

PREPAREDNESS

By Renee' Nordio



"It wasn't raining when Noah built the Ark."

Being a 'prepper' doesn't necessarily mean you're a tinfoil hat-wearing, crazy conspiracy theorist. Though there are some like that—folks that fear the sky will fall at every turn—being prepared is for the prudent among us.

Natural disasters happen, that's just a fact of life. Hurricanes, snowstorms, floods, and ice storms happen and can create upheaval in our lifestyles in an instant. Heavy rainstorms accompanied by strong winds can cause disruptions in utility services. And, depending on the severity or the width of the path of impact, disruptions can last for weeks.

Even the loss of a job or a change in the health of a family member can stretch our resources, and having stores of food and goods on hand is a smart and forward-thinking decision. I became a prepper mostly because of necessity. I live in a region that can produce deep snowfall accumulations in winter. I do not like driving on snowy roads, and living 10 miles from where I do my shopping, it made sense to keep my pantry shelves stocked. Here in the Pacific Northwest, I've gone through volcanic ash

fall accumulating to several inches, which caused restricted traffic and halted some local industries, as well as hindering food deliveries to the area for nearly a week. Snow weighing heavily on utility lines disrupts electrical service nearly every winter. A few years ago, lightning struck a large pine tree about 100 yards from my home, severing the treetop, which tumbled to the ground and took down the utility lines with it. It took the utility company three days to restore the electricity. Having preparations just makes sense.

Because I am a Bible-believing Christian, some people have made veiled accusations that by storing food and goods I am demonstrating a lack of faith. However, the Bible offers a variety of instructions for storing provisions. God instructed Noah to build an ark, fill it with his family and animals, and collect and store food for all. Joseph of the Old Testament interpreted a dream Pharaoh had about seven plentiful years and the seven years of famine that were to follow, therefore instructing him to make stores of food for the seven years of famine. The word 'storehouses' is frequently used in the Bible.

God knows when disaster will strike, but we do not. And, unlike the times of the Old Testament, God does not give us clear warnings. However, warnings are oftentimes recognizable, presented in weather forecasts or global trends that affect mankind. Therefore, it is a display of wisdom to be prepared.

Over the years, I've created lists and yearly checklists that I review every year as winter approaches in order to keep my stocks updated, replenished, and fresh. From time to time, I've been asked by new preppers where to start. So, from my lists, I've compiled the narrative below of those checklist items to make preparations for a disaster plan, be it a disaster lasting a few short days or one that may extend over a period of time. My list is not intended to be exhaustive, but it does include many ideas—some likely being applicable to your situation and some perhaps not.

"A prudent person foresees danger and takes precautions. The simpleton goes blindly on and suffers the consequences." -Proverbs 22:3

Dollar Store Items

Shampoo, conditioners, soap(s), band aids and other wound coverings (gauze, medical tape, etc.), matches, candles, lighters, antibiotic creams, anti-itch creams, Vaseline, Vicks Vapo-Rub, feminine products, diarrhea remedies, constipation remedies, tummy upset remedies (Pepto-Bismol, etc.), paper or plastic cups, plastic utensils, aspirin, ibuprofen, naproxen, Benadryl or generic anti-allergy meds, anti-bacterial wipes, baby aspirin, wet wipes and baby powder. Wet wipes can be used to clean the

body, and baby powder can be used in the hair to absorb oils and make it a bit cleaner. Baking soda has many uses for personal hygiene. Those are just some things that can be bought inexpensively at Dollar Stores. And, generally, they are in smaller packages, which is nice, because if you open, say, a tube of antibiotic, you can use up a smaller one quicker than a large tube.

Other Items

Though these items are certainly available at Dollar Stores, I don't generally buy them at the Dollar Store because I tend to buy the item in larger sizes/quantities, since they're items I use day to day. Toilet paper, wet/flush-able wipes, paper towels, paper plates, heavy-duty tin foil, plastic wrap, zip-lock baggies in varying sizes, garbage bags, anti-bacterial kitchen counter cleaner, liquid dish detergent, liquid laundry detergent, scent-free bleach, batteries (single-use and rechargeable) in varying sizes, pet food.

Lighting

Candles - lots of candles, in varying sizes. Even those little votive candles are great for a variety of uses. Don't forget matches and/or lighters.

