROM THE EDITOR

DEAR SURVIVALISTS,

Summer is many people's favorite time of year. There's nothing like those hot summer nights, backyard barbeques, and days spent enjoying the warm weather.

But summer presents unique challenges as far as survival and preparedness is concerned.

Summertime is when the creepy crawlers start coming out in full force. Spider bites can be serious business. It's important to know how to identify and treat them.

Mosquitoes are another summertime pest that can be hard to deal with. A couple of mosquito bites can be an annoyance, but they can also lead to something more serious -- like the spread of diseases such as Zika virus.

IN THIS ISSUE,

we'll tell you how to treat spider and mosquito bites -- and, even more importantly, how to prevent them from happening in the first place.

We've got some fun stuff in this issue too. We'll take you on a tour of one of our country's favorite national parks, just in time for your summer vacation plans. We'll also teach you a simple, tried and true fire starting method for you to try on your next camping trip.

We hope you enjoy our July edition of the magazine. Thanks for reading,

AND REMEMBER, WE'RE ALL IN THIS TOGETHER!

"Above Average" Joe

Editor-in-Chief
Survival Life Magazine



7 HOME REMEDIES FOR SPIDER BITES

By: Stacy Bravo

If you are bitten by a venomous spider such as a black widow or a brown recluse, seek immediate medical attention. If you are not sure whether the spider is venomous, seek medical attention just to be 100% sure. Symptoms of a venomous spider bite can include severe swelling, intense pain and stiffness, muscle spasms, fever and chills, abdominal pain, vomiting, difficulty breathing, and lightheadedness.

Spiders do not feed on humans like some biting insects. Spiders usually bite as a defense mechanism. Most spider bites are not a matter of concern.

Depending on the type of spider, the symptoms of a spider bite may last a few hours to several days or even weeks. Here are 7 ways to treat spider bites at home.

Note: When treating spider bites, the main goal is to neutralize the bite

and get rid of any toxins in the body. Many effective home remedies can ease the symptoms and promote healing. If symptoms remain after a few days, see a doctor. Please note that the information in this article is for informative purposes only and should not be taken as medical advice.

1. ICE

When bitten by a spider, the first thing you need to do is clean the wound with mild soap and water. Then, apply an ice pack on the affected area. The cold temperature will help numb the nerve endings, soothe the itching sensation and reduce swelling and inflammation.

- Wrap a few ice cubes in a thin towel and place it on the affected area for 10 minutes at a time. Repeat as needed during the initial 24 hours.

- You can also put the affected area under cool running water for a few minutes.

Note: Never put ice directly on the skin.

2. BAKING SODA

Baking soda is an effective treatment for spider bites. This alkaline substance can help draw out the venom, which will help reduce pain, itching and inflammation.

- Mix 1 teaspoon of baking soda with 3 teaspoons of water.

- Apply this mixture on the affected area with a cotton ball for 5 minutes.

- Wash the area with lukewarm water.

- If the discomfort persists, repeat after a few hours.

3. SALT

Salt is another easy remedy due to its antiseptic and anti-inflammatory properties. It can effectively draw the venom out of a spider bite to promote quick recovery. In addition, it reduces inflammation and redness.



- Wash the affected area thoroughly with lukewarm water.
- Sprinkle some table salt on a wet washcloth. (You can also use kosher or sea salt.)
- Bandage this washcloth to the affected part for a couple of hours, then remove it.
- Reapply as needed.

4. POTATOES

Another easy and effective method is to use a starchy potato. It can reduce the itching and inflammation, largely due to its anti-irritating and soothing properties. In addition, it keeps the affected area moisturized to encourage quick healing.

1. Peel 1 large potato and wash it thoroughly.
2. Grate the potato using a grater.
3. Put a handful of the wet potato shreds into a piece of thin cloth and tie it securely.
4. Clean the affected area with rubbing alcohol, then put the potato poultice over the bite.
5. Leave it until the potato begins to dry.
6. Discard the old potato poultice, and clean the area with warm water.
7. Reapply a fresh poultice, repeating until the symptoms are gone.



