

**Third Saturday Seminar 2011-2012**  
**Humanity at a Crossroads**  
**Session 04**  
**21 January 2011**

**Don't (be) Panic(ked)**  
**Curt Gibby**

**Current Events Segment**

**ALL Program, Lone Star College – Montgomery**  
**Conroe, Texas**

# Change

**There is only one corner of the universe you can be certain of improving, and that's yourself.**

**Aldous Huxley**

# *Return of the Elders, Unleashing Your Wisdom*

## **Our Middle Aged Brains**

David Niesel and Norbert Herzog

**Ah... if only I could stay young... instead of faking it.**

**No kidding! It's actually true that our brains change with age. There was a report that said forty percent of your brain cells are lost with age but that's actually not true....**

**Something the middle aged brain is better at doing is recognizing the central idea or big picture. So if the brain is in good shape, it can build pathways that allow it to recognize patterns and their significance and find a solution faster than a young person.**

# THRIVE: How to Flourish in an Insane World

By [Dr. Arnie Kozak](#) | Last updated Jul 10, 2011, 11:02 am

Let's face it, the world is a mess. Political unrest, natural disasters, overpopulation, financial turmoil, depletion of natural resources, and war are everyday concerns. And thanks to the Internet and television these concerns are available 24/7 and come right to your living room.

Life has always been stressful. It's easy to idealize a bygone era as a golden age when things were different. There has always been war, unrest, and uncertainty. Yet as few as 50 years ago, it was not in our faces. The availability of information makes life more stressful.

We need tools to help us to cope with everything that is going around us – personally, in the family, community, country, and the world.



## **Program for TSS Meeting 21 January 2012**

- 9:30 am Introduction & Current Events (45 Minutes +/-) –  
*Curt Gibby*
- 10:00 am - 10 Minute Break
- 10:10 am – DON'T (be) PANIC(ked)**
- 10:55 am Closing Remarks
- 11:00 am – Adjourn - Next Session – 18 February 2012**

**ALL Spring 2012 Open House  
and Registration:  
Saturday, January 21  
11 a.m.-1 p.m.  
LSC-Montgomery Building A - The  
Commons**

**Donna Smith Burns at (936) 273-7446  
Email [Donna.SmithBurns@Lonestar.edu](mailto:Donna.SmithBurns@Lonestar.edu)**

# **Third Saturday Seminars**

To refer to an ancient Chinese saying, our world is in interesting times and individual citizens are assaulted with a blinding array of propaganda from every conceivable source. The Third Saturday Seminar is about demystification of what is going on around is. Time will also be spent on current events. 3 Sessions. No fee.

Lone Star College-Montgomery BI02

**160199 2/18, 3/24, 4/21, 5/19 tbd**

**16020 9:30 a.m. – Noon Gibby**

<http://wwwapps.lonestar.edu/flipbook/ALL/montgomeryfall11/montgomery.html>

**March is the 17<sup>th</sup>** and the **college is closed for Spring Break**, I thought ALL might want to consider a special lecture about Water and the Environment

On 11/16/2011 4:16 PM, Smith Burns, Donna wrote:

FYI

In March 2012 ALL will be part of the LSCM **Spring Fling and the Texas Forest Expo**.

The emphasis for this event on March 24 is: Water, Drought, Forest, Fire and Health Natural Living

The event will be on LSC M campus and the committee expects 2500-3500 students, parents, seniors and community members.

Since the **Third Saturday would be March is the 17<sup>th</sup>** and the **college is closed for Spring Break**, I thought ALL might want to consider a special lecture about Water and the Environment. In the course of the conversation John Warner mentioned a Meteorologist who he hear talk about climate change specific to our region.

I am proposing we consider him as a speaker. I can contact him and then make the introduction to Curt if we want to make it the Third Saturday topic. **(See next Slide)**

I also told my committee I would work on getting a speaker from the San Jacinto Water Authority to discuss Lake Conroe issues.

ALL can have a booth at this event to promote classes and the Nature Series. I will also have a booth for Youth Camp which I will be running 12 Summer.

# March 24th

**On 11/6/2011 6:09 AM, Paul Watson wrote: Curt –**

**While I have understood and tend to be in general agreement with most of your positions, I was surprised when you said that you support a single payer medical system. ... I would welcome the opportunity to discuss this issue at the Third Saturday Seminar and present history, options and considerations of current and future medical care.**

**I am a retired pathologist. I have worked in private practice and the Veterans Administration, as well as having experiences as a patient within the VA as well as in the private world. I have had experience as a part owner of a hospital. As a pathologist I had interface with the administrative considerations of medical care as well. I began practice before Medicare became firmly established. I have had the opportunity to observe various types of practices. I believe that I have a background to understand the advantages and disadvantages of various medical care systems.**

**Paul Watson**

21 January 2012

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# Current Events

17 September 2011

**Don't***be***Panic***ked!*

# Bill Moyers is Back

<http://billmoyers.com/series/moyers-and-company/>

KUHT Channel 8

MON, JAN 16

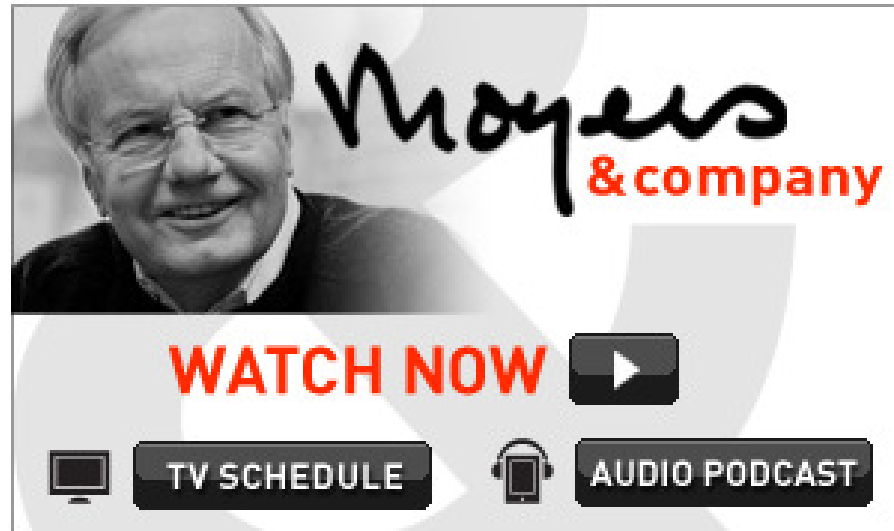
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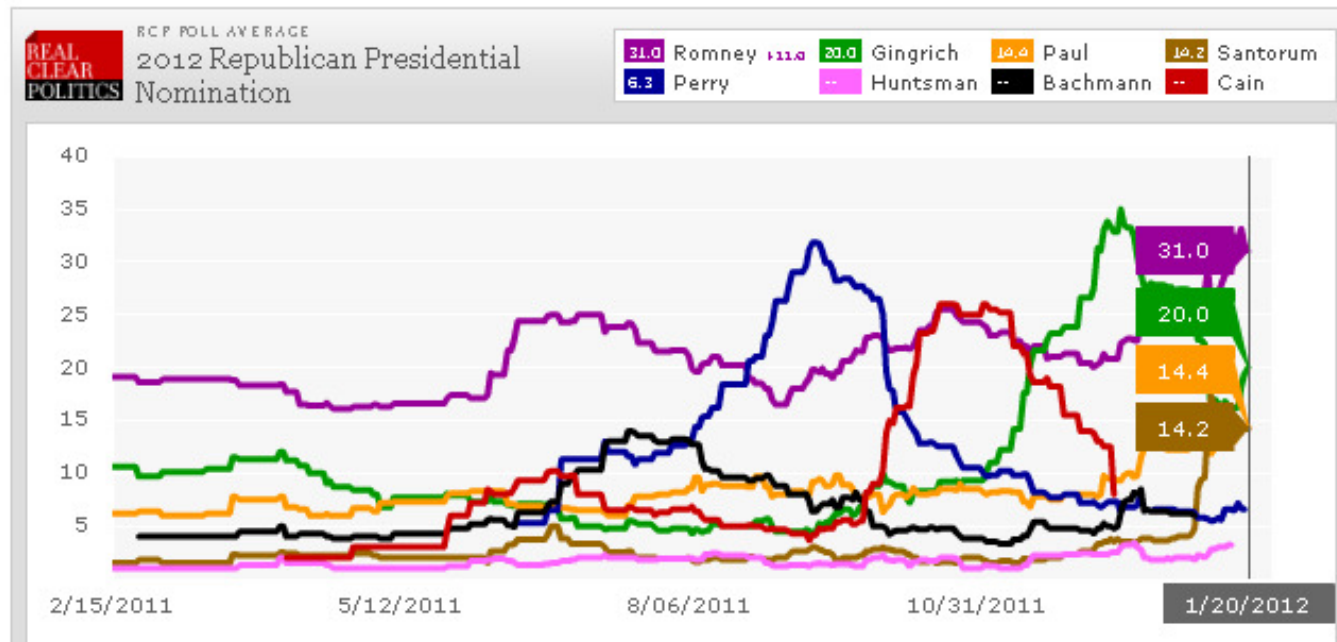
# Late RCP Average of Polls

## 2012 Republican Presidential Nomination

2008 GOP Race on January 20, 2008 | 2008 GOP Final RCP Average

Polling Data									
Poll	Date	Sample	MoE	Romney	Gingrich	Paul	Santorum	Perry	Spread
<b>RCP Average</b>	<b>1/11 - 1/19</b>	--	--	<b>31.0</b>	<b>20.0</b>	<b>14.4</b>	<b>14.2</b>	<b>6.3</b>	<b>Romney +11.0</b>
Gallop Tracking	1/15 - 1/19	1235 RV	4.0	30	20	13	13	--	Romney +10
Rasmussen Reports	1/17 - 1/17	1000 LV	3.0	30	27	13	15	4	Romney +3
CBS News/NY Times	1/12 - 1/16	340 RV	5.0	28	21	15	16	7	Romney +7
Pew Research	1/11 - 1/16	527 RV	5.5	31	16	15	14	5	Romney +15
ABC News/Wash Post	1/12 - 1/15	RV	--	36	16	16	13	9	Romney +20

**See All 2012 Republican Presidential Nomination Polling Data**



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# Costa Concordia Porto Giglio



