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8 TIPS TO NOT BE A VICTIM OF IDENTITY THEFT

1. Use strong passwords
2. Do not use sequential passwords.
3. Change passwords regularly.

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KEEPING YOUR PRIVATE LIFE OFF THE INTERNET TOP TEN PRIVACY PROTECTION TIPS

Do predators know where your child lives? Can a stranger in a faraway land open up a bank account in your name? Will your toddler get credit card applications in the mail? All this and much more is possible if you don't take basic precautions to protect your privacy online.

Before things like MySpace, YouTube, and IM became a part of everyday life, only celebrities had to worry about protecting their privacy from public intrusion. With the Internet, it is very easy to have one moment of bad judgment turn into too much public attention or even worse too much attention from the wrong kinds of people. Most of the time, we have no one to blame but ourselves. With a little bit of care and common sense, you can protect yourself and your family from too much of the wrong kind of attention. Heeding the following advice will certainly help you keep more of your sensitive private information out of the wrong hands.

1. Make protecting privacy a regular part of your family's online habits: If you spend a little time now thinking about how to protect your online privacy, then you only after to make a small about of effort to prevent a large amount of problems. It helps if your family uses a written Internet use agreement. This way, there will be less debate as to what family members are allowed to do online.

2. Use your wireless network's security features: By using the built-in security features like passwords, you control who gets to access the Internet.

3. Use your browser to control cookies and popups: Popups by themselves don't cause harm, but they are often associated with aggressive advertising methods and attempts to fraudulently obtain personal and financial information.

4. Use privacy protection software, including firewall, antivirus, and antispyware programs: Often these kinds of programs are included when you purchase a new computer or are offered for free from your ISP.



5. Regularly update your operating system and privacy protection software: Typically these updates are free and can be easily downloaded.

6. Keep a record of every family member's passwords, user names, and other information needed to access any computer or online service: It is important that you keep a copy of this information away from your main computer on a flash drive, CD-ROM, or even written down on paper.



7. Learn how to create passwords that are hard to guess, but easy to remember: The most secure passwords are those that can't be found in a dictionary, are not the name of any person, place, or thing, and that contain a combination of letters, numbers, and special characters.

8. Don't volunteer personal information: If it is not required, say nothing about who you are,

where you are, or what you do.

9. Use an online alias whenever it is appropriate: Unless it is legally required for you to do so, there is no reason that you should give out your true name, address, or any other personal information to someone online.

10. Regularly review your family's online activities: If you find out that someone in your family is practicing bad privacy habits, make sure those habits change before they become a problem.

When you or your child goes online, you don't want the wrong people to know too much about you. To protect your family's privacy, you need to use a combination of technology and common sense, and you also have to think about how what you do online can put your privacy at risk. With a little practice, maintaining your privacy should be very easy for you and your family.

About the Author: Dr. Todd Curtis is the creator of the web's most popular airline safety site AirSafe.com (<http://www.airsafe.com>), the director of the AirSafe.com Foundation, and an expert in the areas of engineering risk assessment and risk management. He has applied those basic principles to the problem of managing Internet use, and has put many of those insights and lessons learned into his book Parenting and the Internet (Speedbrake Publishing, 2007), an easy to understand how-to guide that parents can use to manage the activities of their online children. For more information about the book and how it can help you, visit <http://books.speedbrake.com>

8 TIPS TO NOT BE A VICTIM OF IDENTITY THEFT

The rising tide of identity theft has been much in the news as of late as millions of identities have been stolen or compromised worldwide. It seems hardly a week goes by without hearing of the latest security breach involving personal identity information. With online security lapses in some of the largest corporations and even government agencies, a person might wonder if there is anything that can be done to beat identity theft. The answer is a resounding "yes!" The following 8 tips provide some excellent ways to minimize the chance of becoming a victim of identity theft.

1) Use strong passwords

It's easy to rely on a couple of trusted passwords for all of our accounts, but it's also an invitation to online disaster. It is important that you use different passwords for each of your accounts. If you use one password for all of your accounts, the danger is that a cyber-criminal can crack the password and then have access to all of your accounts.

Conversely, having different passwords for each account makes it much harder for identity thieves to access your information. Even if one of the passwords is discovered, it will only compromise that one account, not all of them.

Make your passwords strong and difficult to guess by using a combination of letters, numbers, and characters. There are many free password generators online; use one to generate very strong passwords that will be difficult to crack. If you write down a copy of your password, be sure to keep it in a safe place like a locked file cabinet or safe. Another option is to use a password

keeper like LastPass (my favorite) or Roboform, which can store all of your passwords and other personal information, and be locked by a master password.