5. ASPIRIN

You can also relieve minor symptoms of spider bites by using aspirin. It can neutralize the venom to promote a quick recovery. In addition, its strong anti-inflammatory properties can effectively control swelling and inflammation.

- Soak 1 to 2 aspirin tablets in a little water to form a paste.
- Apply this paste on the affected area.
- Leave it on for a couple of hours, then wash it off with lukewarm water.
- Repeat 1 or 2 more times, if needed.

6. LEMON JUICE

You can also use lemon juice to keep itching, swelling and inflammation at bay. Being a natural astringent, it also helps quickly dry out skin rashes caused by spider bites as well as prevent infection.

- Extract the juice from a fresh lemon and apply it onto the affected area using a cotton ball. Let it dry, then rinse it off with

lukewarm water.

- Alternatively, you can take a piece of lemon and rub it against the affected area for 2 to 3 minutes. Wait another 5 minutes, then rinse it off.

Follow either of these remedies a few times a day.

7. ALOE VERA

You can also use the gel of an aloe vera plant to treat spider bites. The gel has natural antiseptic as well as anti-inflammatory and soothing properties that can help reduce pain, swelling, and itching. It can even aid in faster healing by keeping the affected area moisturized.

- Thoroughly wash an aloe vera leaf.
- Slit it open to extract the gel.
- Apply this fresh gel on the affected area.
- Reapply a few times a day for a few days.

Note: Store the remaining gel in the refrigerator.

CAMPING AT ACADIA NATIONAL PARK: PLAN A SUMMER VACATION AT ONE OF OUR COUNTRY'S MOST BEAUTIFUL PARKS

By: Vince Tuscano

Acadia is a national park where beautiful mountains meet the sea. This breathtaking national treasure offers a landscape marked by thick woodlands, dramatic peaks and picturesque rocky beaches. Surround yourself with the best of land and sea with a camping trip to Acadia National Park.

ABOUT ACADIA NATIONAL PARK: QUICK FACTS

The park was established on July 8, 1916.

Acadia's original name was Sieur de Monts National Monument, penned by President Woodrow Wilson.

The outstanding feature of the park is Mount Desert Island, which is not really a desert. It was derived from a French word which means lonely as early navigators could only see the mountains from afar.

It may not be the largest national park in the country but Acadia National Park is one of the most

visited, with two and a half million tourists coming to see it every year.

Acadia National Park covers an area of 47,452.80 acres.

Mount Desert Island has more than 20 mountains.

The area of Acadia was originally inhabited by Native Americans known as Wabanaki, or People of the First Light.

Visitors can see porcupines, beavers and otters as well as whitetail deer. Hawks, owls and terns can be watched in Acadia. You can also see humpback whales out in the sea.

Between October to March, Cadillac Mountain in Acadia is the first place where the sunrise can be seen.

Acadia is the first national park whose land is a collection of donations from private individuals.

Jordan Pond is the park's deepest lake at 150 feet.

PREPARING FOR AN ACADIA NATIONAL PARK CAMPING TRIP

Acadia National Park has plenty of beautiful sights that visitors and campers will definitely enjoy. However, it's not without its dangers. The following are some considerations to make your stay safer and more enjoyable.

WEATHER

Summer can be as hot as 80°F but nights are cooler. The warmest temperatures can range between 40 and 60° in spring and autumn. Winter brings the mercury down to 30 degrees, dropping to zero at night. Acadia National Park gets sixty inches of snow every year. Always check the weather before your trip.

SAFETY

Although Acadia is open year round, winters can be harsh. Tourists who want to avoid summer crowds choose to visit in the cold months



despite the dangers associated with the snow and freezing temperatures. Some visitors prefer to see the park in the fall just to avoid bugs. Maine is popular for its rugged coast and the shores of Acadia are no exception. Exercise caution in inclement weather if you intend to walk along the beach.

