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SPY + SURVIVAL BRIEFING
LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

DID YOU KNOW THE DMV IS SELLING YOUR PERSONAL INFORMATION?

Here's How I Protect Myself from the Exposure of this Data

by Jason Hanson
Former CIA Officer

It's not the next Equifax or Target hack that you need to worry about. It's your own DMV that's the problem. DMVs across the country are selling driver's license data to private investigators and other third parties. There's a widespread pattern of DMVs in multiple states generating tens of millions of dollars a year selling driver data. The data sold include names, addresses, dates of birth, phone numbers, email addresses, vehicle and other personal information.

Unfortunately, this is completely legal under the Driver's Privacy Protection Act, which is why DMVs are selling personal information to tow companies, insurance agents, and private investigators to assist them in surveillance. The data is sometimes sold individually or in bulk depending on the contract between the DMV and the buyer.

In Virginia alone, 109 different private investigator companies have purchased DMV data, alongside hundreds of employers, law firms, credit reporting companies and banks like Wells Fargo and JPMorgan Chase. Not surprisingly, selling data has become a huge revenue maker in some states. South Carolina made $42 million selling driver information in 2015. Other states saw similar profits, with Wisconsin pulling down $17 million in 2018 and Florida accruing $77 million in 2017.

> **"Unfortunately, this is completely legal under the Driver's Privacy Protection Act."**

Now, it doesn't take a rocket scientist to see how the practice of selling private information could go terribly wrong. DMVs in North Carolina, Virginia, New Jersey and Florida have admitted private data sales have been

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misused. According to the advocacy group, National Network to End Domestic Violence, "The selling of personally identifying information to third parties is broadly a privacy issue for all and specifically a safety issue for survivors of abuse, including domestic violence, sexual assault, stalking and trafficking."

Since many folks don't even know that the DMV is selling their data, here are some precautions I'd encourage you to take for your own safety.

UPS Store. Having your mail and packages shipped to a UPS Store box is a great way to prevent people from finding out where you live. Most states don't allow you to use a P.O. Box as the address on your license, however, many allow the use of a physical address, which a UPS Store box is.

Read the fine print. When you are completing any DMV forms you need to read the fine print. I realize reading all the legal stuff is boring, but some states clearly tell you that your information may be sold to third parties. Obviously, if you are dealing with a state agency you can't simply tell them you don't want to sign this and go somewhere else. (You have nowhere else to go.) However, you should inquire about what your other options are if you are concerned about your privacy. For instance, if you are the victim of a crime you should let them know, provide the police report, and ask if there is a way to keep your information from being sold.

Contact your state legislature. As mentioned, the DMV selling your information is perfectly legal due to the Driver's Privacy Protection Act. This is a 1990's law that is in serious need of an update. The law was created in response to a series of abuses of DMV data, including the 1989 murder of actress Rebecca Schaeffer, after her killer obtained her home address from the DMV. Initially, the law was intended to stop the abuse of DMV data, however the law contained plenty of loopholes making it okay to sell this data to a wide variety of individuals, including private investigators, bail bondsmen, and consumer credit reporting agencies.

My point is, you should contact your state representative and ask them to update these types of laws. The loopholes in the laws need to be closed because your private information is still being compromised.

"Most states don't allow you to use a P.O. Box as the address on your license."

Unfortunately, when obtaining a driver's license, you don't have the option to simply go elsewhere to conduct your business. So, be careful with the information you provide to the DMV and consider other options such as a UPS Store box. I personally don't have any documents that contain my home address and I have both a UPS Store box and also a Mailboxes Etc. type of box for all of my mail.

Sportsman 1,000-Watt Portable Generator

When you think about being prepared for a natural disaster or emergency situation, one of the best pieces of equipment to get for your home is a generator. You don't necessarily need to install a $10,000 back up diesel generator for your whole house, but you can get a quality portable generator that can help keep the basic necessities running when the power is out.