Flashlights are a given. Be sure to always keep a good supply of fresh batteries, either the single-use type or begin investing in rechargeable batteries, in various sizes. They make so many different types of flashlights these days. There is a wide variety of handheld flashlights, some that even serve an additional purpose for self-defense when used as a baton, of sorts.

One of my favorite flashlights is one that looks a little boxy and is designed to sit on a table. Another great item to have is a combo flashlight/radio that operates on batteries or a hand crank.

Hand crank items are quite nice to have on hand when you've depleted your battery stocks. They make a variety of hand crank items like radio/flashlight combos, etc. Here's one from [Amazon](#).



Oil lanterns are nice, but you'll have to make sure you have adequate supplies of lantern oil and wicks. Here's a pair from [Walmart](#).



Mantle propane lanterns are great. Along with a couple cases of the small propane bottles. These lanterns are nice, but should be kept away from young children, as the glass globe does get very hot. But the upside is that they do radiate a bit of heat—adequate enough for warming the hands or face. And the little propane bottles aren't too expensive and can be stored for years. Also, be sure to keep a couple packages of the cloth mantles in your stocks. Here's one from [Walmart](#).



Even cheap **solar yard lights** work great. These from [Walmart](#).



They also make great little **solar light bulbs**. Here's a pair from [Walmart](#).



Cooking

They make a variety of gadgets that screw on top of the **small propane bottles**, like the lantern shown above. One is a little gadget that has a small surface that you can place a pan to heat or cook food. Here's one from [Walmart](#).



They also make two-burner stoves that sit on a table and use the small propane bottles. Here's one from [Walmart](#).



Propane barbecues that use the larger 5-gallon propane tanks are nice for cooking. Most folks already have one. And, oftentimes, the barbecue includes a side burner for a small pot. Cooking with propane should always be outdoors or in an area with plenty of ventilation.

Having a **gas cooktop in your kitchen** is a wise choice for everyday purposes if you're fortunate enough to have a gas line that already runs to your home. In a power outage, gas lines may still be operational.

Butane is a great alternative for cooking. A butane canister has an eight-year suggested shelf life. Butane burners are popular because they are lightweight, convenient, and safe to use indoors with proper ventilation. Many butane burners are only meant to be used indoors in a well-ventilated area. If you're going to buy one, be sure it's rated for indoor use. Here's one from [Walmart](#).



Along with being a heat source, a **wood stove** is another great option for cooking without electricity, especially one with a flat top on which pans or kettles could be

placed. With a wood stove, there is the consideration of getting firewood and having a place to store it. If you don't have a wood stove in your home, portable ones are available to purchase. Here's one from [Walmart](#).



Open-flame cooking is also an option, such as bonfire pits, which many folks have as a feature in their backyards. Short of using sticks over an open flame for cooking some types of foods like hot dogs, etc., having a grate to place over the bonfire will be necessary for the placement of pots and pans. Also, having a steel tripod situated over the bonfire pit could be handy for hanging kettles over the fire for heating water, making soups, etc. Here's one from [Walmart](#).



A person could build their own in-ground pit or purchase a portable one. There is a large variety of bonfire pits that can be purchased. Here's one from [Walmart](#).



In addition to bonfire-type cooking, there is also the **pit cooking method**. The internet has a vast array of resource information on pit cooking, and it would be wise to gain this knowledge; even printing out instructions on how to dig and properly use a pit for cooking.

It should be noted that certain cookware is advised for open flame cooking. Do not

use the galvanized/coated cookware most folks use in their kitchens for open-flame cooking. The inability to efficiently control the heat temperature with open flame cooking can oftentimes result in releasing fumes from the coatings on this cookware. Cast iron is the suggested cookware for open flame/pit cooking.

Be careful in your choice of materials to burn. There is a long list of items that should not be burned, including treated/painted wood, your basic trash, particle board, and plywood. Even items with colored/inked paper (like magazines), pizza boxes, and styrofoam cups release harmful carcinogens. Wood on pallets is often treated with a flame retardant, so this would also not be a good choice for burning material. An internet research on this list would be wise. Although you may not have much of a choice, the best wood is seasoned (dry) wood. Charcoal is also an option that many folks still use in backyard barbecues.