2) Do not use sequential passwords.

Sequential passwords like password1, password2, password3 etc. may easily allow others to access your accounts. Identity thieves know that many people are generally lazy when it comes to passwords, and use sequential passwords to keep things easy to remember. Once the cyber crooks figure out one password, it won't take them long to figure out the rest.

3) Change passwords regularly

Don't keep the same password for a great length of time. Change your passwords periodically, for instance, once a month. By regularly changing passwords it becomes much more difficult for someone to access your accounts.



4) Use credit cards for online purchases

There are a couple of good reasons to use credit cards rather than debit cards for any online purchase. First, credit cards are more secure because of the security system that credit card companies use. Secondly, if there is a dispute on

a fraudulent charge, it's much easier to dispute a charge that has not yet been paid than to recover funds already withdrawn and spent with a debit card.



5) Use only one card for online purchases

Try to use only one credit card for your online transactions, as this minimizes the chances of someone stealing your credit card information. Obviously using 5 cards increases the risk by 5 times over using just one card.



6) Check the website privacy policy

Whenever you do business with an online company, check its privacy policy. The privacy policy should explain in detail what information is collected and how it is used. If you disagree with their methods and use of information they gather from you, it's your prerogative to not do business with this site.

7) When submitting any data, make sure the website is secure.

You can know the site is secure (that is, the

information is encrypted) by looking at the beginning part of the URL. Sites without security encryption will have only the [http://] at the beginning. Secure sites will have an added "s" on the end of the http, thus showing as [https://]. You may also see a padlock icon in the browser window which indicates SSL (Secure Socket Layer) mode. This means that any data sent to the website is encrypted (scrambled and encoded).

8) Update the Security Software for your PC

It is vitally important to keep your operating system and internet browser up to date with the latest security patches and updates. These updates often patch security holes and vulnerabilities discovered in the software. Failure to keep your system updated leaves you open to attack from hackers and other criminals who wish to access your computer for personal gain or to harm it.

Be sure to keep your virus databases updated (you do have anti-virus installed don't you?), and install pop-up blockers that will block those annoying pop-up ads from websites that you do not want to see in your browser

About Jesse Whitehead

The author was recently a victim of identity theft himself, so he knows how disruptive and damaging it can be. For more helpful tips on how you can beat the identity thieves click this link, or visit <http://goldbellybuttonrings.org/Beat-the-Identity-Thieves.html>

IMPROVISED SELF DEFENSE WEAPONS: HOW TWO EVERYDAY OBJECTS COULD SAVE YOUR LIFE.

Having the upper hand is the key to surviving any conflict. The best way to gain the upper hand in a self-defense situation is to utilize a weapon. Don't limit yourself to the usual weapons like knives and guns. Most people don't carry either of these on a daily basis. You don't have to carry a knife or gun in order to have an effective self-defense weapon at your disposal.

Here are two highly effective, street proven, improvised weapons that many people carry every day.

Improvised Self Defense Weapon #1: Keys

Everyone carries keys every day. Lots of people use their keys to open boxes if they don't have a knife or scissors, but did you know that keys make great improved brass knuckles too. It's pretty simple too. Just hold the key ring in your palm and arrange the keys so that a couple of them are sticking out in between your fingers. Viola instant brass knuckles!



One key will work just fine but a few is better. Go ahead, reach into your pocket and try it yourself. Test it out by lightly punching your arm. Yeah you can already see how effective this will be. A seasoned street fighter once told me, "metal on flesh, metal always wins."

The real beauty of this self-defense technique is

that you can get it ready to use while your hand is still in your pocket. Surprise is a huge advantage. If you encounter a situation where you think a person is about to mug or attack you simply put one hand in your pocket casually and raise the other one out in a surrender type motion. This will put the attacker at ease thinking you will be a nice easy target.

You should always try to avoid a physical confrontation or if you don't have anything too valuable just give him your money (remember he could have a much better weapon), but if you thing you are in real danger and an attack is eminent you can quickly draw your improvise weapon and strike.

It will draw blood and it will cause a lot of pain. Oh, and it will probably scare the attacker too because he may not realize what just hit him and is causing all of that pain.

Improvised Self Defense Weapon #2: Pocket Comb



This may not be as common with younger guys, but a lot of men keep a comb in their back pocket. That comb can become one hell of a good improvised weapon. This isn't some stupid tip that never works. I have had several military trained high level security guards (the guys who protect high profile celebrities and politicians) tell

me about this move, they have all used this trick so you know it works.