21 January 2012

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# 150 Foot Gash



21 January 2012

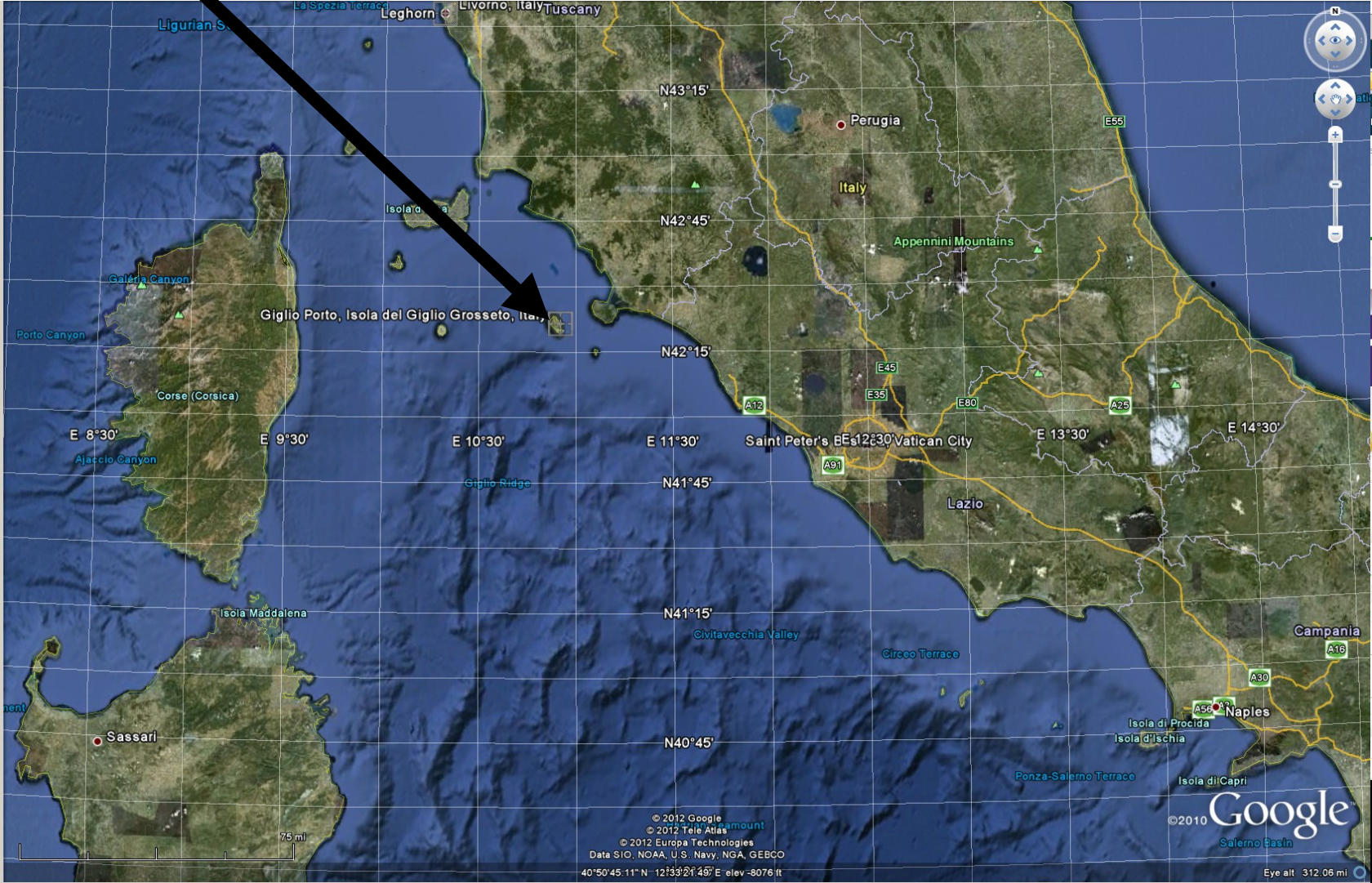
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# Concordia passengers donning PFDs



# Giglio Island



# The Market Response

Carnival Corporation Common Sto (CCL) - NYSE

[Add to Portfolio](#)

[Like](#) <33

**31.56** **+0.35 (1.10%)** Jan 20, 4:01PM EST | After Hours: **31.50** **+0.06 (0.19%)** Jan 20, 6:54PM EST

Enter name(s) or symbol(s) [GET CHART](#) [COMPARE](#) [EVENTS](#) [TECHNICAL INDICATORS](#) [CHART SETTINGS](#) [RESET](#)



21 January 2012

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## Round like a shot

GOING to bed the other night, I noticed people in my shed stealing things.

I phoned the police but was told no one was in the area to help. They said they would send someone over as soon as possible.

I hung up. A minute later I rang again. 'Hello,' I said, 'I called you a minute ago because there were people in my shed. You don't have to hurry now, because I've shot them.'

Within minutes there were half a dozen police cars in the area, plus helicopters and an armed response unit. They caught the burglars red-handed.

One of the officers said: 'I thought you said you'd shot them.'

To which I replied: 'I thought you said there was no one available.'

TONY GLADSTONE.

# THIS GUY

is a genius...

TASTE OF AWESOME.COM



# The Best Picture from the Tunisia Revolt

photos from Tunisia at the Boston Globe's [The BigPicture](#) (h/t [@mossaberizing](#))



**This photo should be nominated for an International Award. It is a symbol of the Tunisian Peaceful Revolution. Ben Ali Storm Troopers are after a poor unemployed Tunisian with a loaf of bread aimed at the Storm Troopers.**

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## Lawmakers seek to undo pipeline denial

By Puneet Kollipara

Published 09:31 p.m., Thursday, January 19, 2012

WASHINGTON - Congressional supporters of the Keystone XL pipeline are exploring legislation that might circumvent the Obama administration's denial of a permit for the project by letting Congress or an independent federal agency approve it.

United after the State Department denied the permit Wednesday, Republicans in both chambers vowed they would push proposals to force approval of the pipeline.

"All options are on the table," House Speaker [John Boehner](#), R-Ohio, told reporters. "This fight is not going to go away."

Stand-alone proposals would face tough odds in the Democratic-held Senate.

But Boehner pointed to certain "legislative vehicles that we'll be moving." He didn't rule out tying the proposals to a bill further extending the payroll tax break and unemployment benefits.

Republicans have used that tactic before to boost TransCanada Corp.'s proposed tar-sands oil pipeline from Canada to Gulf Coast refineries.

In a deal last month to extend the tax break for two months, they included a Feb. 21 deadline for the State Department to determine whether Keystone XL serves the national interest - a test the pipeline must meet since it would cross an international border.

## **New hearing sought in sonogram case**

The Center for Reproductive Rights announced Wednesday that it will petition the entire U.S. Fifth Circuit Court of Appeals for a new hearing on the sonogram law.

**A three-judge panel from the Fifth Circuit recently overturned the district court's preliminary injunction blocking enforcement of the law, which requires doctors to force women seeking abortions to view and hear detailed descriptions of their sonograms — even when a woman wishes to refuse and when the physician believes it is inappropriate and unethical to do so.**

The petition will ask the court to rehear the case *en banc* — in which all judges in the circuit court would hear the case, rather than a selected panel.

The center also filed a motion seeking to amend the complaint before the Texas district court to focus only on the two claims heard by the Fifth Circuit:

**\*\* Texas law violates the First Amendment rights of physicians because it forces doctors to deliver to their patients' speech chosen by politicians to advance an anti-abortion agenda.**

**\*\* The law violates physicians' due process because it subjects them to harsh penalties for failing to comply with the law's vague requirements.**

<http://blog.chron.com/texaspolitics/2012/01/new-hearing-sought-in-sonogram-case/>

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## The budget explained in simple English.

I love it when complex things are simplified so that we can all understand.

- United States Tax revenue: \$2,170,000,000,000
- Fed budget: \$3,820,000,000,000
- New debt: \$1,650,000,000,000
- National debt: \$14,271,000,000,000
- Recent budget cut: \$38,500,000,000

Now, remove 8 zeros and pretend Its a household budget.

- Annual family income: \$21,700
- Money the family spent: \$38,260
- New debt on the credit card: \$16,500
- Outstanding balance on credit card: \$142,710
- Total budget cuts which some politicians are proud about: \$385

Stop the insanity now. Vote them out and demand a balanced budget.

## China uneasy over US troop deal in Australia

Beijing fears a policy of encirclement as Barack Obama announces plans to station 250 troops in northern Australia from next year

**Alison Rourke** in Sydney and **Jonathan Watts** in Beijing  
[guardian.co.uk](http://guardian.co.uk), Wednesday 16 November 2011 13.53 EST  
[Article history](#)



Barack Obama and Julia Gillard announce plans to station US troops in northern Australia from next year. Photograph: Larry Downing/Reuters

Strains between [China](#) and the [United States](#) look set to overshadow a key Asian summit later this week after [Barack Obama](#) unveiled plans to station troops in [Australia](#) and step up Washington's commitment to the entire Asia-Pacific region.