Thermal cooking is a great option as it reduces the amount of fuel you need to cook. Items are generally prepared in a large kettle over a fuel source for a short period of time and then placed inside a thermal oven that allows the food to continue to cook for hours without any further use of fuel. A good thermal cooker will not be inexpensive, but you can find a variety of thermal cookers available for purchase. I generally prefer shopping at Walmart over Amazon, but this model is \$27.00 cheaper at Amazon. Here's one from [Amazon](#).



With the above-mentioned cooking methods, you will have finite resources, so **solar cooking** should also be in your cooking arsenal. Even on cloudy days solar cookers can still be used to cook food or boil water; however, it will take longer. There are a lot of solar cookers to purchase, just shop around and find what will best suit your particular needs. Here's one from [Walmart](#). It includes one covered dish to cook with.



One can even build their own solar cooker, and you can find instructions on the internet. [Click here to see just one link I've come across.](#)

Electricity

In the case of an extended power outage, a generator purchase is a wise decision. Purchasing a **generator** that will meet your needs is important. Many online sites have a wattage calculator that will allow you to choose which items you'd like to use, and it totals up how much wattage would be required for those items, thus giving you a guideline for purchasing the properly sized generator. For instance, if you wanted to operate a large freezer and a refrigerator, a few lamps, a computer, and a few extra plug-ins, you may want to consider a generator along the size of this one, which actually has a dual fuel option; gasoline or propane. [Click here to purchase from Northern Tool.](#)



Of course, with a generator, having gasoline/propane stores is necessary, and once you run out of those stores, the generator is useless. Store as much gasoline/propane as you safely can, in the proper containers, and in a safe location. Unlike gasoline, propane has no expiration date, nor will its potency suffer while being stored.

There is an option homeowners can do that makes using a generator quite easy. You can hire an electrician to add a **separate service panel box** to your home. Every house has a service panel box with all the breaker switches. This one is a secondary service panel box that has breakers for the items you want to run when using the generator. So, when the power goes down, you throw off all the breaker switches in the main service panel box. A special cord is specifically made for the generator, which has one end that attaches to the generator and the other end attaches to that separate service panel box. Of course, this is an added expense, but it does avoid the use of running a cluster of extension cords into your home.

Solar is real viable option. Most people think of needing blazing hot sun, but most solar options will work even on cloudy days. There are lots of options; from portable panels (some very inexpensive) to panels that attach to home roofs, which can be very expensive. Battery banks will need to be considered for all solar options. The internet offers a wide variety of solar information.

Any gadget that is **hand crank** will be a great asset to have; like radios, flashlights, hand tools, etc.

Heating

A **wood stove** is a given. Preferably with a flat top that can be used for a cooking surface.

Having **natural gas heat** in your home is an added bonus, as gas appliances will still work when the power is down. However, most gas heating stoves are equipped with an electric fan that will not work in a power outage. But, they do radiate heat and will warm a small area, even without the use of the fan.

Kerosene heaters are another option. Kerosene can be bought in five-gallon containers And has a standard shelf life, when stored properly, between two and five years. Kerosene heaters are readily available for purchase. Kerosene has some precautions, such as using in a well-ventilated area. Even with use in a well-ventilated area, such as a barn or garage, the purchase of a carbon monoxide detector is highly recommended. [Here's just one example of a kerosene heater than can be purchased at Lowes.](#)



Dressing in layers with **warm clothes** will reduce heating needs, to a certain degree. Therefore, having plenty of warm coats, long underwear, gloves, mittens, socks, boots, and blankets is essential. Air-activated **body warmers** are also handy to keep. Here's some from [Walmart](#).



Having **heavy drapery** window coverings will help keep cold weather out. Or, keep heavy blankets and quilts for this use. If you have hardwood or laminate floors, **rugs** that are put down will help reduce the coldness in a room.

Water

One gallon per person per day is recommended. That might seem a little much, but it's

a good guideline. One may not drink a gallon per day, but water will be needed to cook. Especially so, if you store dehydrated food, which needs water to rehydrate and prepare for eating.

Water can be stored for long periods of time, but over extended periods of time it will lose its taste. Not that water has a great deal of taste, but it can become a bit stagnant and flat. One can start out with purchasing the two-gallon plastic containers full of water at the store.