You can use the comb in several different ways. One of the best techniques is to jab with it. The spine on a pocket comb is pretty stiff and a good shot to the throat will get an attacker stepping back and could even drop him to the ground in pain (there is a sort of reflex when the throat is hit hard that takes out a person's legs). The jab can be used at other targets too like the eyes, the rib cage, even the groin.

Another technique is to rake (or slash) at the attacker with the teeth side of the comb. They usually have one large and very stiff tooth on both ends which are great at snagging flesh and causing a lot of pain. This technique is great for the throat, eyes, or back of the head. The key is that if you move quickly, they won't know what is in your hand.

They will likely take it for a knife because of the way you are holding it. When you rake it across their throat the stinging pain will feel at first like a cut, his imagination will run wild throwing the attacker into a panic thinking you have just cut his throat open.

Fear and surprise are the keys to this self-defense weapon. Your attacker will be caught off guard and distracted giving you time to flee or otherwise stop the attack.

Key to Improvised Self Defense Weapons:

Improvised self-defense weapons are only useful when you carry them every day. The secret is learning a couple of weapons really well and carrying them every day so you are always prepared.

You should also not be afraid to improvise on your own. In any self-defense situation you should be looking for any advantage you can take. Don't limit yourself to what you have heard others talk about or say. Sure it is best to have a plan and a weapon you like and know how to use, but the key to success is thinking on your feet.

The next time you are walking around town look around you and play a game identifying potential weapons. Do this for a couple weeks and soon it will be second nature. If you are attacked your self-defense know-how will show through. You will spot a piece of pipe or a brick out of the corner of your eye and instantly grab it taking the advantage and defeating your attacker.

For more great tips on staying safe and learning how to win any fight checkout Fightfast.com.

Stay Smart and Stay Safe,

Bob Pierce

President

Fightfast.com

Bob Pierce is the President of Fightfast.com which specializes in providing its customers the practical knowledge and skills they need to keep themselves and their families safe. TRS the parent company of Fightfast.com has been a self-defense industry leader since the early 1990s bringing costumers highly skilled instructors with real world self-defense skills.

EVEN AN ACRE OF LAND CAN BE A SURVIVAL RETREAT

Finding the right place for a survival retreat means you will have to do a complete analysis of the land to see if it can provide shelter, protection, reliable water and food-growing ability. The property you choose will depend on your needs and your skills.

You have to take in account the weather, infrastructure, medical conditions, resources available and your ability to survive in these conditions for a long period.

Choosing the Land

The most important part of the process is choosing the right land for your needs. Once you have your budget, you can start looking for survival acres that suit your needs by considering such things as:

Farmable land

Elevation, risk of floods and fault lines for earthquake risk

Sustainable environment with different species of trees, plants, birds and other wildlife

Distance to the nearest water supply and healthcare facility

If you plan to grow your own food or raising livestock, you should have the land and water tested to make sure it safe for animals.

Homesteading Skills

Homesteading in your survival acres requires the right set of skills to make it work. Being self-sufficient takes a lot of hard work and many

different skills to enable you to live in your own like our ancestors once did. Even if you don't have your own property you can start practicing some of the skills now, such as:

Learn to be your own handyman. You should be able to fix most anything in your house.

Gardening, find out what will grow on your property. Choose organic gardening because you may not be able to find chemicals and fertilizers.

Learn to choose animals that can provide food, useful function, by-products and waste

Learn methods of food preservation

Learn how to hunt, trap and fish

Self-sufficiency means you are responsible for you and your family. Take first aid classes, self-defense classes and weapons training with arms like guns, and bow and arrows. Learn these things now so you can become an expert, or at least very good, for when the time comes and you cannot afford to make a mistake.

Amount of Land

Most people think that a survival retreat has to be acres and acres of land, but that is not actually true. With proper land management, an acre will provide enough room for a substantial garden, orchard and animals.

- Garden - With vertical and raised bed gardens, you can grow more food and grains than you could on twice the amount of land.

- Orchard - Dwarf fruit trees take up less room and produce more than enough fruit for eating fresh and preserving until the next harvest.
- Hydroponics - The method of growing without the need for soil, and can be set up to also support fish and duckweed for feeding chickens.

Keep in mind; cows are not the only source of meat. A number of small livestock can give you fresh meat as well. Some small livestock for survival acres are:

- Goats- Easy to raise and they eat brush and weeds. Their manure does not need to be composted before use on your garden. Pygmy and dwarf goats are an excellent source of meat and milk.
- Rabbits- They breed rapidly and are an excellent source of lean meat. You can tan the hides and put their droppings directly on your garden.
- Chickens- Good for meat and eggs. You can let them free range to save on the cost of grain.