There are a lot of options when it comes to portable generators, but one to consider is the Sportsman 1,000-watt generator. This generator is the ideal size for camping or running smaller appliances in your home during a power outage. The Sportsman operates off a two-stroke engine that requires a mixture of gas and two-stroke fuel. The fuel tank holds .8-gallons of gas, and you need to mix that gas 50:1 with the two-stoke oil.

The generator is equipped with a single 120-volt outlet, with a 900-watt output. However, if you need to run more than one electrical appliance, you can use a power strip. If you plug in something that needs more wattage than available, the generator will shut down. Of course, unplug that appliance and wait a few minutes, then restart the engine.

At a weight of only 38lbs, this is the type of generator you can throw in your trunk and take wherever needed. The engine run time for this model is 5 hours at 50% load and it creates an engine noise level of about 65 dB.

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DEALING WITH RADIATION

There are 2 Remedies You Might Wish to Have on Hand

by Dr. Omar Hamada
Special Operations Physician

In every hospital and research facility in the nation, those in potential contact with radiation wear portable dosimeters to assess potentially damaging exposure from x-ray type radiation and radioactive compounds like cesium. If individuals are overexposed there are procedures in place to limit the adverse effects of this radiation on their health.

So, whether by nuclear explosion, accidents, or incidental medical exposure, we should have a basic understanding of the various types of radiation, the symptoms of radiation exposure, the health effects radiation exposure presents and the prevention and treatment of radiation exposure.

Radiation is classified as either ionizing or nonionizing radiation. Ionizing radiation has enough energy to strip electrons from the shells of atoms and is classified as either particle radiation or high-energy electromagnetic radiation. Nonionizing radiation doesn't have that type of energy and is classified as either thermal or non-thermal low-energy electromagnetic radiation.

Examples of ionizing radiation are alpha, beta, gamma, and neutron rays found in ultraviolet light, x-rays, and nuclear fission. Examples of nonionizing radiation are cell signals, radio waves, microwaves, infrared, and visible light. Alpha, beta, gamma, and neutron radiation are the four types of radiation that we should be most concerned with.

When we are exposed to damaging levels of ionizing radiation, we can exhibit symptoms like burns on our skin, nausea and vomiting, dizziness and fatigue, diarrhea and bloody stool, fever, hair loss, or bleeding from the nose, eyes, or gums. If exposure is a possibility, it is very important to know and understand the type of radiation to which you were exposed, the distance you were from the radiation source (or ground zero), and the length of exposure time, as all are important factors in determining prognosis and treatment.

We know that ionizing radiation can cause significant disease (morbidity) and death (mortality). The most common, of course, is skin cancer from sun overexposure. We have also seen the dramatic effects of radiation poisoning like the recent assassination of the Russian FSB agent Alexander Litvinenko when he was poisoned in London with polonium-210. Treatment of radiation exposure includes removing the individual from further exposure, decontamination, treatment of life-threatening injuries, controlling radiation-related symptoms and relieving pain from burns and injuries.

> **"Decontamination by removing all clothing eliminates up to 90% of radioactive contamination."**

Decontamination by removing all clothing eliminates up to 90% of radioactive contamination. Further washing the entire body off with soap and water removes other radioactive particles from the skin. This all prevents further exposure through inhalation, ingestion or contamination through wounds.

If bone marrow has been reversibly affected, there are certain medications like Neulasta and Neupogen that can stimulate bone marrow to start producing blood cells again. Other internal radiation damage can be controlled by medications such as potassium iodide that allows the thyroid to function without significant damage from the absorption of radioactive compounds and Prussian blue, which binds radioactive particles of cesium and thallium that are then excreted in the feces thus limiting further cellular damage. There is a relatively new injectable drug TP508 that is being used to help regenerate cells and tissues that were damaged by radiation exposure, however, this is not available to the general public.

If you are concerned, it doesn't hurt to have some potassium iodide and Prussian blue handy just in case. A single immediate dose of 130 milligrams of oral potassium iodide will protect you for 24 hours (65 milligrams for children). There is rarely a need to repeat the dose. For cesium or thallium exposure, Prussian blue is given in gelatin capsule form as 1 to 3 grams orally three times a day for 30 days.

