

Soterion.com



Jesus is Lord

Seven Steps to Prepare for Y2K

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Salvation, *soterion* / *soteria* (so-tay-ree-on); Strong's #4992 / 4991; The salvation that Jesus bought and paid for offers: forgiveness, healing, health, safety, soundness, preservation, restoration, deliverance, guidance, prosperity, rescue, & liberation. Through salvation God offers to make you thoroughly, & perfectly whole spirit, soul, & body; now & forever.

There are many people in the world today that are lost and suffering. There are even more that are suffering and have accepted Jesus as their Lord and Savior. When someone accepts the Salvation that Jesus has bought and paid for there is more involved than going to Heaven when we die. The fact that there are so many Christians today that don't know their rights as Children of the Most High God is the reason that Soterion.com was established. We don't teach doctrine, we teach biblical truth. We don't teach that life is going to be a bed of roses either, but we do teach that if you live your life according to the book (Holy Bible) you can have more good days than bad.

In the publication of this information we are operating on the assumption that you believe that on January 1, 2000 that there is going to be problems of some sort, we agree. The degree to which the problem will grow is not fully known. The problems caused by Y2K could be as minor as shortages and confusion caused by panic in and by the general population for a few days, or go as far as having major outages of power and communication, and major shortages of food and fresh drinkable water for several weeks.

God has miraculously protected His people from problems in the past. The parting of the Red Sea (Exodus 14), the fall of Jerico (Joshua 6), the death of Goliath at the hands of a shepherd boy named David (I Samuel 17), Jesus in Nazareth (Luke 4:28-30), Paul through his Christian life (II Corinthians 11:24-27). These are just some of the "highlights" of God's ability to protect and deliver His people in times of peril, but His normal and preferred mode of operation is to bless your preparation Joseph in Egypt (Genesis 41), read what Jesus had to say about the subject (Matthew 25:1-30). Please read the following pages with the understanding that God is in control, and that there is no need to fear. Read John 16:33 These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: **but be of good cheer**; I have overcome the world, and Philippians 4:4 **Rejoice in the Lord always: and again I say, Rejoice.** I Peter 5:6-8 says ⁶ Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time: ⁷ **Casting all your care upon him**; for he careth for you. ⁸ Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour: **Care merimna** (mer-im-nah) Strong's #3308 From *Meiro*, "to divide" and *Noos*, "the mind." The word denotes distractions, anxieties, burdens, and worries. *Merimna* means to be anxious beforehand about daily life. Such worry is unnecessary, because the Father's love provides for both our daily needs and our special needs.** These aren't suggestions these are instructions from God almighty Himself, and they should be followed. Consider Proverbs 6:6-11, Go to the ant, thou sluggard; consider her ways, and be wise: ⁷ Which having no guide, overseer, or ruler, ⁸ Provideth her meat in the summer, and gathereth her food in the harvest. ⁹ How long wilt thou sleep, O sluggard? when wilt thou arise out of thy sleep? ¹⁰ Yet a little sleep, a little slumber, a little folding of the hands to sleep. ¹¹ So shall thy poverty come as one that travelleth, and thy want as an armed man, and Proverbs 22:3 A prudent man foreseeth the evil, and hideth himself: but the simple pass on, and are punished.

A simple break-down of the preceeding scriptures could go something like this. If you where to get caught in an unexpected rainstorm God can protect you from catching a cold, but if you go out into the storm and intentionally leave your coat and umbrella, why should He. The information on the following pages will help you "put on your coat" for the days ahead.

If you don't know Jesus as your presonal Lord and Savior the information on the following pages can still be of use, but you won't have the added security of knowing God as your Father, Jesus as your Brother, and the Holy Spirit as your Guide and Teacher are all pulling for you.

If you would like to enter into the family of God all you have to do is ask, pray the following prayer from the heart:

Heavenly Father, I come to You now in the name of Jesus, I confess that I'm a sinner, and I ask You to forgive me now of all the sin in my life according to I John 1:9 which says "If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness." and Romans 10:9-10 which says "9That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved.10For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation." I now confess that Jesus is my Lord and Savior. Thank you Father for your grace and mercy, in Jesus name, AMEN.