Shelter

When it comes to shelter, you have many options. If you are building a house, be sure to consult a security and survival expert to make sure you put in the proper security and safety features. If the house is already built, the same survival expert can give your ideas on how to upgrade the home to your survival needs.

You can also build a bunker, which will protect you and your family from both natural and manmade disasters. If you are building a doomsday bunker, be sure to consult a survival expert.

Water and Energy

Because water is essential to survival, your survival retreat needs to have a reliable source, both for your livestock and your consumption as well. You can use it for fish and hydroelectric power too. If you do not have a source of water, a cistern capable of holding 1000 gallons of rainwater is an option.

If you are not on the power grid, you will need alternate sources of energy like solar, wind or backup generators.

Security

A big reason for having your own survival acreage is to provide security for you and your family. Do a thorough check of your property looking for any areas of access, where trespassers can get in easily. Consider fencing, or even planting the perimeter of your property with thorny blackberry bushes or cactus, depending on your location.

Ask other preppers for ideas of how to protect your property. Even if their suggestions seem extreme, the world is full of desperate people willing to do desperate things in times of disaster.

C.L. Hendricks has been a Jill-of-all-trades and become an expert in some, including active participation in the preparedness movement. It is with personal knowledge and experience that she writes for such websites as Apocalypse Survival and Real Survival Skills.

TOP 10 REASONS TO RAISE RABBITS FOR MEAT INSTEAD OF OTHER SMALL LIVESTOCK

You may have been considering raising chickens, geese, ducks, goats, sheep or other small livestock for meat, but once you learn how easy it is to raise rabbits, you'll never consider another animal for a primary meat source.

1. Rabbits have an extremely high reproduction rate. One healthy, mature doe can produce up to 1000% of her body weight every year. Owning just one female and one male can supply meat twice a week for a family of four.

2. Rabbits need very little living space. Whether you're living in a condo or out in the country, you can always find space to raise a couple rabbits. No grazing is required and they're rarely classified as livestock which allows you to keep them virtually anywhere. How many apartment complexes would let you keep a chicken or goat in them?

3. Rabbits are low maintenance. Check in on them every evening to feed, water and do quick health checks, clean their cages once a month and keep a simple breeding journal - that's all you need to do! Females take care of the young themselves and the only special tools you'll need are nesting boxes which you can even build yourself. No incubators or hand feeding required.

4. Rabbits are virtually silent roommates. Aside from the mating shriek, rabbits are extremely quiet animals. They won't reveal your location to anyone, even if you're traveling with them. Who knows what a chicken, goose or duck is likely to attract, not to mention a rooster. If outdoor cages are well hidden and clean, neighbors may not even know they are there.

5. A little rabbit feed goes a long way. When bunnies are being weaned (6-8 weeks old), they are large enough for consumption. This allows you to skip giving most of the bunnies feed as you gradually cull the young, leaving only the adults to consume expensive rabbit feed.

6. Rabbits are the perfect sized meal for a family of four. Rabbits are compact and usually butchered at "fryer size" (3-5 pounds), so you don't have to worry about storing or eating leftovers.

7. Rabbit manure will make your garden love you. Rabbit manure is an excellent fertilizer for your garden that won't burn plants. Plus, if you vermicompost, your worms can be fed the droppings which will make them love you too.

8. Rabbit meat is very high in protein and extremely low in fat and cholesterol. Very few other meats have nutritional values like

rabbits, and none of them can be raised in your living room. Doctors have actually been known to prescribe rabbit meat diets to overweight patients.

9. Rabbit fur will make an incredibly warm coat and is a great bartering item. On a cold winter's night, snuggling into a blanket made from rabbit pelts will keep your family warm long after the fire has gone out. You can also make hats or other accessories, and kids love getting a lucky rabbit's foot.

10. Rabbits are relatively easy to butcher and clean. No one likes doing it but if you're going to eat them, they day will come eventually. Someone with experience can take a rabbit from cage to freezer in 15 minutes or less. No plucking is needed and there's very little cleanup.

Tiffany Savage is a suburban homesteader who has been living a more sustainable life for too many years to count. When she discovered how easy raising rabbits for meat was, she immediately wanted to share her knowledge with others. That's when she wrote the eBook *Raising Rabbits to Survive!*, a comprehensive eBook which gives even those who've never even raised a goldfish the courage to start on their own journey to freedom by raising rabbits.