### More on this story



[Barack Obama tells Asia US 'here to stay' as a Pacific power](#)  
US President Barack Obama tells the Australian parliament the Asia-Pacific region is key to the future

[Obama Australia visit begins](#)

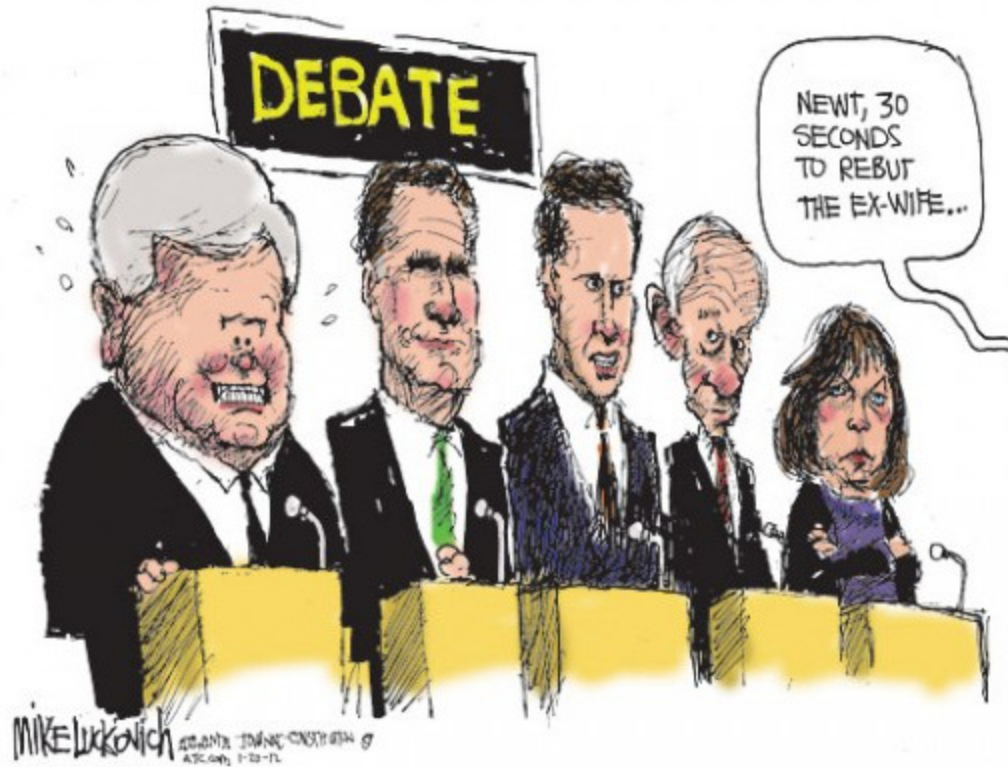
<http://www.guardian.co.uk/world/2011/nov/16/china-us-troops-australia>

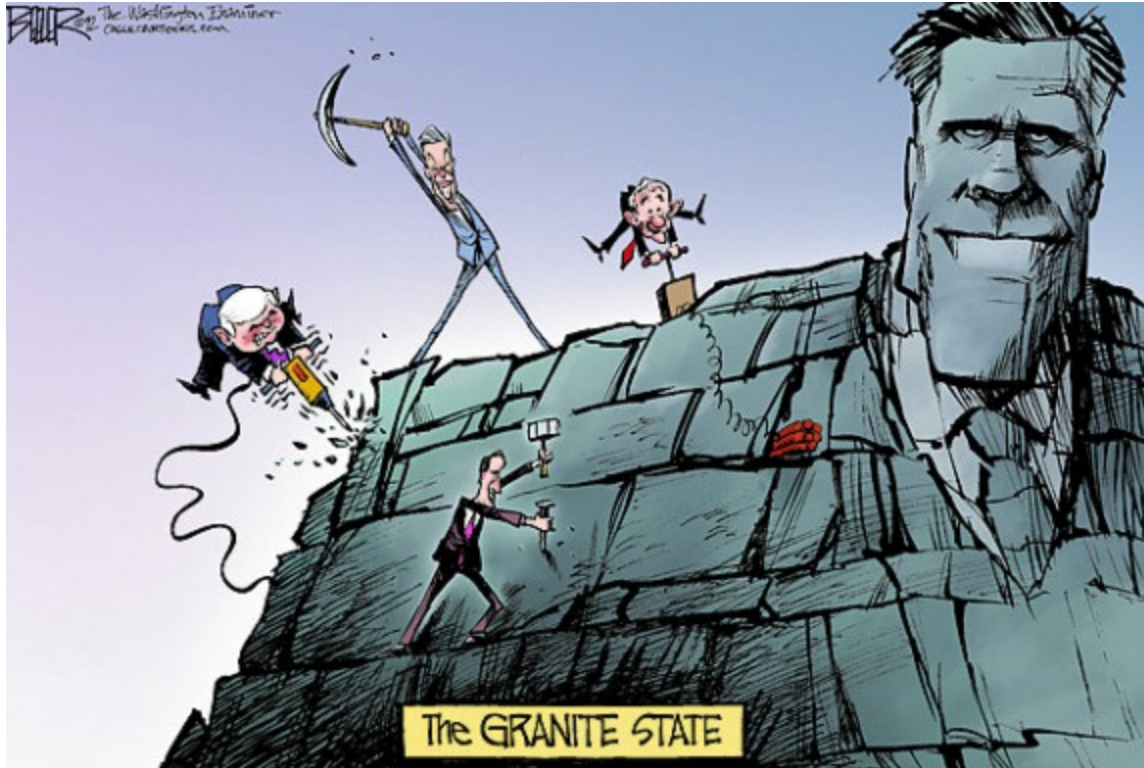


**"OH GOOD! THE PLACE IS JUST HOW WE LEFT IT..."**







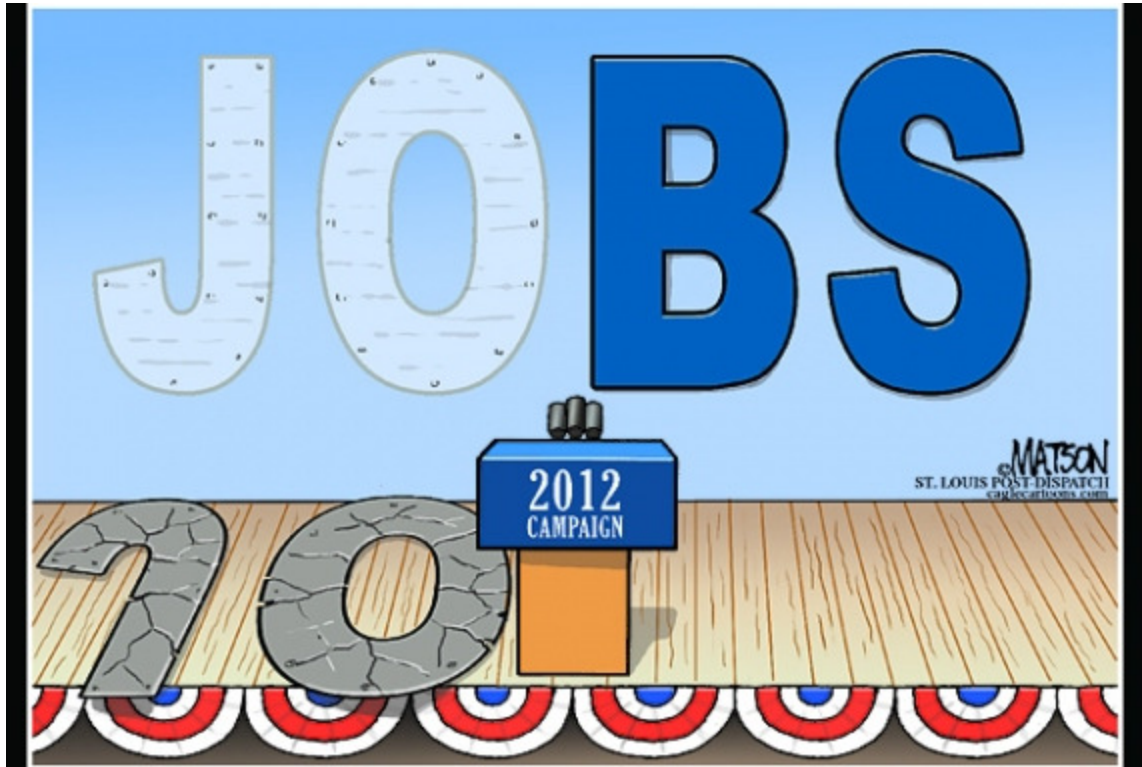


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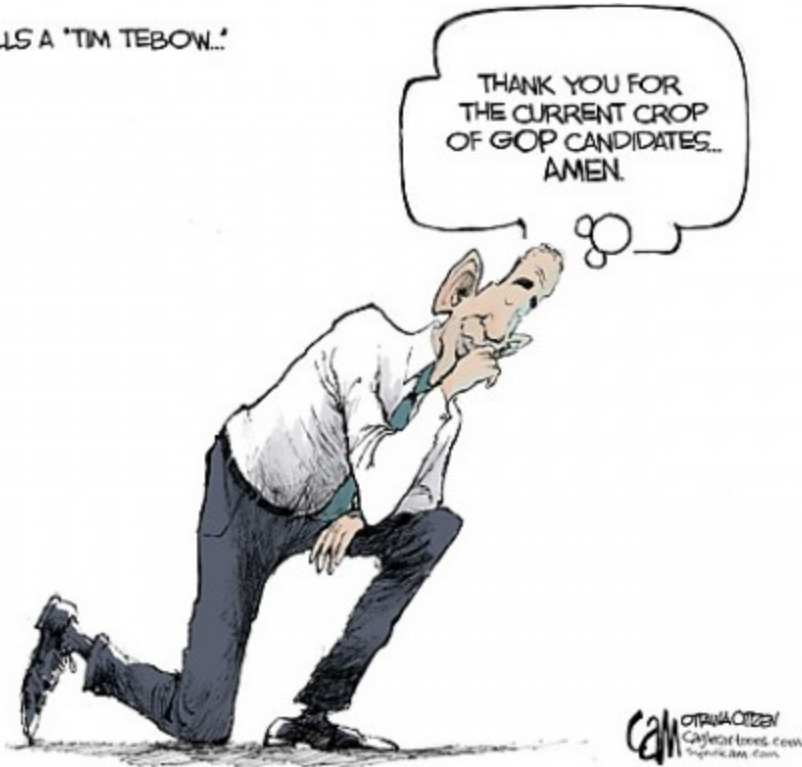


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PRESIDENT OBAMA PULLS A "TIM TEBOW..."





# China's First Aircraft Carrier – Ex Varyag



21 January 2012

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# South China Sea

<http://news.bbc.co.uk/2/hi/7941425.stm>



# Russian military chief: War risks have grown

MOSCOW (AP) — Russia's chief military officer says the nation is facing an increased threat of being drawn into conflicts at its borders that may grow into an all-out nuclear war.

Gen. Nikolai Makarov, chief of the General Staff, pointed at NATO's expansion eastward and said Thursday that the risks for Russia to be pulled into local conflicts have "risen sharply." He added, according to Russian news agencies wires, that "under certain conditions local and regional conflicts may develop into a full-scale war involving nuclear weapons."