After praying this prayer all I can say is WELCOME to the family!! Read your bible, find you a good church that teaches what the book says, if you have any questions feel free to write us.

MAY GOD BLESS YOU ALL, OUR PRAYERS ARE WITH YOU

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Gods Word and Your Life

What's in it for me?

Joshua Chapter 1

⁸ This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.

Romans Chapter 12

² And be not conformed to this world: but ye transformed by the renewing of your mind, that **ye may prove** what is that good, and acceptable, and perfect will of God.

Go back and read that first verse again, we'll wait for you right here... So what do you think about that. Joshua only had five books of the bible at the time that God told him this. We have everything that Joshua had plus a massive amount he didn't have. We've made "**bold**" a common element in each passage that should be of special interest, that element is you. **You** will make **your** way successful and **you** will prove Gods will in **your** life by paying attention to the instructions He has given in His word. These two scriptures are fundamental to the foundation of a person being able to live in and enjoy a Christian life, yes we said enjoy. We know of a young man that left the church because he had been told that living the Christian life was nothing but suffering and pain, and from the examples he had seen in the church that he attended it looked to be true. This young man "enjoyed" his life right into a corner where there was no way out of, and was just a few seconds away from suicide when God intervened. His life had to be built over from scratch, but he has enjoyed every moment of it because he started reading the bible and seeing what it had to say on the matter instead of just watching what other people told him Christianity was. He left a religion built around a god, and entered into a relationship with his Father God.

Is this really possible?

Isaiah Chapter 55

⁷ Let the wicked forsake his way, and the unrighteous man his thoughts: and let him return unto the Lord, and he will have mercy upon him; and to our God, for he will abundantly pardon.

⁸ For my thoughts are not your thoughts, neither are your ways my ways, saith the Lord.

⁹ For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts.

¹⁰ For as the rain cometh down, and the snow from heaven, and returneth not thither, but watereth the earth, and maketh it bring forth and bud, that it may give seed to the sower, and bread to the eater:

¹¹ So shall my word be that goeth forth out of my mouth: it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it.

Philippians Chapter 2

¹³ For it is God which worketh in you both to will and to do of his good pleasure.

With God ALL things are possible. Reading these two sets of scripture really make it clear how things work where the word are concerned. According to this passage from Isaiah, God gave us His word to cause a growth in us, to impart His ways into us.

Notice in Philippians 2:13 that God worketh in you, not God forceth you, not God beateth you. God worketh with you to the extent that you let Him, that is a whole teaching within itself. God the Heavenly Father loves you (The Reason) and sent His son for you (The Way), and gave you His word to and for you (The Directions) so that you could live a long, happy, healthy, and abundant life on this planet AND spend eternity with Him in Heaven (Mark 10:29-30).

How?

Mark Chapter 4

³ Hearken; Behold, there went out a sower to sow:

⁴ And it came to pass, as he sowed, some fell by the way side, and the fowls of the air came and devoured it up.

⁵ And some fell on stony ground, where it had not much earth; and immediately it sprang up, because it had no depth of earth:

⁶ But when the sun was up, it was scorched; and because it had no root, it withered away.

⁷ And some fell among thorns, and the thorns grew up, and choked it, and it yielded no fruit.

⁸ And other fell on good ground, and did yield fruit that sprang up and increased, and brought forth, some thirty, and some sixty, and some an hundred.

...

¹⁴ The sower soweth the word.

¹⁵ And these are they by the way side, where the word is sown; but when they have heard, Satan cometh immediately, and taketh away the word that was sown in their hearts.

¹⁶ And these are they likewise which are sown on stony ground; who, when they have heard the word, immediately receive it with gladness;

¹⁷ And have no root in themselves, and so endure but for a time: afterward, when affliction or persecution ariseth for the words sake, immediately they are offended.

¹⁸ And these are they which are sown among thorns; such as hear the word,

¹⁹ And the cares of this world, and the deceitfulness of riches, and the lusts of other things entering in, choke the word, and it becometh unfruitful.

²⁰ And these are they which are sown on good ground; such as hear the word and receive it, and bring forth fruit, some thirtyfold, some sixty, and some an hundred.