Those usually have about a two-year shelf life. They have expiration dates printed on the plastic container.

Another option for gaining water in an emergency situation is the **bath tub bladder**. There are a variety available for purchase. Here's one from [Amazon](#).



Other options are purchasing the quality grade **5-gallon water containers**, [like this one at Walmart](#).



This is an easy first step one can make and just empty and refill once a year. In this instance, no water treatment would be needed. They are, to some extent, easily handled in order to be emptied and refilled year to year. Another option or next step might be 55-gallon water drums. Some of the 55-gallon drums come fitted with a spigot of some sort for easy dispensing/emptying. In this instance, you may choose to treat the water for longer storage, or decide not to treat and just empty the water and refill each year.

Water treatment information: *Bleach:* Add two to four drops of (unscented) chlorine bleach for every U.S. quart and let it sit for at least 45 minutes. *Iodine:* Add five to ten

drops of iodine, 2% solution, for every quart, and let it sit for at least 45 minutes. Remember that bleach does not have an infinite shelf life, as it will lose its efficacy in about a year.

Since the majority of emergency situations are a hunker-down situation, making a major water storage purchase might be wise. To avoid storing many smaller water containers, there is the option of purchasing **large 160-gallon water tanks**, that come fitted with dispensing spigots, such as this one that can be purchased from [Tractor Supply](#).



Also, it's a good idea to purchase enough ***treatment for the water*** for the amount of water you plan to store long term. There are a lot of products to use for the treatment of water, such as this type that keeps the water fresh for a few years. Here's just one product that [can be purchased from Patriot Supply](#).



One rarely has room in their home for this type of large water storage. An option would be to, if space allowed, wall in a corner of your garage to accommodate the water tanks. Insulating the room and adding a small electric wall heater, as well as installing a locking, exterior door, would be a bonus. These large water tanks are quite heavy when filled with water and it is suggested to place the tanks on a heavy-duty pallet to reduce any condensation or excessive spot weight on a garage floor.

Should the power be lost for an extended period of time, more specifically in cold months, you would lose the ability to heat the room with the electric wall heater, but you would have the option to use a generator to operate the wall heater. However, large quantities of water, such as 160-gallon tanks, don't have the likelihood of freezing solid like smaller containers, such as the one or two-gallon containers.

Because these 160-gallon water containers are sturdier, higher-grade plastic composition, treated water could last up to as much as 4 years. If you're storing lots of dehydrated food, you will need a LOT of water stored, for drinking as well as cooking.

A **rainwater** catch system can also be used. There are a myriad of rainwater catch systems available to buy or build. There are complex systems that can be built around a home or building, stacked barrel systems, systems that can be buried, of which all can be fitted with diverters and spigots or a variety of piping and hardware. The simple method of rain harvesting is barrels, like this one from [Walmart](#) that can be placed beneath gutter/roof run-off areas.



There is nothing inherently unsafe or wrong with drinking rainwater, as long as it's clean. However, if the rainwater is collected from a dirty tin roof or the rain brings down with it dirt or other contaminants, it would be a good idea to treat the water to make it potable. Untreated rainwater can, at least, be used to wash the body or dishes, etc.

Food

Keeping a **minimum of three months** of food stores for your family is a good guideline. These food stores generally consist of, but are not limited to, dry and canned goods that typically have a two-year shelf life. Buy foods that you eat and rotate the items in your pantry as you replenish. These will be food items that one intends to consume in the initial stages of an emergency situation. Pantry item examples: soups, canned gravies, bouillon cubes, fruits, vegetables, canned meats, dry rice and precooked rice packets, dry pasta, pasta sauces and precooked pasta meals, crackers, hot and cold cereals, flour, sugar, spices, dry milk, coffee, tea, and condiments.

With regard to canned foods, such as soups, **I do not buy condensed foods**, like soups, because they require water to be added, and I would prefer saving my precious water for drinking or adding to freeze-dried meals. A lot of folks use electric can openers, so you'll want to be sure you include a manual can opener in your kitchen utensil supplies.

For extended emergencies, it is wise to purchase **freeze-dried and dehydrated** food items,

which have a long shelf life. Many people make these purchases and simply shelf them, choosing to use them only in the case of an extended emergency. The majority of freeze-dried and dehydrated food items have a 10-20 year shelf life.