CELLULAR SERVICE

Like most other national parks occupying a vast area of land, cellular service can be spotty in Acadia. After all, a camping trip is a chance to connect with nature. If you need to stay in touch, it is best to monitor your phone and remember the area where you got the strongest signal. This way you can backtrack to the spot when you need to call, send a text or go online.

CAMPGROUNDS

Hotels and other types of accommodation cannot be found in the park, making Acadia a great place to learn or test camping skills. You can choose between Blackwoods, Duck Harbor, Schoodic Woods, Seawall and Wildwood Stables campgrounds.

Reservations need to be made so call the National Recreation Reservation Service before heading out.

DINING OPPORTUNITIES

You don't have a lot of choices of places to eat in the park. We recommend you pack a lot of food, which would not be a problem with campers and preppers like us. After all, you're in Acadia to camp.

PETS

Pets are allowed in Acadia National Park. However there are guidelines that must be met such as putting them on a leash as long as 6 feet, not leaving them unattended, especially in vehicles, and cleaning up their waste. Most of the campgrounds are open to pets. Lakes are off limits, as well as Sand and Echo Beaches on particular periods.

LEAVE NO TRACE POLICY

It is important to note that we can affect the parks we visit or camp on negatively. In fact, we have been doing this to nature for so long. Let's make it our responsibility to take

care of national parks and make sure that the flora and fauna are not disturbed or worse, destroyed. We need to keep our impact on the land as low as we possibly can. This way we can still enjoy when we come back to the park and also let the next generation enjoy it as much as we have.

WHAT TO PACK FOR AN ACADIA NATIONAL PARK CAMPING TRIP

SHELTER:

- Tent
- Ground cloth/tarp
- Extra stakes
- Shade tarp/poles/rope/stakes
- Axe or hammer
- Mat for tent entrance
- Dust pan/brush

BEDDING:

- Sleeping bag
- Sheets/blankets
- Pillow
- Air mattress/sleeping pad/cot/tarp
- Air pump
- Repair kit for air mattress
- Utility bags for storage



COOKING:

- Large water jug & water bucket
- Coolers/ice
- Thermos
- Stove with fuel/propane
- Matches/lighter
- Charcoal/firewood/buddy burner
- Dutch oven/tin can stove/box oven/etc
- Campfire grill/BBQ grill
- Fire starters/newspaper
- Tablecloth/thumb tacks/clips
- Plates & bowls/paper plates & bowls
- Silverware/plastic silverware
- Measuring cups
- Heavy-duty aluminum foil

WHAT TO DO IN ACADIA NATIONAL PARK

Now that you've prepared and packed for your trip, it's time to explore some of Acadia National Park's beautiful sights and engage in exciting activities. Here are some of our favorites.

1. BAR HARBOR

A resort town since the 19th century, Bar Harbor is the artistic, culinary, and social center of Mount Desert Island. It also serves visitors to Acadia National Park with inns,

motels, and restaurants. Around the turn of the last century the island was known as the summer haven of the very rich because of its cool breezes. The wealthy built lavish mansions throughout the island, many of which were destroyed in a huge fire that devastated the island in 1947, but many of those that survived have been converted into businesses. Shops are clustered along Main, Mount Desert, and Cottage streets. Take a stroll down West Street, a National Historic District, where you can see some fine old houses. (Via fodors.com)

2. JORDAN POND

If you're looking for a hike that's fairly easy but still has incredible views, Jordan Pond is the place to go. Walk around the huge pond (the path is about 3.5 miles) and snap photos; when you're done, visit the Jordan Pond House to refuel with popovers and tea. The pond is a perfect place to take it slow and enjoy the relaxing beauty of nature. (Via familyvacationcritic.com)