The primary treatment of radiation exposure is supportive and symptomatic care. If we look at the only time in history in which large populations of people were subjected to large doses of radiation at one time (Hiroshima and Nagasaki), we learn that most effects of radiation exposure are survivable and not long lasting outside of the immediate damage from blast and thermal injuries. The body has an amazing way of protecting and regenerating itself.

If the radiation dose was too high, then recovery is unlikely and death is imminent. It is a good reminder, however, that most immediate deaths in a nuclear explosion are not from radiation, but from thermal and blast injuries.

WORLD WAR II — HEROES AT HOME

How Everyone Found a Way to Contribute

by Forest Hamilton
Universal Coin & Bullion

There were many heroes overseas during WWII, but there were also heroes at home. Mike Fuljenz's mother was one of them. As a schoolteacher, she played a leading role in organizing "lard drives" in Rapides Parish, Louisiana. Excess fat from cooking could be used as a key ingredient in explosives. Fats can be used to make glycerin, which can be turned into nitroglycerin, so the War Production Board created what they called the American Fat Salvage Committee to encourage housewives to save their fat and lard and donate it to the war effort.

Disney Studios even used Minnie Mouse to encourage this effort. In one film, the announcer said: "A skillet of bacon grease is a little munitions factory. Every year, two billion pounds of waste kitchen fats are thrown away — enough glycerin for 10 billion rapid-fire cannon shells. Making a roast? Don't throw out those lovely puddles of grease drippings — save them for our boys on the front line." Typical slogans in this grease-saving program included: "One tablespoon of kitchen grease fires five bullets." Or

"One pound of kitchen fats makes enough dynamite to blow up a bridge."

Not every household got the message, so Mike's mother organized the mothers of the children in her school to save their cooking grease and donate it as a unit, so in June 1943, Mrs. Fuljenz received a letter from Basil B. Cobb, executive secretary for the War Production Board in Louisiana, commending her for her leadership in the collection of 8,450 pounds of grease by school children in their parish.

During World War II, almost every key commodity became scarce and had to be recycled or rationed. When it comes to our coins, this was true, too. The copper used for the Lincoln penny was too valuable to "waste" when it was needed for use in shell casings, anti-aircraft ammunition and copper wire, so the Mint stopped making copper pennies in 1943. The U.S. Mint produced nearly 1.1 billion cents made of pale-gray zinc-coated steel in 1943, diverting 3,500 tons of copper to the war effort.

Likewise, the nickel in the wartime "nickel" (5-cent piece) was too valuable, so the Nickel became 56% copper, 35% silver and 9% manganese — with no nickel. Oddly, silver is more precious than nickel, so these coins later became valuable for their "melt" content, but they looked terrible due to the corrosion caused by the manganese alloy. Mike used to buy these "dirty" nickels at banks in the 1960s and sell them to dealers for 8 cents for movie money!

In 1944, the Treasury abandoned its experiment with steel cents, since they were so ugly. From 1944 to 1946, they minted cents from the brass in salvaged old cartridge cases. The Mint resumed the pre-war copper penny in 1947, but World War II was a time that brought America together through conservation. This is yet another example of why collectors consider money to be history in your hands. While I certainly hope we never find ourselves heading into WWIII, I pray that if that time comes we will all come together with a collective effort to pitch in and help, because many hands really do make a light load.

[Publisher's Note: For questions about buying gold and silver coins you can contact Forest Hamilton directly at **foresthamilton@universalcoin.com** or call 800-822-4653. Please know, if you purchase any coins from Forest, we don't receive any compensation from him. We simply know he's one of the good guys in the business that can be trusted.**]**

BENT OR BROKE?