The sower sows the word, the spirit of a man is the ground into which the seed is sown. Read the word, think about what it says, pray for understanding, and do what it says and you will have the results that verse 20 talks about. Below we listed a few scriptures out of the amplified bible that give some idea about how and what God thinks about His word. Remember II Timothy 3:16 (amp) which says "Every Scripture is God breathed (given by His inspiration)" and Titus 1:2 In hope of eternal life, **which God, that cannot lie. promised before the word began:**

Luke 1:37 (amp)

For with God nothing is ever impossible *and* no word from God shall be without power *or* impossible of fulfillment.

Job 42:2 (amp)

I know that You (God) can do all things, and that no thought *or* purpose of Yours can be restrained *or* thwarted.

Mark 9:23 (amp)

And Jesus said, (You say to Me), If You can do anything? [Why,] all things can be (are possible) to him who believes!

I Kings 8:56 (amp)

Blessed be the Lord, Who has given rest to His people Israel, according to all that He promised. Not one word has failed of all His good promise which He promised through Moses His servant.

Jeremiah 1:12 (amp)

Then said the Lord to me, You have seen well, for I am alert *and* active, watching over My word to perform it.

II Corinthians 1:20 (amp)

for as many as are the promises of God, They all find their Yes [answer] in Him [Christ]. For this reason we also utter the Amen (so be it) to God through Him [in His Person and by His agency] to the glory of God.

Mark 10:27 (amp)

Jesus glanced around at them and said, With men [it is] impossible, but not with God; for all things are possible with God.

Remember we love you in Jesus name and that God goes with you as you go with Him.

Seven Steps to Prepare for Y2K

Step One: Food and Water

- ❑ Know how much food supplies you need. An average, active adult needs a minimum 2500 calories per day.
- ❑ Remember that food has a shelf life. Starting in February of 1999 you can begin stockpiling food that has a recommended expiration date of 12 to 18 months. As 1999 progresses, you can surplus additional food always being mindful of the expiration dates. NOTE: you should aim to buy food that will not expire until April of 2000 (minimum recommendation). You can also buy long term storable foods (e.g. nitrogen packed or freeze dried). See *resource list following*.
- ❑ You may not have time to do elaborate food preparations in a crisis due to lack of electricity or gas. Pre-establish menus that can make maximum use of the food you stockpile and minimize need for special preparation or cooking.
- ❑ Don't forget the condiments. Large supplies of similar foods can become boring after several meals, so stock a variety of spices and non-perishable condiments (e.g. mustard and catsup in individual packs do not need refrigeration after opening like a full bottle). Dried herbs, spices and salt are an essential part of maintaining variety.
- ❑ Store enough to share with others. It is our duty not only to prepare for our own household but to prepare for the needs of those less fortunate than ourselves, especially our Christian brothers and sisters.

- ❑ Use water already stored in your home. The water heater usually holds 25 to 50 gallons; this can be drained as needed. Fill bathtubs and sinks on December 31st and use that water for cleaning, or after boiling, for drinking and food preparation.
- ❑ Store additional water. Purchase multi-gallon storage containers to fill from the tap before December 31st. NOTE: water stored in containers that are not airtight has a limited shelf life. Boil or purify any water that has been stored more than 30 days without an airtight seal. There are commercially available filters and chemical purification tabs available at stores selling hunting supplies.
- ❑ Secure an alternative source of clean water. If you do not have a well consider having one drilled as close to your home as possible. Remember that you will need a hand pump to draw the water if the electricity is out. Locate easily accessible paths to local lakes, rivers or streams and purchase containers to haul the water back to your home. Collection of snow or rainwater may provide additional supply of water. Boil or purify any water obtained from remote locations before using for drinking or food preparation.
- ❑ Depend on the local authorities to distribute water or purchase the water once the crisis hits. This is a **last ditch** method that may subject you to unnecessary danger or price gouging. Prepare your home before a crisis occurs.