# War risks have grown

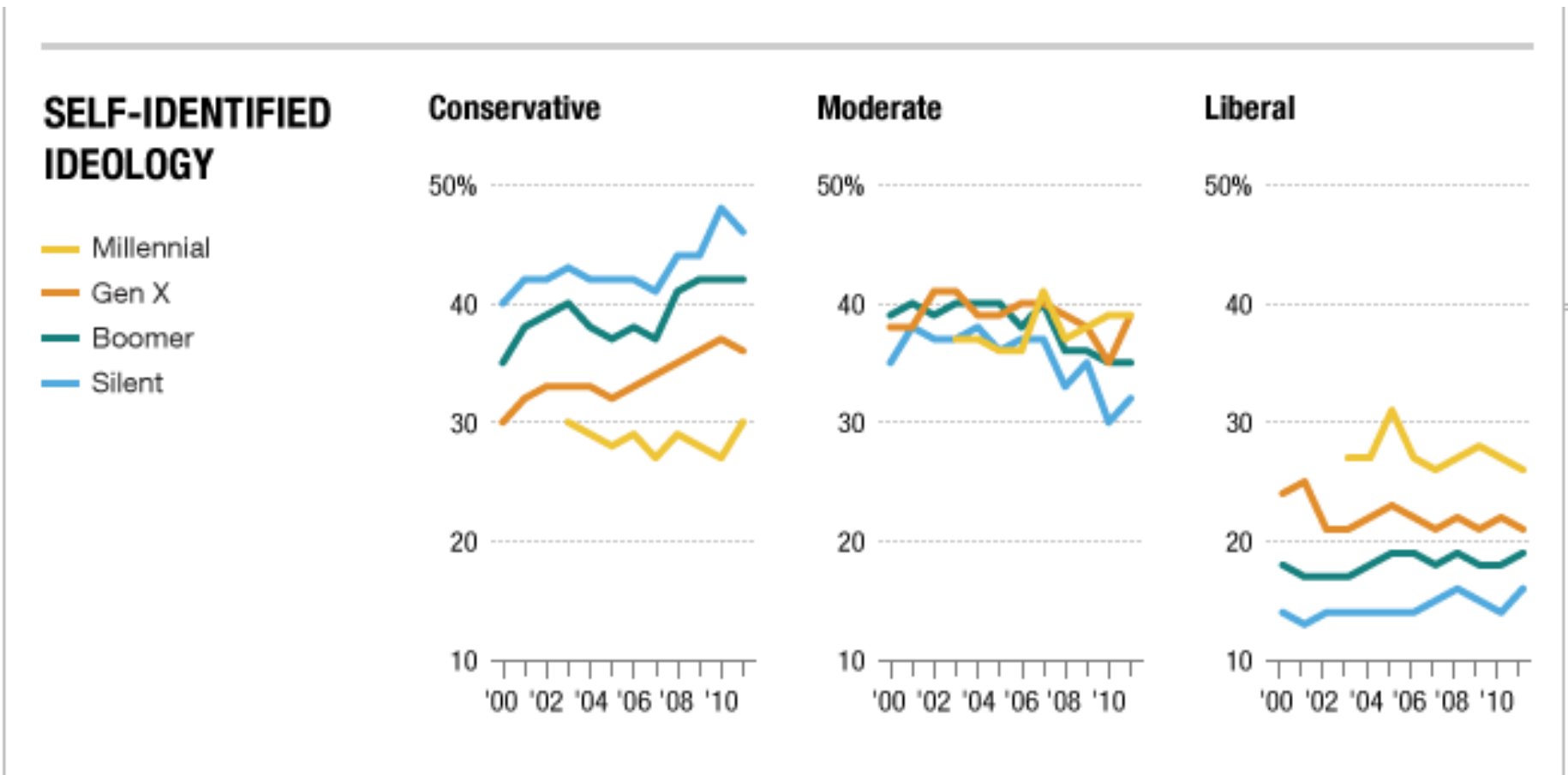
A steady decline of Russia's conventional forces has prompted the Kremlin to rely increasingly on nuclear deterrent. Its military doctrine says it may use nuclear weapons to counter a nuclear attack on Russia or an ally, or a large-scale conventional attack that threatens Russia's existence.

<http://news.yahoo.com/russian-military-chief-war-risks-grown-140553975.html>



# Generation Gap: How Age Shapes Political Outlook

<http://www.npr.org/2011/11/03/141984787/generation-gap-how-age-shapes-political-outlook>



# The Generation Gap and the 2012 Election

## Angry Silents, Disengaged Millennials

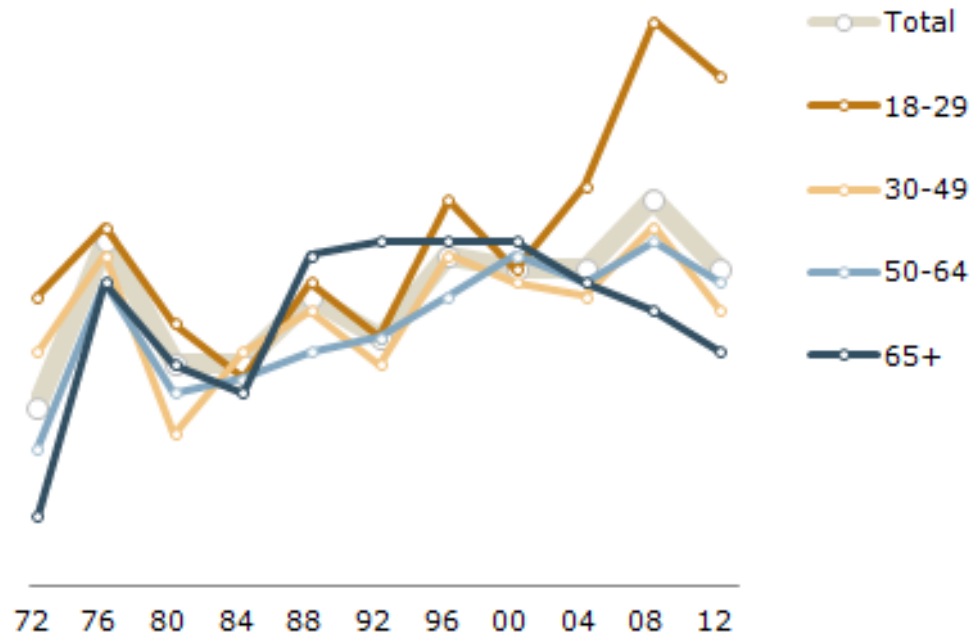
November 3, 2011

**Young-Old Voting Gap Largest Since Nixon v. McGovern in 1972**

Percent voting for Democratic candidate

Young-Old Gap

+16 +4 +3 +1 -2 -7 +3 -2 +7 +21 +20



PEW RESEARCH CENTER Sept. 22-Oct. 4, 2011. 1972-2010 data from national exit polls. 2012 preference based on registered voters. Age breaks for 1972-1988 are 18-29, 30-44, 45-59, and 60+.



# **The Bonus Army: How A Protest Led To The GI Bill** by Radio Diaries

## **The Bonus Army**

**As World War I drew to a close in 1918, millions of American veterans returned home to the promise of a cash bonus — compensation for their overseas service.**

**There was a catch, though: The money would not be paid out until 1945.**

**Then, the Great Depression struck. Millions of Americans were left hungry and homeless. Veterans of the war were desperate for relief.**

**So in 1932, a group of veterans in Portland, Ore., led by a man named Walter Waters, decided to go to Washington to lobby for early payment of their promised bonus.**

**They went down to the railroad yards, with a bugle and an American flag, and hopped onto freight trains. They called themselves the Bonus Army.**

<http://www.npr.org/2011/11/11/142224795/the-bonus-army-how-a-protest-led-to-the-gi-bill>

# AARP's Analysis

on the national debt

## CHOPPING BLOCK?



### Medicare: Where Experts Think Congress May Look for Savings

A rundown of the kindest cuts the debt supercommittee could consider. [Read](#)



### Medicare, Medicaid: 8 Things the Super-Committee Could Do

A blow-by-blow rundown of the cuts in benefits that Congress could make. [Read](#)



### Social Security: 3 Big Things the Super-Committee Could Do

Change the cost-of-living adjustment. Add a means test. Increase the retirement age. [Read](#)

### Social Security: COLAs in the Crosshairs

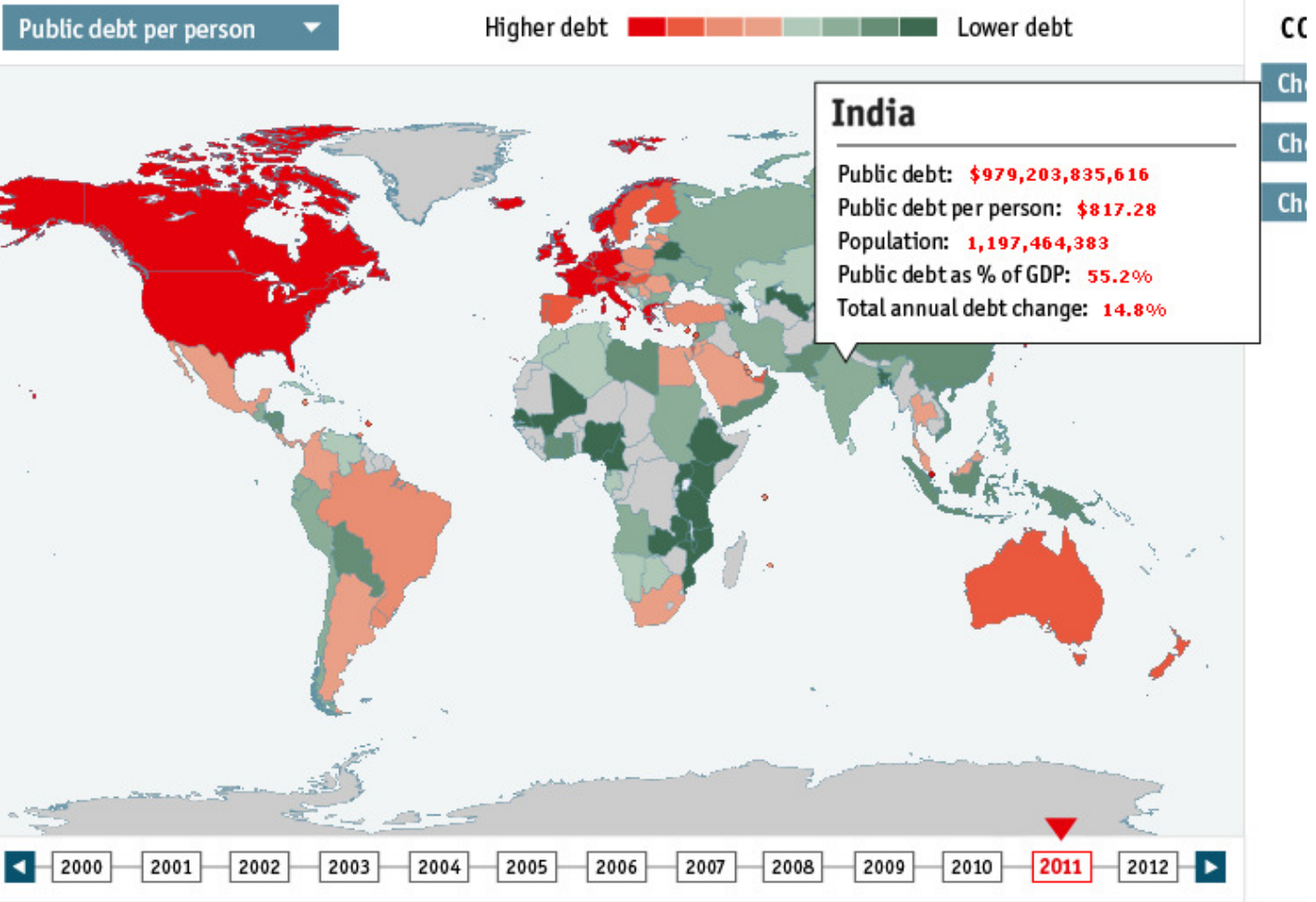
Changes in how cost-of-living adjustments are calculated could result in shrinking payments for millions of older Americans. [Read](#)