3. SWIM AT SAND BEACH

What this beach lacks in size it certainly makes up for in beauty. With soft white sand surrounded by granite rock walls and an ideal southern exposure with views out to sea, it is a must visit during your time in Acadia. Although the water temperatures are some of the coldest in Maine, even during the summer, visitors enjoy simply relaxing in the sun and taking in the scenery. (Via visitmaine.net)

4. CADILLAC MOUNTAIN

Standing about 1,530 feet in height, Cadillac Mountain wins a lot of superlatives. Not only is it the tallest mountain in the park, but it's the tallest mountain on the North Atlantic seaboard and the first point of the United States to greet the rising sun's rays from Oct. 6 to March 7. Whether you hike up the Cadillac Summit Loop Trail or drive up the 3.5-mile narrow access road, go early. As the only attraction in the park that can be reached by car, Cadillac tends to draw crowds. If you do arrive by car, you should drive slowly, especially as the roadside cliffs get steep. (Via usnews.com)



5. THUNDER HOLE

Visit just before high tide when the surf races into the naturally carved inlet and explodes as high as 40 feet with a thunderous roar. As you watch and listen, enjoy views north to Sand Beach and south to Otter Cliff. (Via barharborinfo.com)

6. SCHOODIC POINT

Schoodic Point is a scenic area at the end of the Schoodic Peninsula. From the nearby Schoodic Head there are panoramic views towards the Bay of Fundy and the Mount Desert Mountains.

7. BEEHIVE TRAIL

If you are afraid of heights, the Beehive Trail may not be for you.



However, if you care to see some surreal landscapes and gaze out on the ocean from far above, you may want to consider taking the Beehive Trail. Don't worry, the name does not mean you will run into bees. The trail is relatively steep, but fairly quick to climb. Steel rungs and ladders are built into the trail to help you get to the top. It is considered a moderate trail, as there are some problematic places, especially if you're afraid of heights, but the view that waits you could leave you starting for days. Definitely add the Beehive Trail to your agenda if you like to hike and want to see the best of Acadia.

8. BIKING

You can rent a bicycle in Bar Harbor to ride along the carriage roads that wind through Mount Desert Island. You can also ride along the 27-mile-long Park Loop Road that connects the island to the surrounding villages. Along the way, you can stop at such destinations as Sand Beach, Otter Cliffs and Thunder Hole—where you can potentially hear the booming sound of waves crashing into the granite cavern. For a more challenging ride, you can bike along the Summit Road to the top of Cadillac Mountain. (Via visitmaine.com)

9. TAKE A HIKE THROUGH HISTORY

Imagine walking the same trails as late 19th century and early 20th century rusticators, artists, tourists and summer residents. Or picture yourself following in the footsteps of presidents and presidents-to-



be. Many of the century-old village connector trails, allowing you to stroll from Bar Harbor to Sieur de Monts and beyond, or Asticou in Northeast Harbor to Jordan Pond and beyond, have been restored to their former glory as part of the park's Centennial efforts. Great Meadow Loop and Schooner Head Path are two well-graded routes within walking distance of Bar Harbor. (Via L.L.Bean)

10. DRIVE THE PARK LOOP ROAD

You can get your best overview of Acadia by driving these 27 miles of unsurpassed beauty, created in part through the masterful collaboration of John D. Rockefeller, Jr. and Frederick Law Olmsted, Jr. There are many lookouts so have your camera ready for this drive. (Via ouracadia.com)



11. LOBSTAH!

The Oceanarium is a low-tech, high-interest, kid-friendly site that encompasses a lobster hatchery, museum, salt-marsh walk, and more. (It doesn't appear as much from the road, but trust me on this one). Afterwards, lobster at Thurston's, overlooking idyllic Bass Harbor.

HOW BIG A THREAT WILL ZIKA VIRUS BE THIS SUMMER?

By: Stacy Bravo

Not all mosquitoes are the same. Different mosquitoes spread different viruses and bite at different times of the day.