Step Two: Energy, Light and Heat

- ❑ If you do not have a gas or diesel generator, you may consider the purchase of one before mid-1999. Make sure the generator is located in a well-ventilated location that is secure from possible theft. Stock a supply of gasoline or diesel fuel in approved containers away from the house (most petroleum fuels have a shelf life of about a year and can be extended with off-the-shelf additives).
- ❑ Secure several good flashlights with plenty of batteries (placed in strategic places around the home). Assign one flashlight to each member of the household and make sure they keep it handy. During a power outage a home can be quite dark even during the daylight hours. Remember that batteries also have a shelf life, watch for expiration dates and stockpile batteries that will not expire until April of 2000 (minimum recommended). Batteries may also be used as commodity for barter.
- ❑ Purchase some cold chemical light sticks. These are a disposable source of light that can be used safely around children. These “chem. lights” can be purchased at many stores that carry hunting supplies.
- ❑ Purchase a large supply of candles. Candles are an inexpensive means to provide additional light. NOTE: open flame can be a fire hazard, particularly around children. Candles may also be used as commodity for barter.
- ❑ Kerosene and oil lamps can be a source of light and limited heat. Keep a full supply of fuel for each type of lamp and **never** mix fuels in different types of lamps. Be mindful of proper placement to avoid fire hazards.

- ❑ If you don't have a fireplace consider installing a wood-burning stove. Remember that any problems with utility interruptions will be occurring during the winter months. Store enough wood to last into April, and locate possible sources for emergency firewood (e.g. that tree you always wanted to chop down). Modify your fireplace (if you have one) to make it more efficient. Most fireplaces are designed as a decoration, not a source of heat. There are many devices that can be installed; just make sure you don't use one that depends on electricity. Solar energy may also be an option.
- ❑ If you don't own a kerosene or propane heater consider purchasing one once the winter of 1999 lifts (you should get a better price). NOTE: these types of heating need proper ventilation and should never be used while all members of a household are asleep. Placement of these types of heaters is of great importance; they should be kept away from drapes, curtains and other fire hazards.
- ❑ Make sure your home is properly winterized. Install extra insulation in the attic and around water and drainpipes. Without electricity and normal heating homes can become abnormally cold. Prepare your home to avoid any damage caused by utility failures.
- ❑ Make sure your car(s) are in good running condition and properly winterized. Make sure you have a supply of fuel on hand for your car. Store gasoline or diesel fuel in approved containers away from the house (most petroleum fuels have a shelf life of about a year and can be extended with off-the-shelf additives). Your car may be the only way for you to get to emergency medical care or meet with family and friends.

Step Three: Health and Waste Management

- ❑ If you have been considering losing a few extra pounds or starting a workout routine, now is the time. You should prepare yourself physically and mentally. If there is an extended outage of major utilities, your daily routine will be more difficult than normal. Any steps you can take to get yourself healthy in advance will improve your chances of staying healthy though any hardships. A healthy body can resist shock that can be caused by improper nutrition; severe cold or extra exertion needed to perform the additional tasks needed to maintain a household without power.
- ❑ Buy a good first aid kit, one suited for minor and major injuries. Make sure your medicine cabinet is double stocked with all the items routinely used in your household (e.g. rubbing alcohol, hydrogen peroxide, antibiotic ointments, cortisone/anti-itch cream, pain relievers [e.g., Tylenol, Ibuprofen, Aleve, etc.], anti-acids, allergy medicines, cough syrup, cold remedies, and any needed prescription drugs [at least a three month supply] including disposable contacts).
- ❑ Take a Red Cross first aid and/or CPR class or get emergency medical technician (EMT) training. Be prepared. If telecommunications are down, there will not be a quick response to medical needs. Train yourself so you can stabilize any medical emergency; then you can transport the sick or injured party to the nearest hospital.