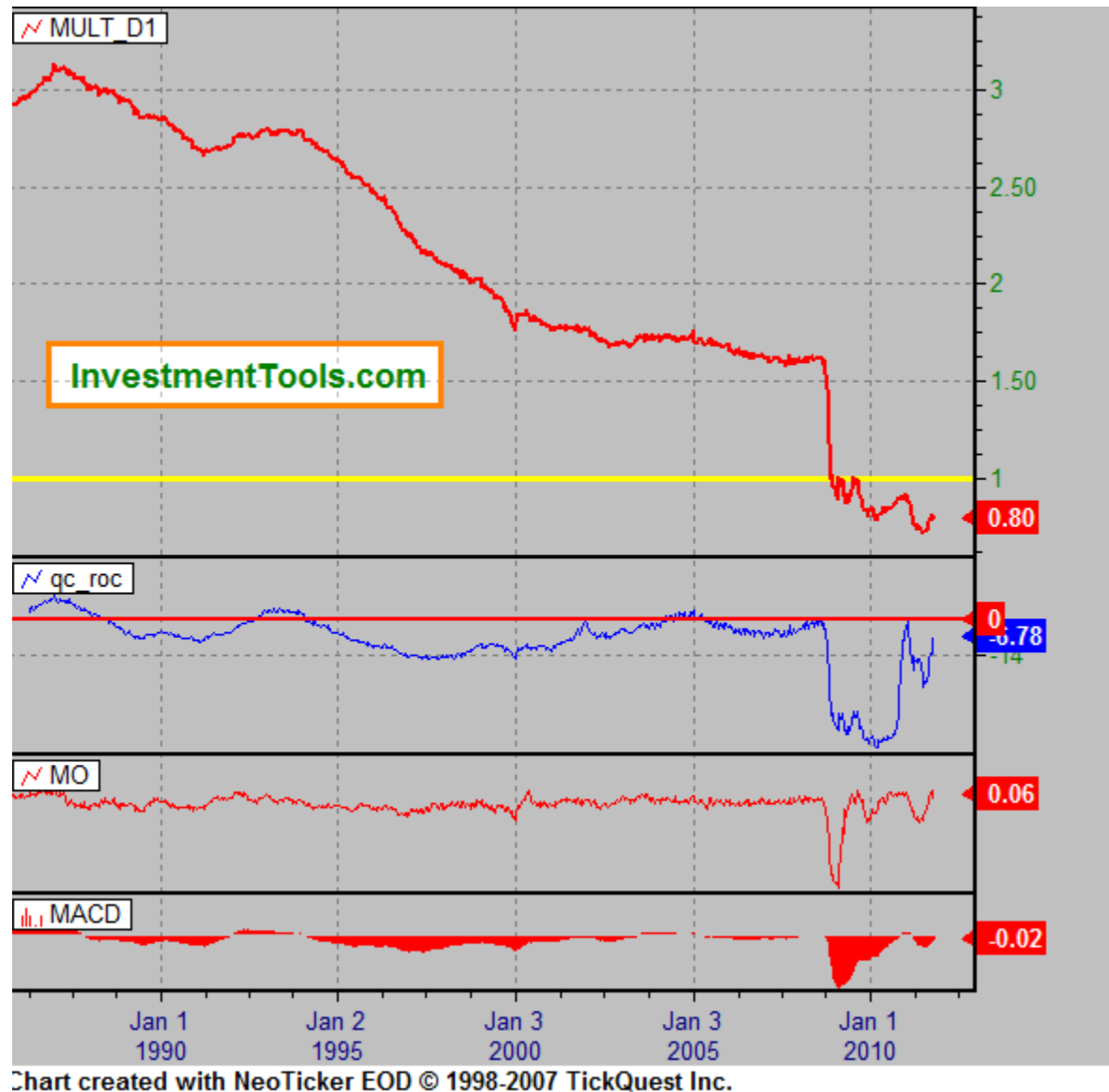
### Too Much to Cut, Too Little Time?

Tight timetable, contentious politics, market turmoil and an ever-bigger budget make the super-committee's job super-difficult. [Read](#)

<http://www.aarp.org/policy/economy/government-issues/all-about-national-debt-federal-deficit/>

**\$ 043,699,231,093,828**  
**CURRENT GLOBAL PUBLIC DEBT**





S&P 500 (^GSPC) - SNP

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**1,315.38** +0.88 (0.07%) 4:34PM EST

Enter name(s) or symbol(s) [GET CHART](#) [COMPARE](#) [EVENTS](#) [TECHNICAL INDICATORS](#) [CHART SETTINGS](#) [RESET](#)



S&P 500 (^GSPC) -SNP

Prev Close: 1,314.50  
Open: 1,314.49

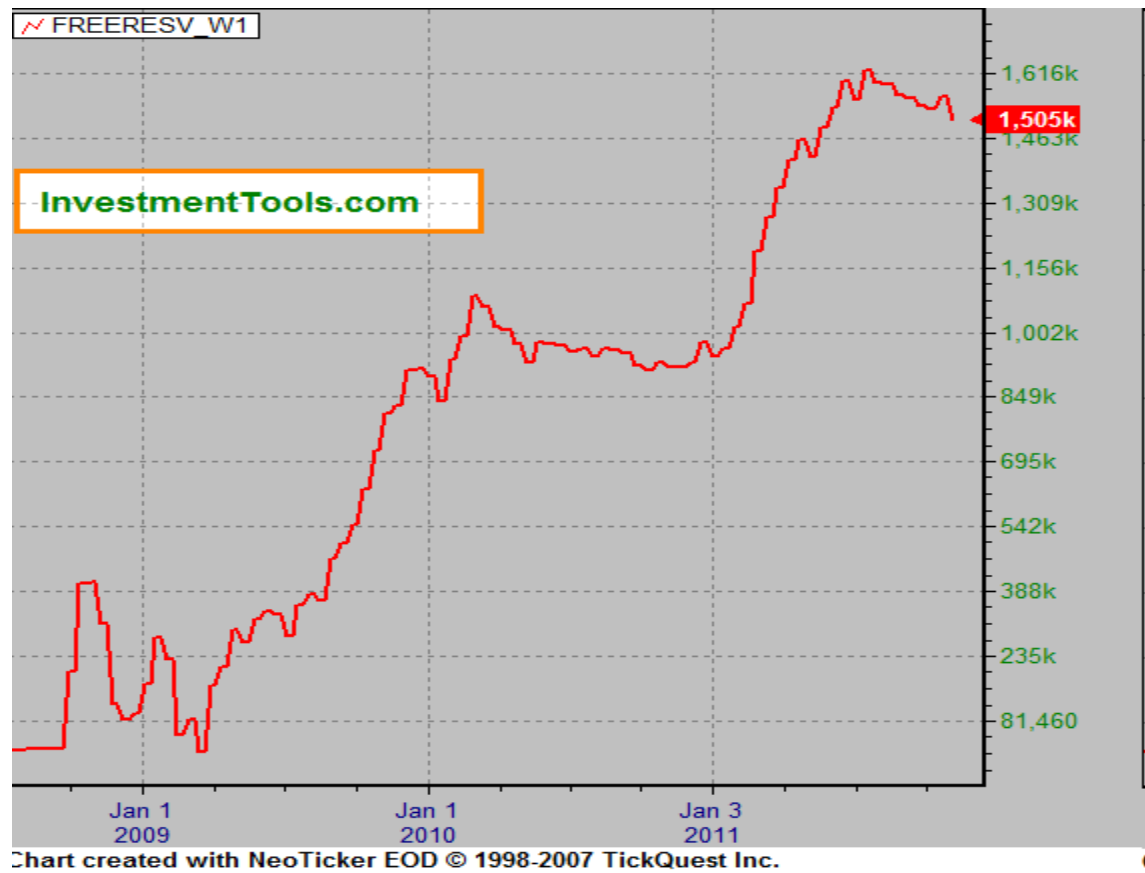
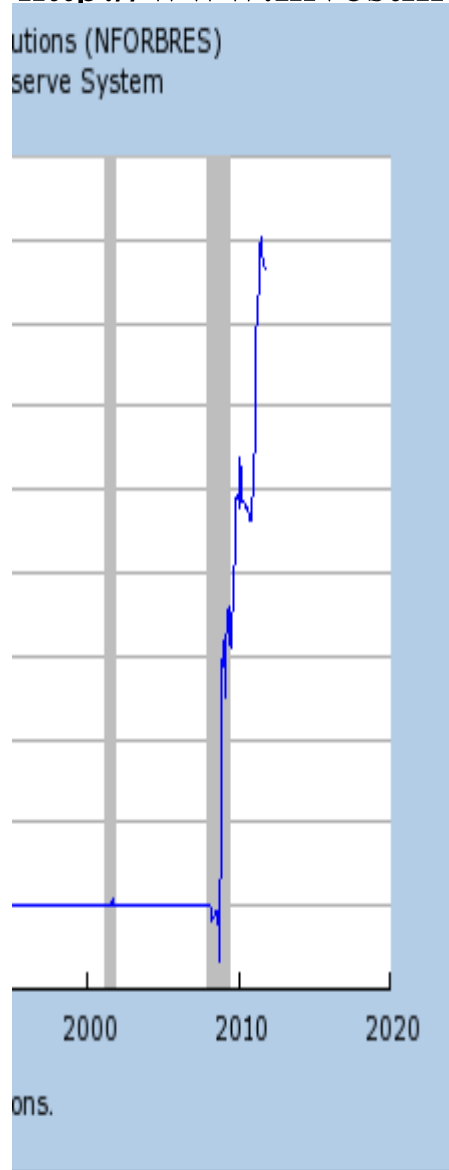
Day's Range: 1,309.17 - 1,315.38