I Thought I Made a Huge Mistake Aborting a Mission

by Michael D.
Former Clandestine Officer, CIA, DIA, NSA

Our mission aircraft was inbound at 35,000 feet traveling at about 450 mph on our way towards the enemy border. At mission launch, all team members reported in as FMC (Fully Mission Capable). All gear was in working order and properly stowed and all operational materials were mission ready. All parachutes were properly fitted, tags checked, all "Butt Boats" were attached to the chutes and ready.

In our Special Missions Unit (SMU) our lead was the #1 Op or ONE, I was second in command as #2 Op or TWO, and every other operator was identified by numbers based on their mission specialty. For instance, the 3 Op was tactical overwatch, my 4 Op was secondary tactical and special technical skills, and so on.

Before we crossed that final threshold into an active combat zone, one of my delegated duties was to do a final mission status review. Since it required over eight hours of flight time from launch to our tactical insertion, several things can go wrong, break, get out of synchronization, etc. and it was my responsibility to do one last GO/NO GO mission readiness check before we went hot.

It's not as simple as TV or movies make it look with the "GO/NO GO" mission readiness reports. For missions that require large teams like ours, with as many as 20 highly trained, experienced combat operatives, combat status reports are more complex. For instance, my 3 Op was responsible for our close proximity security. He was equipped with special technology, had advanced singular skills and several years of combat experience that made him uniquely capable of keeping our entire mission platform from being approached and destroyed by surprise.

Conducting this readiness check goes very fast and is very concise. I would go on All Call and announce that I was initiating final mission status checks and that our mission aircraft would be penetrating the threat envelope in about 20 minutes. Starting with the 3 Op, it went like this. Me: "3, Status", the 3 Op (and each subsequent operator) had these options of responses "2, 3 Go", "2, 3 Bent, give me five Mikes", "2, 3, Broke, working on it", or the worst damage report "2, 3 Hard Broke".

"It's not as simple as TV or movies make it look with the 'GO/NO GO' mission readiness reports."

"Go" meant simply that the operator was ready for combat operations. "Bent" meant that an operator had a small glitch and expected to have it resolved in "X Mikes" (minutes). "Broke" was bad news. It meant something had gone wrong with a mission critical element and that operator was unable to give me a firm, reliable time frame to recover the problem. "Hard Broke" was the worst mission readiness status and would require an emergency Mission Abort.

The fact is, I was very comfortable with a "GO" status, a "Bent" Status with reasonable time frame and a "Hard Broke" status. Those were easy to work with. The one that was hard for me was the "Broke" status. The unknown variable that could not be accurately predicted but a decision had to be made. It was the dark grey area.

While ONE always had the final call, he had always accepted my mission status recommendations. Whether my recommendation was Mission Go or Mission Abort. I often had caveats that I shared with him based on my training and experience and personal relationship with my fellow operators. For instance, I would call him on secure comms and tell him that "the team was FMC, with the exception of Op XX and I think he will be FMC before we insert or very soon afterwards. I recommend we push on." But there were times that I had to make calls that were nothing more than pure guesses. ONE never let me get by with passing the buck on to him. I had to own my own calls, good, bad, or deadly.

Making the calls on "Broke" status reports were intensely stressful for me. Not just at the moment I made the call, but throughout the entire mission and until we were wheels down on US soil. What if I recommended we proceed and the operator could not achieve combat readiness before we encountered hostile threat actions? What if he managed to achieve readiness and then the failure reoccurred while engaged? What if I called for an Emergency Abort and two minutes later he reports back that he is ready? There is no reversing a Mission Abort. One of the coordination contacts that I had to make when declaring an Emergency Abort was with the Joint Chiefs of Staff On-Duty Ops Officer since our missions were combat reconnaissance into declared enemy airspace. That kind of attention is seldom career

enhancing. And there were always questions about why I made the call that I did and then the Monday Morning Staff got to pass judgment while sipping coffee and reading my Preliminary Mission Summary (PREMS) and Emergency Mission Abort Conditions.