- ❑ Purchase adequate cold weather clothing for each member of your household (e.g. winter weather protection such as: long underwear/thermal underwear, extra socks [wool], gloves, mittens, stocking caps, sweaters, sweatshirts, and jackets [layer your clothes]). Purchase a double your supply of underwear (water rationing means less washing). Purchase good heavy sleeping bag for each member of your household.
- ❑ Stockpile household items (toilet paper, paper towels, feminine hygiene products, condoms, toothpaste/brush/floss, soaps and cleaners, shampoo/conditioner, matchers/lighters, and candles/kerosene lamps) [enough for at least three months]. Use disposable plates, flatware and glasses so you don't have to waste water cleaning.
- ❑ Determine how you will dispose of waste (human refuse). At night, when you may not want to leave the house, or during the first days of the crisis, you can use a jar, a bucket, or a chemical toilet. The latter are readily available wherever camping supplies are sold. The chemicals help reduce the odor. But you will need to make sure you have an adequate supply of the chemical additive. If you opt for buckets, have two – one for urine and one for excrement. This will simplify the disposal process. In the excrement bucket, use a garbage bag as a plastic liner to make disposal easier. Bucket and chemical toilets are not permanent solutions. If the crisis last longer than a week or two, you will need to build a more permanent latrine or "out-house." The basics are pretty simple. Dig a deep hole, and then build a wooden platform over the top. Insert one or two "bottomless" buckets. You can even affix a toilet bowl cover on top if you want to get fancy. You can cover the latrine with a small shed or perhaps even locate it behind some tall bushes. Regardless, make sure surface water doesn't run into the latrine during storms. This could cause it to overflow. Also, you should take care to keep buckets and other openings sealed when not in use so that flies and other insects can't reach the waste and spread disease.

Step Four: Communication and Information

- ❑ You will want to keep information flowing into your household. Purchase a battery-operated radio with short-wave frequencies (and plenty of batteries). Also available are solar or crank powered radios with short-wave frequencies.
- ❑ To communicate with others you may want to purchase a citizens band (CB) radio (range about a mile). If you have short-wave training and equipment, you should have the supplies needed to maintain your equipment in case of repairs. Further information about short-wave in North America can be obtained from the Association of North American Radio Clubs (ANARC) Mark W. Meece, Chairman, 529 Sandy Lane, Franklin, OH 45005-2065 (on the world wide web: <http://www.anarc.org>).
- ❑ To keep in touch with local family and friends, you should set up a schedule listing dates, times and locations for pre-designated meetings. Unforeseen circumstances may force relocation by some of your family and friends. If you have shared a copy of the pre-designated meeting schedule, you will be able to meet and exchange information as needed.

- ❑ Build an emergency preparedness library. Purchase books that will answer the following questions.

Do you know how to:

- Dress a wound, set a broken bone, cure an infection, or treat yourself or others for food poisoning?
 - Secure an alternative source of water should your tap water suddenly dry up? Or purify water so that you don't make yourself or your family sick when you drink it?
 - Distinguish edible plants from those that are deadly?
 - Deliver a baby, pull a tooth, or set a broken bone?
 - Dress a deer, butcher a cow or pig, clean a fish, or pluck a chicken?
 - Dispose of human waste (when the toilets aren't working) in a way that keeps disease from rapidly spreading?
 - Repair/maintain my car?
- ❑ Having information available or being able to contact someone with the information you need is often critical in times of crisis. Discuss these matters with your family, friends and church members. Have a plan prepared to meet the needs of every situation you can imagine. Record the plan and make sure it has been discussed with all those who will be involved.

Step Five: Finances and Documentation

- ❑ Try to clear all debt. The fewer accounts you have active the less likely you will be subject to computer errors caused by the Y2K bug. Maintain paper records of all account closings and paid debts. Obtain a credit report statement near the end of 1999. If you have any regular, monthly payments try to prepay them in 1999 and maintain paper proof of payments. This will avoid billing problems in early 2000. We **do not** recommend that you close your checking or savings account. Panic is the greatest fear for those planning for the year 2000. If you have an automatic payroll deposit, cancel it (by November at the latest) and receive your check directly (a check is a negotiable item and may be cashed at a later time). Do not withdraw your money from the bank in mass; set aside a predetermined amount each paycheck starting **now**. Store your money in a safe location. Purchase a home safe if possible. Even if there are not any problems with the banking system, a "run" on the banks can cause a banking shut down. Withhold your money in advance and accumulate enough cash to pay any regular monthly bills for three months. Maintain all bank records so that any accounting errors can be corrected once any banking problems are repaired.
- ❑ If the banks do close for any period of time, make sure you have all documents and items you have stored in a safety deposit box stored at home in a safe location.
- ❑ Secure an alternative form of currency. If there are any major shut downs, people may be weary of accepting checks or cash. Trade and barter may be a useful means to get items you have not stockpiled or exhausted. Items particularly useful in trade are:

- Toilet paper
 - “Bic” lighters
 - Coffee and tea
 - Sugar
 - Tobacco products
 - Gold and silver
 - Ammunition, especially .22 caliber
- ❑ Secure hard copies of important documents. If computers are down for any length of time, it will be important to prove who you are and what you own. Keep original or copies of the following information in a safe place:
- Birth certificates for each family member
 - Marriage licenses or certificates
 - Custody papers for each child
 - Insurance records and benefits (home, car, life etc.)
 - Baptismal, confirmation, ordination, and other religious records
 - Social security cards
 - Deeds, titles, and other proofs of ownership (record serial numbers of expensive items with records of ownership if possible)
 - Mortgages and other loan agreements
 - Loan statements showing exactly what you owe or just retain the monthly statements
 - Tax returns (if you owe money to the IRS, make sure you retain any statements you receive showing how much you owe)

Step Six: Security and Defense

- ❑ Evaluate your current location. Get to know your neighbors. People who know each other can band together for the common defense and assist one another in providing for basic needs. You will be safer in a group than on your own.
- ❑ Install dead bolts on your doors and make sure all your windows have working locks. (It probably goes without saying, but an electrical security system will do you no good if the electricity or phone line is out). Police and fire response may be delayed or non-existent. Stock extra fire extinguishers.
- ❑ Determine your self-defense philosophy. Learn to defend yourself in a way that is consistent with your personal values. This does not necessarily mean you have to buy a gun if you are not comfortable doing so. There are other alternatives.
- ❑ If conditions require you to relocate, preplan a fallback location (e.g. other family residence, friends or your church). Planning is essential. Pre-pack critical items and documents (see step five) so you can relocate quickly and safely.

Step Seven: Hardware and Entertainment

- ❑ Acquire a basic selection of hand tools. Non-power woodworking tools (saws, hand-operated drill, chisels, rasp, planes, hammers, and screwdrivers) and Non-power all-around maintenance tools (hacksaw, wrenches, pipe-cutter, pliers, and a crowbar. Stock a supply of lumber and other household repair supplies. Basic gardening supplies (shovels, weed-diggers, hoes, clippers, shears, and perhaps even an old push mower) will be necessary if power is out for an extended period. Stock basic sewing supplies in the event that new or replacement clothing cannot be purchased easily. Maintain a supply of nails, screws, staples; duct tape, rope, wire, and adhesives to help with household maintenance or any needed construction (e.g. outhouse).
- ❑ If electricity is out for even one day, keeping the family entertained is vital. Keep spirits high by providing a variety of entertainment options (e.g. cards, board games, sewing [cross-stitch, knitting etc.], woodworking, painting, puzzles, sheet music or song books. A tendency may be to watch battery powered TV or listen to battery powered radio, but be mindful to make your battery supply last. Provide alternatives. Reading (especially by day), storytelling, charades, performing skits are all ways to keep the household entertained. Keep moral up; keep the household busy and they will be less likely to dwell on the circumstance.

NOTE: practice one Saturday. Turn off the power and see how well prepared you are. A practice run could show you some very simple things that may have been forgotten.

Resource Listing

Long-term storable foods:

AlpineAire Foods; P.O. Box 926, Nevada, CA 95959
Phone: 800-322-6325, Fax: 530-272-2624
World Wide Web: <http://www.alpineaire.com>
E-mail: alpineaire@mtmarketplace.com

Homestead Foods; 334 Meadowood Lane, Victor, MT 59875
Phone: 800-838-3132

Infinet Communications, Inc. (distributor for Emergency Essentials, Inc. and Provident Pantry); P.O. Box 6339, Bozeman, Montana 59771
Phone: 406-585-9324, Fax: 406-585-0671
World Wide Web: <http://www.emergencyessentials.com>
E-mail: essentials@mtmarketplace.com