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[http://www.investmenttools.com/thefed/federal\\_reserve\\_free\\_reserves.htm](http://www.investmenttools.com/thefed/federal_reserve_free_reserves.htm)



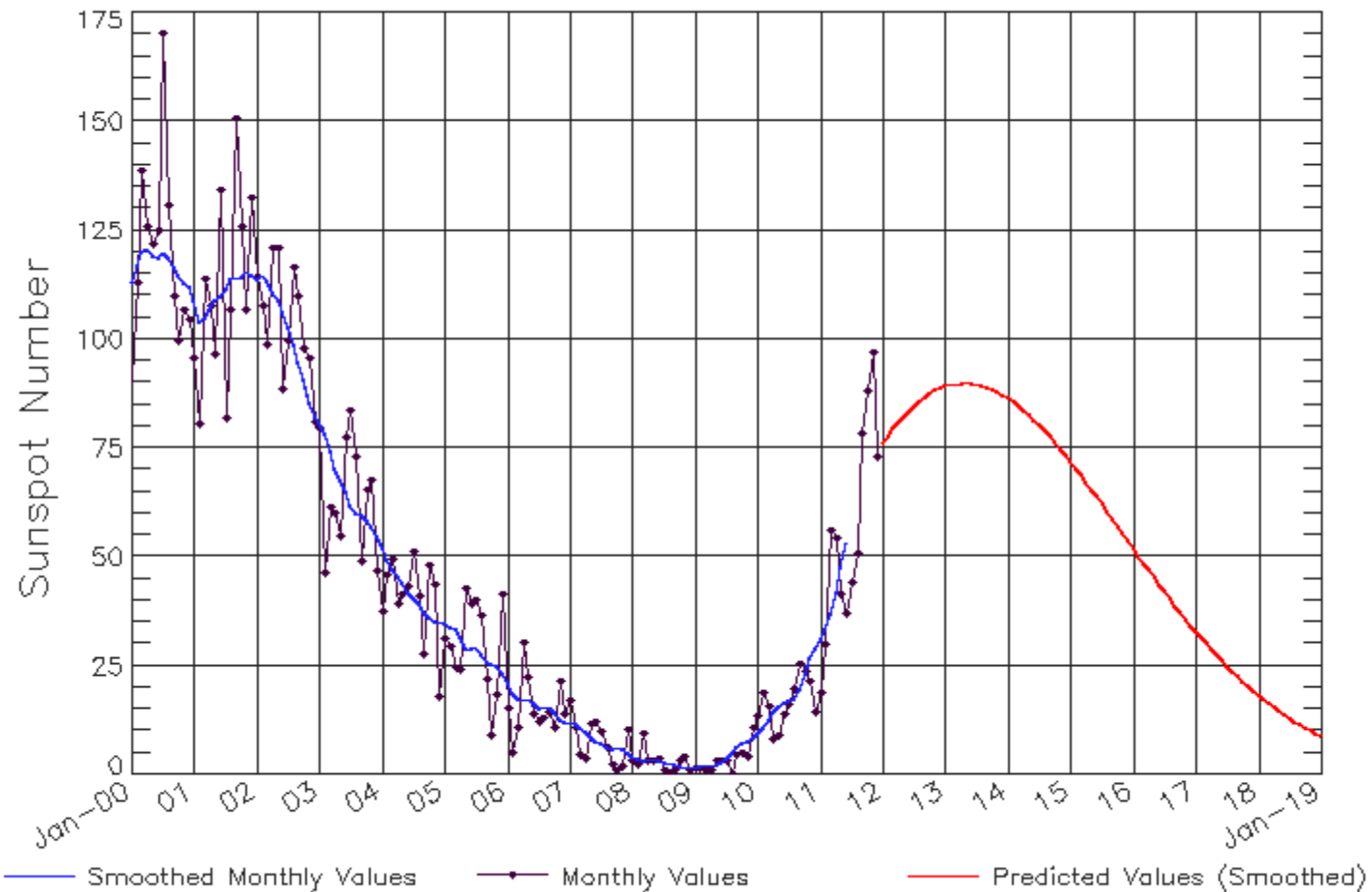
21 January 2012

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# Sun Spots

ISES Solar Cycle Sunspot Number Progression  
Observed data through Dec 2011



Updated 2012 Jan 3

<http://www.swpc.noaa.gov/solarCycle/>

NOAA/SWPC Boulder, CO USA

21 January 2012

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**GEMINI (May 21-July 20) \*\*\*\*\***

When eyeing a situation, you have the unique ability to demand a change in the status quo. Although you might want to indulge in a reaction, do your best to center yourself before acting.



# Dragon



The Dragon personality The Dragon is a creature of myth and legend. A symbol of good fortune and sign of intense power, the Oriental Dragon is regarded as a divine beast - the reverse of the malicious monster that Westerners felt necessary to find and slay. In Eastern philosophy, the Dragon is said to be a deliverer of good fortune and a master of authority. Therefore, those people born in Dragon years are to be honored and respected.

## *CHARACTERISTICS*

**Innovative, Enterprising, Flexible, Self-assured, Brave, Passionate, Conceited, Tactless, Scrutinizing, Unanticipated, Quick-tempered**

## ***THE WATER DRAGON 1952 AND 2012***

Water has a calming effect on the Dragon's fearless temperament. Water allows the Dragon to re-direct its enthusiasm, and makes him more perceptive of others. These Dragons are better equipped to take a step back to re-evaluate a situation because they understand the art of patience and do not desire the spotlight like other Dragons. Therefore, they make smart decisions and are able to see eye-to-eye with other people. However, their actions can go wrong if they do not research or if they do not finish one project before starting another.

# Happy Chinese New Year



## Chinese New Year 2012

Chinese New Year begins according to the Chinese calendar which consists of both Gregorian and lunar-solar calendar systems. Because the track of the new moon changes from year to year, Chinese New Year can begin anytime between late January and mid-February. Below is a chart that shows the beginning day of Chinese New Year and the animal sign for that year.

Year	Chinese New Year Begins	Animal Sign
2008	February 7	Rat
2009	January 26	Ox
2010	February 14	Tiger
2011	February 3	Rabbit
<b>2012</b>	<b>January 23</b>	<b>Dragon</b>
2013	February 10	Snake
2014	January 31	Horse
2015	February 19	Sheep
2016	February 8	Monkey
2017	January 28	Rooster
2018	February 16	Dog
2019	February 5	Pig

<http://www.apples4theteacher.com/holidays/chinese-new-year/when-is-chinese-new-year.html>

**Third Saturday Seminar 2011-2012**  
**Humanity at a Crossroads**  
**Session 04**  
**21 January 2011**

**Don't (be) Panic(ked)**  
**Curt Gibby**

**10 Minute Break**

**ALL Program, Lone Star College – Montgomery**  
**Conroe, Texas**

# Don't panic!

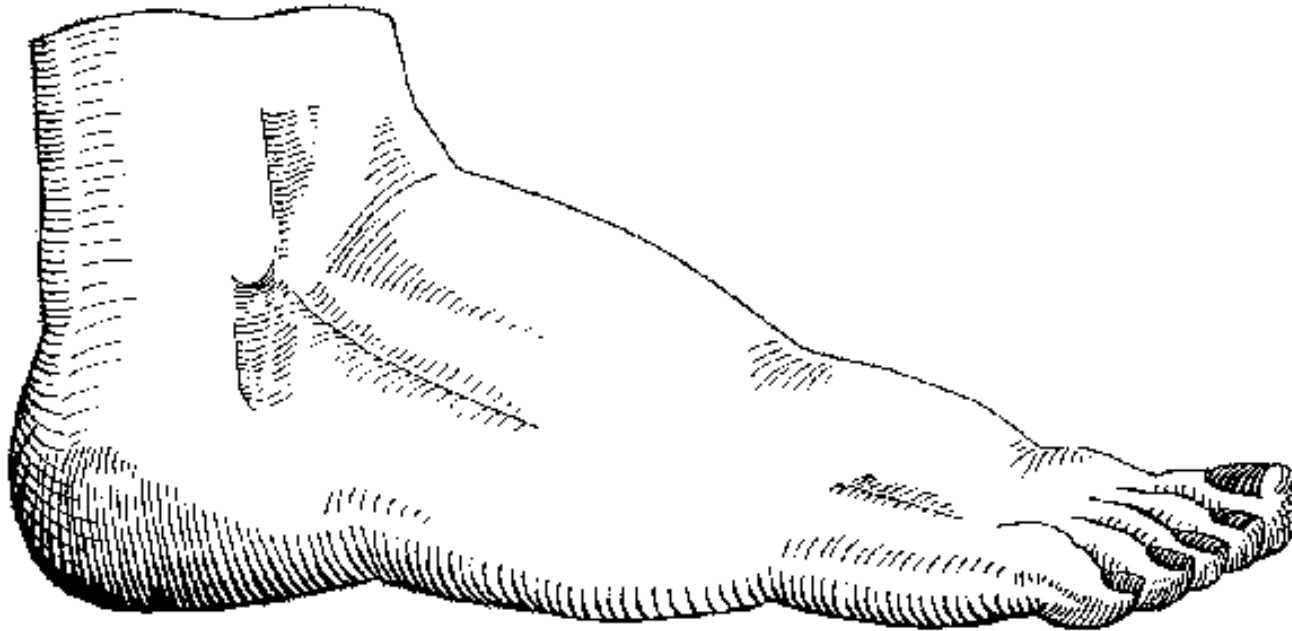
## *Don't be Panicked!*

# Welcome back to interesting times !



## See You Next Time

The Monty Python Foot, a convenient way to end something that would seem to go on for ever accomplishing nothing.... (*See deus ex machina*)



The famous Python Foot can here be seen in its original format in the bottom left corner of "An Allegory of Venus and Cupid" by [Bronzino](#) (~1545)

When Monty Python had no ending for a skit, this foot would appear out of the sky and squash whatever was on screen with a rude noise. Allowing the show to move on.