Type of Mosquito	Viruses spread	Biting habits
 <p><i>Aedes aegypti</i>, <i>Aedes albopictus</i></p>	<p>Chikungunya, Dengue, Zika</p>	<p>Primarily daytime, but can also bite at night</p>
 <p><i>Culex species</i></p>	<p>West Nile</p>	<p>Evening to morning</p>

Protect yourself and your family from mosquito bites

Use insect repellent

Use an Environmental Protection Agency (EPA)-registered insect repellent with one of the following active ingredients. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women.

Active ingredient	Some brand name examples*
Higher percentages of active ingredient provide longer protection	
DEET	Off!, Cutter, Sawyer, Ultrathon
Picaridin , also known as KBR 3023 , Bayrepel , and icaridin	Cutter Advanced, Skin So Soft Bug Guard Plus, Autan (outside the United States)
Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD)	Repel
IR3535	Skin So Soft Bug Guard Plus Expedition, SkinSmart



* Insect repellent brand names are provided for your information only. The Centers for Disease Control and Prevention and the U.S. Department of Health and Human Services cannot recommend or endorse any name brand products.



DIY FIRE STARTERS

>START A FIRE WITH A COTTON BALL

• • • • • By: Blake Alma

In a survival situation, fire is one of the most important necessities. Carrying a pocket lighter, flint & steel, or matches at all times is ideal. In the event you need fire, you have it in your pocket.

Let's say the time comes when we have no more power. That means no more heat during the winters and we cannot cook our food. However, if you know the basics of fire starting you may just survive.

In every household there are flammable materials that we overlook. These flammable materials can save our lives, if you know how to get them up in flames. Let's start off with one of my favorite fire starting methods. The cotton ball is extremely flammable and typically only takes one strike of flint & steel to light.

1. Take one cotton ball and dip it in Vaseline if you have some. That way the cotton ball will burn much longer.



2. Place the cotton ball in the area where you wish to burn it. Make sure it is in a safe place. Outside is best.



3. Take your flint & steel and hold it up to the cotton ball and strike. It should only take one strike. Using matches or a lighter will work too.



you have Vaseline on the cotton ball it will burn for about a minute; if not, it will last 15 seconds.

This is one of the best fire starting methods using flint & steel. Place flammable tinder such as dry leaves or plants to build the fire up. Then use thin twigs and build your way up to a fire.





LIFE WITHOUT A LANDLINE: >WHAT WILL HAPPEN IF THE PHONE LINES GO DOWN?

By Robert Brenner



The copper landline is fast disappearing and there's little you can do about it!

For over six years, the major telecom companies—AT&T and Verizon—have been pushing for customers to use fiber optic lines so they can shutter the Plain Old Telephone Service (POTS) copper-based infrastructure. And this has caused great angst and heated arguments across the country.

There are two schools of thought on the subject. One side says

that technology has moved way beyond the old copper lines and into fiber optic and wireless digital communications. They say that fiber lines provide superior performance and battery backup can keep these lines alive for hours (8 to 24 hours depending on location).

The other school claims that copper lines are dependable and work even when the power grid is down because the voltage needed to run the analog phones connected to these lines get power from the lines themselves. This is comforting for those in rural areas—especially for

the elderly or infirmed whose lives depend on reliable communication.

ROOTS OF THE CONTROVERSY

Behind this controversy is a huge government-industry standoff. The federal government promoted and supported the development of the telecommunication revolution that brought phone service access to every American regardless of where they lived. To achieve this, copper telephone lines were strung coast to coast, and copper served us well for over a hundred years. And customers proudly bought Bell Telephone stock supporting these technology innovators.

However, government rules and regulations established restrictive conditions on how these companies could operate. The conflict between government and capitalistic interests forced phone companies to provide services to all regardless of location and cost. Over time, technology improved such that speed and quality enabled

the fast, high-tech world we enjoy today. Adherence to supporting old technology is expensive, and telephone companies want to abandon such costly areas so they can focus on more lucrative profit centers. Maintaining an old technology became a financial drain on these companies because they can't charge enough to cover costs and earn a profit.