A wonderful source for long-term shelf-life food items is [Augason Farms](#). The basic food items boast having no additives and from personal experience taste great. They do also offer some prepared meals that require adding water and have very few additives, unlike many survival-type foods that are loaded with sodium and a host of other additives. The Thrive Life website also offers a large selection of [recipes](#).



Having a source of **protein** will be essential. Although beans, peanut butter, nuts, etc. are sources of protein, if your family is used to eating meat as part of their meals, an excellent source of canned meat that I recommend is [Survival Cave Food](#). I have prepared several test meals with these meats, and they've all been very tasty.



Tools

The basics, of course. Hammers, wrenches, pipe wrenches, screwdrivers, shovels, hand saws, crosscut saws, chain saw (with gas), axes, pick axes, splitting mauls, hatchets, sledgehammer, pry bar, bolt cutters, hand drill, grinding wheel, nails, screws, baling wire, rope, paracord, duct tape, plastic covering, tarps, tarp stakes, battery tester, Lumber scraps; like plywood and boards, and even a hand-powered air pump. Having a Supply of work gloves, goggles, and dust masks is also a good idea.

Having a good, fixed blade, **full tang knife** will be very helpful in many situations. A **Leatherman multi-tool is a must-have**. They are tough, portable, and versatile. Buy the best quality one you can afford; it will be worth it. Here's one from [Walmart](#).

It will be important to have devices or the knowledge of methods to **maintain and sharpen** your tools; be they oils, sharpening stones/pucks, chain saw files, grinding wheels, or sandpaper. Be sure the batteries for any battery-operated tools are charged and ready to use. In a grid-down situation, of course you won't be able to re-charge the batteries, but having them charged to use, if needed, in the early days will be very helpful.

If you have an **electric garage door opener**, be sure you have a way to open the door manually. Most have an area on the door-lift apparatus wherein a rope can be attached and the rope is used to manually open and close the door.

Security

Guns, guns, and more **guns**. Ammo, ammo, and more **ammo**. Knives, too. Creating a **network** of trustworthy and trained neighbors to aid in neighborhood watch programs is an excellent idea, in a hunker-down situation.

Make sure all door and window locks are functioning properly. Also, create small pieces of wood to place in the channel of sliding doors or windows to help prevent entry. Have plywood available to **cover door or window openings**, if necessary.

Safety: In a grid-down situation, there are possibilities of using non-traditional cooking methods indoors, so it will be a good idea to have a variety of maintained and proper functioning detectors; smoke, fire, and carbon monoxide. Having fully functional fire extinguishers would also be a wise decision.

Sanitation/Waste/Hygiene

There are a variety of **porta-pottys** available to purchase, that come with accessories such as liners and odor inhibitor. These are great options, especially for those living in apartments or have limited land use. Here is just one suggestion, from [Walmart](#).



Composting toilets are another great option to consider.

Oftentimes, indoor toilets will remain working until the water source has been exhausted. Even without the flow of water, one could continue to use the toilet, but it would require having a water resource like a nearby stream or lake to flush the waste away.

Many people simply plan to use the **great outdoors and a shovel**. And, this can be done if you have adequate land, as one could actually dig a latrine. A proper latrine should be a fairly deep but narrow hole, situated both downwind and downhill from your home. It should also be at least 50 yards away from any water source you will consider using; a spring, a stream, or a well. The bottom of the latrine should also be at least 6 feet above the water table. Privacy screens or a shelter can be added, if necessary.

Alternatively, **5-gallon buckets** lined with heavy duty plastic garbage bags with a tight-fitting lid are also an option. Or, a bucket fitted with a seat and lid. Here's one from [Walmart](#).



Having **materials for treating human waste** will be essential. Some suggestions are lime, which has long been used to neutralize outhouse odors, as well as ward away flies. Do not get lime on the seat, as it will cause skin burns. A thin layer of sawdust can be sprinkled on waste, as well as wood ash, straw, peat moss, shredded newspaper, and dried grasses. Even a splash of bleach will help mitigate odor.