# Enrichment Material

# What makes you an Authority?

The word authority comes from the word *author*. And the word author has a Latin root. It means: “he who enables growth”.

So, the person whom you recognize as an authority is a person who enables your growth.

The others are the ones to decide if I am an authority to them or not.

## What makes you an Authority?

Your personal abilities:

1. Your Inner Power
2. Your knowledge

## Authority and Inner Power:

I just said the true Authority is the result of your Inner Power.

This means I would judge your sense of Authority as your Inner Power.

<http://www.luismartinssimoes.com/2009/07/how-to-be-respected/>



# Authority and Inner Power:

Yet, most people will judge your authority by **how you appear** and **how you act**.

We could call this your intrapersonal intelligence and your interpersonal intelligence.

People will confuse your Inner Power with your appearance and your acts, which are part of the ego.

This means that may you be totally genuine or totally faked, you will be an authority for someone.

Some will like a person's big ego and strong personality.

And he will be considered as an authority to them. That's their choice.

Some others will prefer another person's genuine vibration and ability to connect and recognize the source, and he will be considered as an authority to them.

It's always the others' choice.

<http://www.luismartinssimoes.com/2009/07/how-to-be-respected/>

# Authority and Knowledge:

You can be considered an authority for thousands of characteristics:

It can be because you are a good listener, or because you react calmly and softly to others' fragilities, or because you are good at saying, "No," or because you have no fears, or because you verbalize and observe your emotions...

If you are an individual who is very much identified with your ego, you will recognize authority to egotistic people.

If you are an individual who prefers to connect to the Source, to the I Am, you will recognize authority in spiritual people, for example, but not in egotistic people.

## Authority and Knowledge:

Your knowledge is your ability to master [Instruction on Matter](#).

People will like your knowledge in Economy, or in Finance, or in Law, or in Philosophy, or in Engineering, or in Astrology, or in Painting...

**This means authority does not claim for obedience, never!**

Only someone who feels that his authority may be at stake will claim for obedience thru the use of power.

**Power inspires fear.**

**Authority inspires respect.**

<http://www.luismartinssimoes.com/2009/07/how-to-be-respected/>

# **RETURN of the ELDERS UNLEASH YOUR WISDOM**

**It's time for the Return of the ELDERS! Previous successful societies relied on the councils of their ELDERS to offer WISDOM in times of confusion. Folks, we can't quit yet.**

# What does Authority mean?

The true Authority is the result of your inner power. It's the wisdom that comes from within.

It has to do with your connection [to the source, to the I Am](#).

Authority has nothing to do with the verb to have, but rather with the verb to be.

You do not have authority. You are seen as an authority.

The big difference between the External Power and Authority lies in the fact that authority cannot be imposed, it needs to be recognized.

So your authority depends on those who look at you.

Some people may recognize your authority and some others may not.

And you cannot do anything about it.

This is why people who are very much identified with their ego, and thus seeking for others approval, can't stand those who do not recognize their authority and hence use power to submit them by force.

<http://www.luismartinssimoes.com/2009/07/how-to-be-respected/>

# Accepting the challenge

Many of you have in fact made real contributions during your lifetimes and careers. And now you feel you have earned a rest and start cashing in your chips and enjoying the good life.

Not so fast, I'm afraid. We still have work to do if we are going to still have the America we thought we were going to have, but we see disappearing.

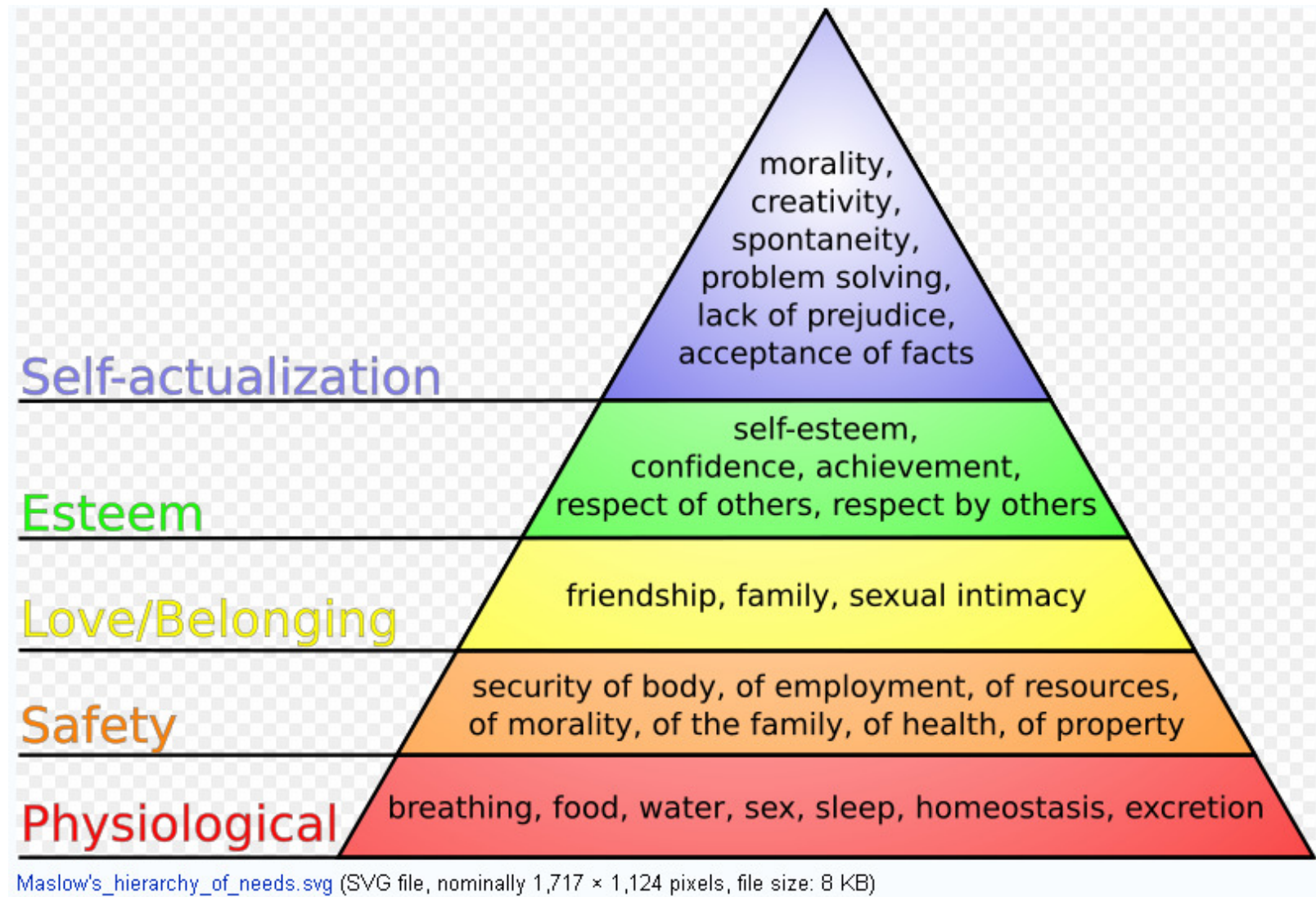
**One of life's persistent questions:**

**“Why do cockroaches roll over before the die?”**





# Mazlow's Hierachy of Needs



# **It all connects**

**Fear, War, Greed**

**To much capital in the hands of the few**

**Too little money in the hands of the consumers.**

**Credit is not a replacement for disposable income**

**Oil is a limited resource**

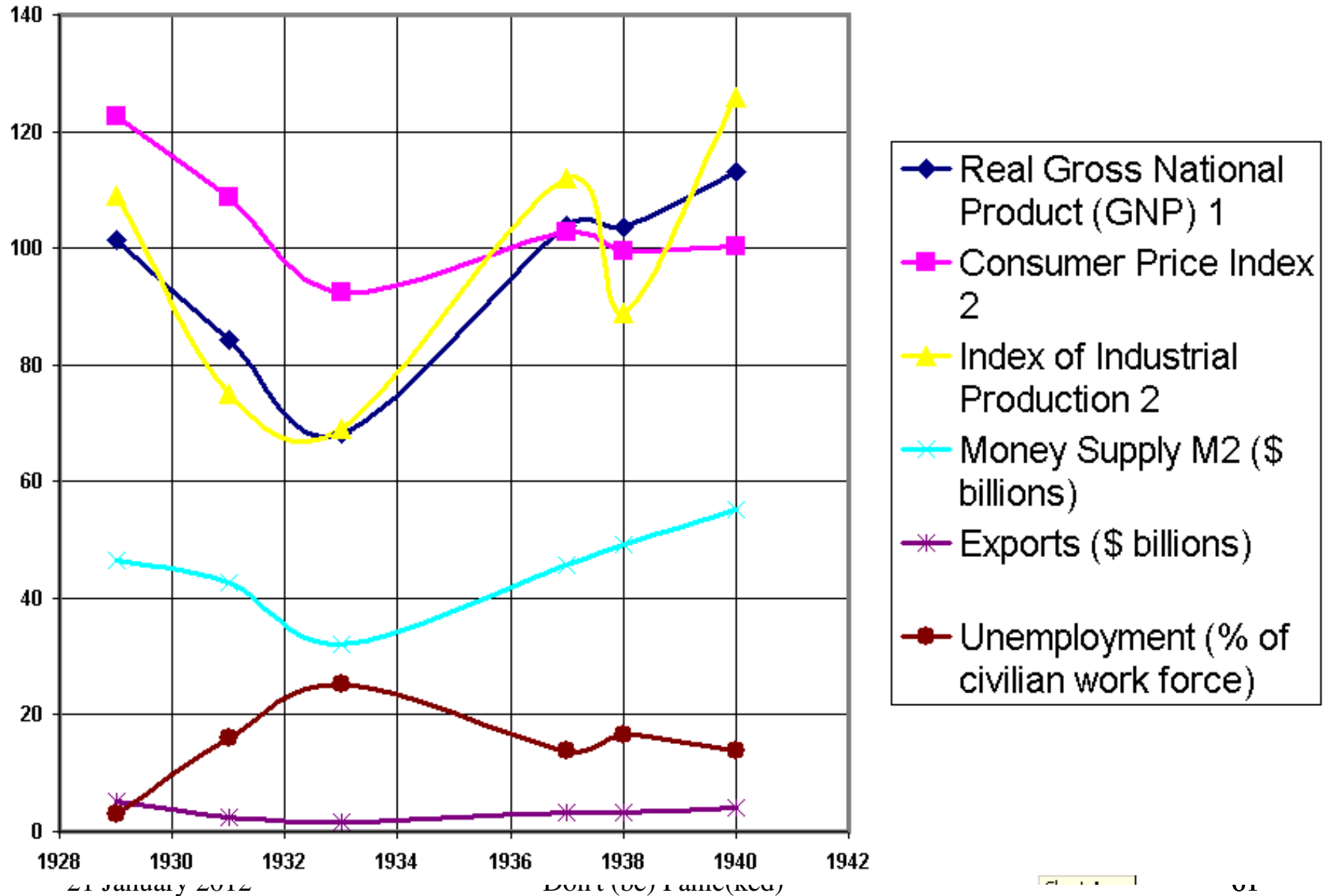
**Unable to anticipate what looks obvious in retrospect**