But the technology that gave us the POTS copper phone lines still works—and it's reliable when other power sources fail. But when does a nation decide it's just too costly to keep using old technology?

WHAT'S THE PROBLEM WITH COPPER LINES?

Bell Telephone was broken apart and new companies (or at least new names) appeared. Today, the main telephone providers are AT&T and Verizon. Both are hamstrung by government regulations that require service guarantees to every American. The maintenance costs are huge, and both companies would like to abandon copper lines with analog phones and focus on more promising and profitable



“high tech” digital products and services.

This is the issue. Copper lines are critical for a number of customers, and government regulation requires reliable communication capability for all. Fiber optic, Voice-Over-Internet Protocol (VOIP) and wireless technology gives us immediate improvements in speed of communication and quality of performance. Government regulators insist that POTS cannot be shuttered until a workable replacement is in place—where reliability and availability are guaranteed. This has been a challenge for the telecommunication industry. Guaranteed availability introduces substantial technological issues

to moving the country forward into an all-digital format. Industry engineers introduced battery backup and emergency power generators, and these work well. The question is: for how long?

You can find dozens of online postings describing how copper phone lines with their analog capability made voice communication possible during power outages, and an equal number saying that text messaging still worked during power outage. Wireless capability almost always failed quickly. Wireless just isn't a reliable asset during power outage. And communication during an outage is the key issue.



WHAT HAPPENS WHEN THE POWER GOES OUT?

Power outages worldwide average less than 8 hours for each incident—four hours is typical. But longer outages do occur—especially resulting from massive storms and weather-related phenomenon. In some areas power was out for months.

Telephone companies face daunting hurdles mixing analog and digital phone technologies. While the telecom industry tries to design a suitable replacement for copper phone lines, Congress is facing a need to overhaul the FCC Universal Service Fund which subsidizes landline subscribers so a level playing field exists for all telephone companies trying to upgrade the infrastructure.

These companies are lobbying state governments to end universal service guarantees so they can replace POTS with Internet-protocol (IP)-based systems using the same networks that now provide Web access, cable TV programming and digital telephone service. Over 30 states have agreed and people are being forced to go wireless.

As landline costs escalate and services decline, most homes are shifting to cell phones as the sole means of telephone communication. POTS evolved into the Public Telephone Switched Network (PTSN)—a system that interconnects telephone networks of all carriers. Since 1980 PTSN has used a digital backbone over fiber optic lines with copper

lines carrying analog and digital signals for the last leg of the path into residences. The reality is that signals on these copper lines exist only as long as analog voltage is present. And this voltage depends on power being available at the digital-to-analog interface in the central or substation office. Backup power is assured only as long as generators can be fueled. Currently central offices have only a 7-day supply of fuel.

Should a catastrophic event occur—solar storm, bad weather, or terrorism—where multiple transformers are damaged or destroyed, electrical power on the grid could be out for days, weeks, or months. This is the risk we all face. An emergency backup gas-powered generator is of limited use if you cannot get more gas to refill the tank. If the pumps at gas stations are without electricity and trucks can't deliver fuel, our whole society grinds to a halt. This could spark the disintegration of public order.

HOW YOU CAN PREPARE

As you review your survival plan and what you've done to keep heat, refrigeration, air conditioning, and lighting available, there's one significant risk that still exists—the loss of fuel to keep generators going. If we can no longer get natural gas, propane, or gasoline, life as all of us know it will change significantly.

We need to encourage AT&T, Verizon and the FCC to quickly find a backup solution that works. This

means joint collaborative efforts—not combative efforts.

In the meantime, I urge you to review the articles I've written on emergency communication (you can find the links below.) And revisit the idea of placing CB and shortwave equipment at all your family locations. Amateur radio can keep communication lines open and medical services in the loop. Life without copper landlines is coming. Get ready.