The lessons I learned from those formative years helped to prepare me to be a good father, good employee, and later a good leader. There are very few people who are willing to step up and take the responsibility to make decisions with limited information and no guarantee of the outcome. But these are the most critical members of any team. Anyone can make the Call on a "GO" status report or a "Hard Broke" status report, but the reality of life is that most of the status reports we get in life are "Broke" and come with no assurances that our decisions will prove to be right.

But let me share this life-gem with you. On one mission, I had my 3 Op (tactical overwatch) report on an active threat that was closing in on our mission aircraft, but he was unable to determine key factors that would have enabled him and the pilots to take countermeasures. We only had a few minutes to discuss the matter. He thought that it was very unlikely that the threat would or could actually get anywhere in range and in a few more minutes he would have the information he needed to make a determination of the active threat level. From my years of experience as a 2 Op, my gut told me we might not have a couple of minutes. The enemy could be successfully deceiving us. I called ONE and issued a recommendation that we declare an Emergency Mission Abort due to probable imminent hostile weapons engagement. He accepted my recommendation, with some hesitancy.

I broadcasted a secure Emergency Mission Abort call and alerted Search and Rescue of our location, speed, and heading. I made emergency radio calls in the clear alerting all US Forces in the area that we were presumed under hostile attack. About 10 minutes later, my 3 Op reported that he had received conformation from sister elements that the fighter dispatched to shoot us down was hundreds of nautical miles away from us and would not have had enough fuel, even with spare tanks, to get halfway to us.

I died inside. I felt like the biggest idiot and the most cowardly 2 Op in the history of all special operations. I knew that when we landed, things were going to be very bad for me. I could see the looks in the eyes of my fellow operators and the look ONE gave me when we learned there was no real threat. But nothing ever happened to me. No official inquiry. Nothing. Two days later ONE requested me as his TWO on the follow-up mission with all of the same operators that were on our original mission team.

What I had failed to realize is that every one of them knew that I had to make a call and that I only had a 50/50 chance of getting it right. No one was mad. No one thought I was an idiot or a fool. No reprimands. None of the other operators gave me even one ounce of crap.

"I felt like the biggest idiot and the most cowardly 2 Op in the history of all special operations."

In fact, during mission debrief, my 3 Op whispered to me, "I'm glad I wasn't the one that had to make that call". It finally donned on me that I had been carrying the concern that I would make a mistake like a boulder on my back. And when I did make that big mistake, the boulder turned out to be a sprinkling of dust. If you are charged with making difficult decisions or if you know those who carry that burden, be slower to judge and quicker to appreciate.

THE ONE KICK YOU NEED TO KNOW

You Might Not See It In the Movies, But It's Incredibly Effective

by Matt Numrich
Head Instructor of Spy Black Belt

There is a kick you need to have in your self-defense arsenal. It isn't flashy and you mostly likely won't see it in any action movies. However, it can cause an incredible amount of pain and injury, it takes minimal training and it doesn't require a high level of physical ability.

This kick can be found in many different arts, ranging from French kick boxing, known as Savate, to the rapid low line kicking art from Southeast Asia called Panajackman. It is easy, direct and versatile regardless of which art or culture you see display it.

The formal term for this kick is called an "oblique" kick, but if you call it a "shin" kick, people will get the idea really quick. We've all run our shin into an end table or corner of a bed at least once, and have realized how much pain can be summoned with barely any effort. We can use this knowledge, and this swift kick, offensively or defensively as a move to quickly get away or a precursor to a myriad of follow up combinations.

> **"Any small female can literally break the leg of any stronger male who might attack them."**

Kicking with your toes or the point of your foot is an option, but in order to cover more surface area, kicking with the side or instep of your foot is much more effective. I like using the rear foot because of its increased power and feeling more balanced when I throw it. The target is obvious, but make sure you aim for the middle of the opponent's shin to yield the most pain.

Talking about pain, another important fact about this simple move is that we can "injure to a degree". Meaning, controlling the exact pain you give an attacker when punching them in the face is difficult, however, when using a move like this, the intensity of pain can be dialed up or down, as you desire.