International Collectors Association; Phoenix, AZ
Phone: 800-525-9556

Nitro-PaK Preparedness Centre; 151 N. Main St., Heber City, Utah 84032
Phone: 800-866-4876, Fax: 801-654-3860

Preparedness Resources; 3999 S. Main, Suite S-2, Salt Lake City, Utah 84107
Phone: 801-268-3913, Ext. 125

Ready Reserve Foods; 1442 S. Gage St., San Bernardino, CA 92408
Phone: 800-453-2202, Fax: 909-796-2196
World Wide Web: <http://www.readyreservefoods.net>

Sam Andy Foods; P.O. Box 240, Aledo, TX 76008
Phone: 888-855-8405, Fax: 770-496-4305
World Wide Web: <http://www.foodbanking.com>
E-mail: sales@foodbanking.com

S.O.S. Food Lab, Inc.; 9399 N.W. 13th St., Miami, FL 33172
Phone: 305-594-9933, Fax: 305-594-7667
World Wide Web: <http://www.sos-rations.com>
E-mail: sosfood@icanect.net

The Survival Center; P.O. Box 234, McKenna, WA 98558
Phone: 800-321-2900

Preparedness and Survival Supplies:

Cabela's Catalog, 1 Cabela Drive, Sidney, NE 69160
Phone: 800-237-4444, Fax 800-496-6329
World Wide Web: <http://www.cabelas.com>

Lehman's Non-Electric catalog, P.O. Box 41, Kidron, OH, 44636
Phone: 330-857-5757
World Wide Web: <http://lehamans.com>
E-mail: info@lehamans.com

Major Army Navy Surplus, 435 W. Alondra Bl., Gardena, CA 90248
Phone: 800-441-8855, Fax 310-324-6909

Nitro-PaK Preparedness Centre, 151 N. Main St., Heber City, Utah 84032
Phone: 800-866-4876, Fax 801-654-3860

Preparedness Mart, Phone: 800-773-0437
World Wide Web: <http://www.preparednessmart.com>
E-mail: mail@preparednessmart.com

Sam Andy Emergency Supplies, Box 141741, Irving, TX 75014
Phone: 800-331-0358
World Wide Web: <http://www.foodbanking.com>
E-mail: sales@foodbanking.com

The Optimum Preparedness Center, 106 Yelm Ave.W., Box 1979, Yelm,
Washington 98597
Phone: 360-458-4602

The Survival Center, Box 234, McKenna, WA 98558
Phone: 800-321-2900

Credit Reports:

Experian; National Consumer Assistance Center, P.O. Box 949, Allen, TX 75013-0949
Phone: 800-682-7654

Trans Union; National Disclosure Center, P.O. Box 390, Springfield, PA 19064
Phone: 800-916-8800

Credit Information Center/Credit Bureau of Nashville, 2206 21st Ave. S., Nashville, TN
37212
Phone: 615-386-2200

Recommended Y2K Reading

The Millennium Meltdown; The Year 2000 Computer Crisis, Grant R. Jeffrey, P.O. Box 129,
Station "U", Toronto, Ontario M8Z 5M4, Frontier Research Publications, Inc., 1998

The Millennium Bug; How to Survive the Coming Chaos, Michael S. Hyatt, Washington,
D.C., Regnery Publishing, Inc., 1998

Time Bomb 2000. Edward and Jennifer Yourdon, Upper Saddle River, New Jersey: Prentiss
Hall, 1998

Family Preparedness Handbook. James T. Stevens, 15123 Little Wren Lane, San Antonio,
TX 78255, (210) 695-5108

Guide to Emergency Survival Communications. Dave Ingram, Universal Electronics, Inc.
4555 Groves Rd., Ste. 12, Columbus, OH 43232, (614) 866-4605

Emergency Survival Handbook. Optimum Preparedness Center,
(360) 458-4602

Making the Best of Basics. James T. Stevens, Optimum Preparedness Center, (360) 458-
4602

How To Hide Anything. Michael Connor, Paladin Press

Basic Preparedness. The Survival Center, Box 234, McKenna, WA 98558, (800) 321-2900