**Trusting of Authority**

**Lacking critical ability/Education**

**Etc.**

# The Years of the Great Depression



# **Don't just be a thermometer, Be a thermostat**

**Jill Carroll**

**“...we are the leaders we've  
been looking for.”**

*Grace Lee Boggs*

# Basic Wilderness Survival Skills

## From: **British Columbia Outdoor Wilderness Guide**

**Fear** - For anyone faced with a wilderness emergency survival situation, fear is a normal reaction. Unless an emergency situation has been anticipated, fear is generally followed by panic then pain, cold, thirst, hunger, fatigue, boredom and loneliness. It is extremely important to calmly assess the situation and not allow these seven enemies to interfere with your survival.

**Pain** - Pain may often be ignored in a panic situation. Remember to deal with injuries immediately before they become even more serious.

**Cold** - Cold lowers the ability to think, numbing the body and reducing the will to survive. Never allow yourself to stop moving or to fall asleep unless adequately sheltered.

**Thirst** - Dehydration is a common enemy in an emergency situation and must not be ignored. It can dull your mind, causing you to overlook important survival information.

**Hunger** - Hunger is dangerous but seldom deadly. It may reduce your ability to think logically and increase your susceptibility to the effects of cold, pain and fear.

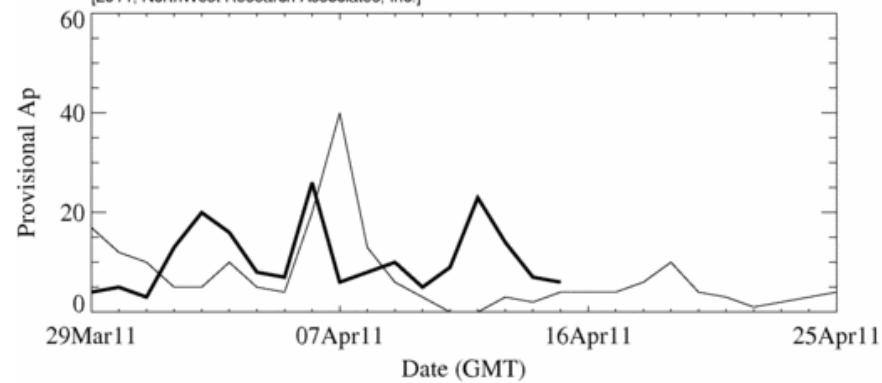
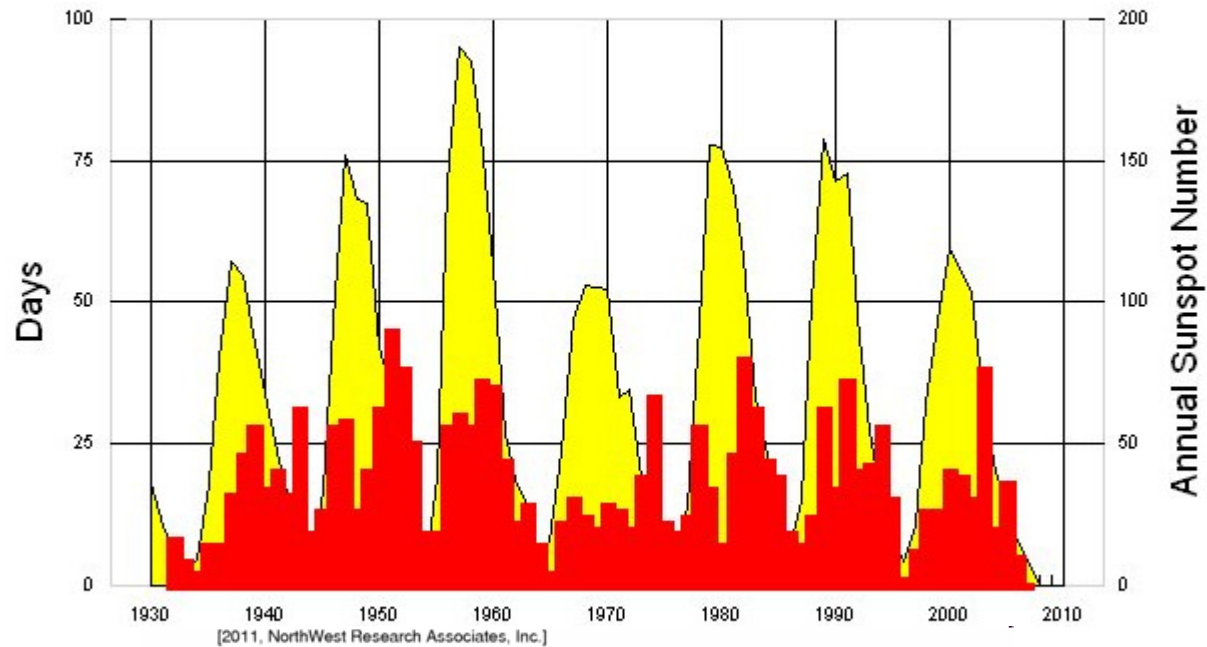
**Fatigue** - Fatigue is unavoidable in any situation so it is best to keep in mind that it can and will lower your mental ability. Remember that in an emergency situation this is often the body's way of escaping a difficult situation.

**Boredom & Loneliness** - These enemies are quite often unanticipated and may lower mind's ability to deal with the situation.



<http://www.ngdc.noaa.gov/stp/geomag/image/apstar07.jpg>

**Number of Days  $A_p^* \geq 40$**   
1932 - 2007



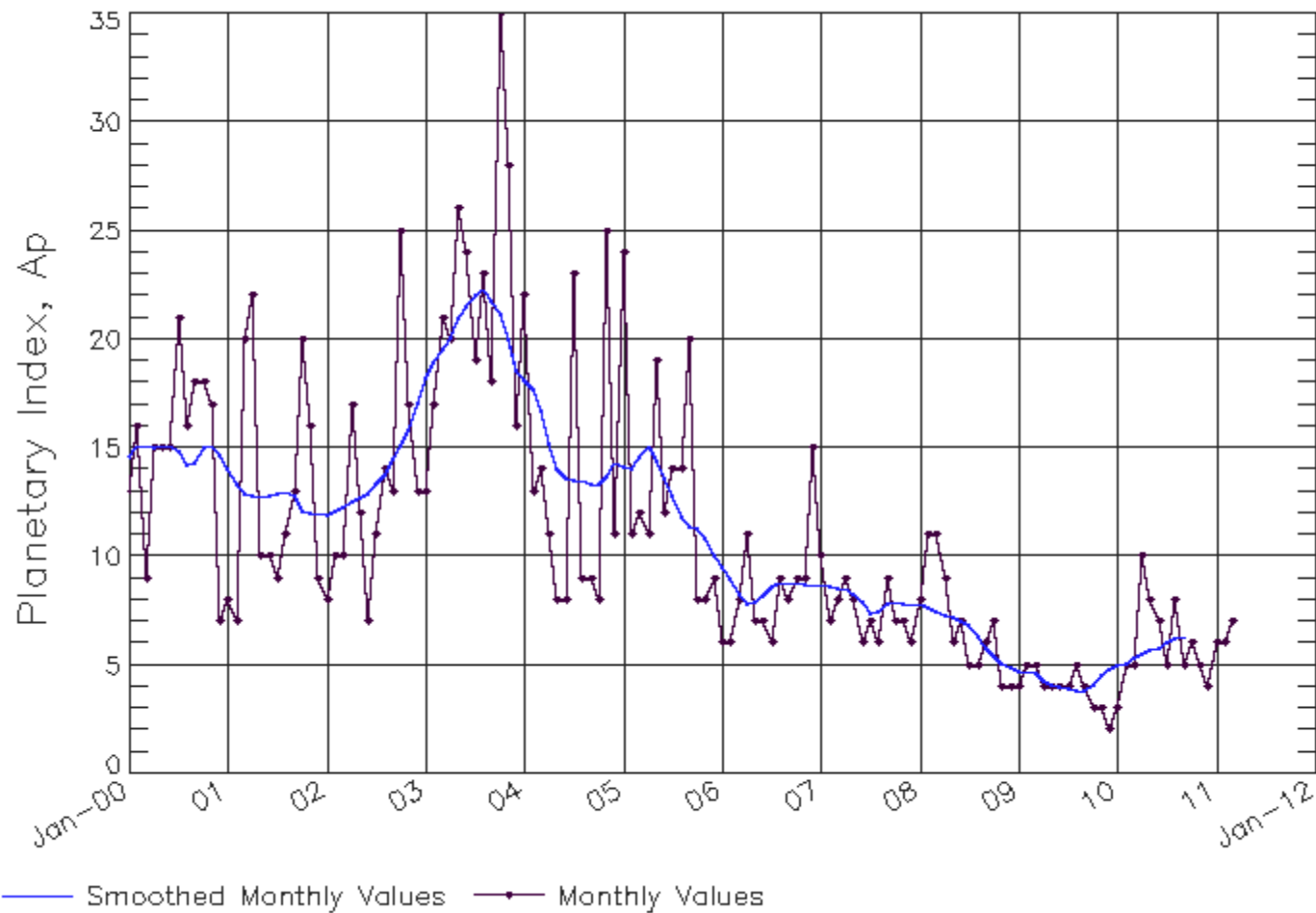
21 January 2012

Don't (be) Panic(ked)

65

<http://www.swpc.noaa.gov/SolarCycle/>

ISES Solar Cycle Ap Progression  
Observed data through Mar 2011



Updated 2011 Apr 5

NOAA/SWPC Boulder, CO USA