Also, since it is thrown at the low line, under most people's awareness and peripheral vision, you can strike when you want, with little defense. You can vary up the intensity, but also get in a couple rapid shots before the person finds a way to get out of the way of the next strike.

Taking the idea of "injuring to a degree" to the extreme, the kick can be changed slightly, and by using a downward stomping motion, this kick can now be used to inflict damage to the point of making the attacker immobile. This is accomplished by stepping through the knee cap in an angle right through the knee.

Brutal yes, but it is nice to have a move that can be applied to many different situations. I've instructed bodyguards and bouncers to use this quick kick to move a belligerent fan or bar customer more easily out the exit. I've also taught women to use this, as any small female can literally break the leg of any stronger male who might attack them. Having the ability to change up the intensity makes this simple move unique, and puts it in that small class of moves that you definitely need to learn.

DO YOU PREP FOR AN EMP?

Here's the 3 Steps You Need to Factor In

by EJ Snyder
Former Army Ranger and Extreme Survivalist

When an EMP hits, whether it's from a Solar Flare from the sun or by a foreign entity that is an enemy of the USA, it will be a bad day and everyone will find themselves in the dark and without the many comforts, luxuries and everyday ways of living. The main EMP event that I see us dealing with will be the natural one I just mentioned, a solar flare. The man-made ones are just as bad, but we will definitely have bigger problems to deal with in those cases, as it means someone is coming or at least trying to cause us mass harm.

When an EMP hits, it fries everything electronic, from your vehicle, your home, the traffic lights, the cell phone in your hand, and basically, the entire electric grid. Life stops in an instant for the modern world. All goes dark and the initial effect will be scary, disastrous and deadly. Think about it: The lights go out, cars will crash at intersections, people stuck in elevators, subway trains just stop. What will you do? You know that I'm a huge advocate for planning and preparing for any emergency or survival situation that could pop up and here's what you need to consider: First, planning and protecting yourself and items from a solar flare. Second, communications, power tools, appliances, and transportation will go down, so what do you do? Third, when you are away from your home, what's your plan to get back to your safe zone and loved ones?

Let's start with protecting key items from an EMP. A Faraday Cage, EMP Shield and EMP bunkers are one way, though many are very costly. You can actually place your car in the cage. Some smaller boxes or large trunks or chests are made for smaller items. They also make EMP Bags you can carry things like cell phones, flashlights and other electronics in to protect them and another benefit is they can keep you from being tracked. You can construct a homemade Faraday cage, box, or bag using something as simple as aluminum foil. However, studies show mylar blankets fail.

But, what to do about communicating, getting around and other critical electric items? First, you need to focus on communications. Ham radio will still work just fine after an EMP. The same goes for CB radio and other kinds of walkie-talkies. But, it's not quite as plain an answer like yes or no, because there are a number of other factors to consider. For example, ham radio needs batteries and your batteries aren't going to last forever, so plan accordingly. I have some friends who have kept older model vehicles in garages with spare parts as many aren't as sophisticated as today's models with onboard computers, GPS, and other features.

Some folks even detach the electric cables connected to the battery, starters and distributors and even carry backups with them in case these fry. Other items like power tools means you should keep some manual tools around. If you have no navigation skills with a regular compass, make sure you have a good paper map.

Lastly, what should you do if you are away from your home? For me, I always have My "Go Bag" with me. It's easy to just throw in my truck and I'm ready to operate. Out of habit, anything with a battery has the batteries in backwards, if possible, so they don't accidentally drain out and all I do is put them in straight if I need them. So, for an EMP, as I plan for every scenario, I have a Faraday Bag for all electronics. A CB in the truck and long-range portable CB, back up walkie-talkie and extra cell phone. Get out my firearms, non-electric compass, and map and off I head towards a safe area. My point is, when an EMP hits, have a plan, have the gear that you'll need protected and then execute your plan. Once you get to your safe zone, then you can assess what's going on as best you can. Do not be a helpless victim, be the positive factor in your life in this dangerous situation we might face one day.