Be vigilant for **vermin**, pests could run rampant. Cover your latrine hole when not in use. Become familiar with many methods of catching rats and mice (traps, etc.), as their populations may swell after a crisis. It should be noted that many ailments are borne of practicing unsanitary measures, so it will be important to safely dispose of human waste. It's not uncommon for people to contract bacterial illnesses or gastrointestinal bugs from improper management of human waste.

If you have **pets** they will also create waste and you will need to make an effort to dispose of their waste. This will prevent the spread of bacteria (e.g. if you should step in it and track it around), and thereby prevent the spread of potential illness. When your dog has finished his business, use a bag over your hand to pick up the pile and

drop it in your latrine. Outdoor cats will defecate as they always do, by burying their waste. For cats that use a litter box, clean it daily and dispose of the waste into whatever latrine set-up you have. You'll have to get creative when you run out of litter. Try a pan of gravel, mulch or, better yet, sand.

Household trash should be recycled if possible. Sorting will be important, as well as Using your imagination. Jars could be used for drinking. Large tins can be kept for storing items or cooking vessels. Food scraps can be kept in a composting bin. Paper and food boxes could be burned in a burn barrel or bonfire-type pit. If any of your trash is just too nasty to save, place it in a bin or bucket with a sprinkle of bleach and a lid. Keep all trash out of the reach of animals.

Cleanliness will be of utmost importance when dealing with any type of waste. Always wash hands thoroughly after tending to all waste management tasks. Anti-bacterial sprays, bleach, white vinegar, hand sanitizers, etc. should be basic in your stores of items to maintain good sanitation. It will be crucial to **maintain high standards of hygiene**.

Along with sanitation for our waste, personal hygiene is your greatest defense against any sort of infections and diseases. In other words, the cleaner you stay, the healthier you will continue to be. An all-purpose product, **baking soda** can be used for a myriad of things, from toothpaste (mixed with a bit of water), dry shampoo for hair (by absorbing oils), insect bite/bee sting/sunburn relief, cleaning feet and hands, etc. It's a wonder product!

Wearing **clean and dry clothing** is important. This is a bigger deal than you'd probably think. It is important to change out of any soiled/wet clothing and into clean, dry clothes, as wet and grimy clothing can cause rashes and skin irritations. If you run out of deodorant, basic charcoal is a real winner for abating body odor.

Keep your hands as clean as possible at all times, especially when preparing food. And, always clean hands thoroughly after taking care of human waste chores. Take care of your feet. This, for obvious reasons, is one of the paramount things you need to keep in mind during a survival situation. Keep your feet dry, clean, and massaged at least once a day.

Miscellaneous

Keep **fuel tanks** in vehicles full and top them off as frequently as possible. Fill **prescriptions** in as large of quantities that your doctor will allow or the pharmacy will fill, as well as any over-the-counter supplements and vitamins you're used to taking. If you have **pets**, make sure you have adequate pet food (including drinking water) and

any other special needs your pet(s) may have, such as medications, leashes, collars, means of identification, litter, portable kennels, and beds.

Keep some **cash** on hand. And, as much cash as you can for extended periods of emergencies. ATM machines, credit cards, nor bank computers will be operational. In a protracted grid-down situation, cash will be handy in the initial weeks to buy items that are still available for purchase or from others. But, after several weeks in a grid-down situation, it will likely lose its value, with goods and services becoming the valuable things.

Gain **skills**; whether they be medical, fire building, hunting, knot-tying, etc. If you do not have skills, at least purchase books or print resources from the internet that you can refer to if the situation arises.

Practicing **good housekeeping** on a daily basis will prove helpful. You will be happy to have the dishes and laundry washed when a crisis happens. Be sure to keep your bathtub as clean as possible, because it can be used to hold several gallons of water, if needed. Also, maintain trash disposal on a regular basis. Do not let household chores build up. In the end, maintaining good housekeeping will benefit you. Also, be sure to keep all tools cleaned, sharpened, and ready to use.

Summer Disaster Scenario: If problems occurred in the warm temperatures, it would be a good idea to have on hand and use as many ice chests/coolers along with those little ice/cold-packs to keep perishables as long as possible until they can be cooked and eaten. In warmer months, refrigeration will be a challenge for those who have large stores of perishables. Sadly, there will surely be food that will be lost. Be prepared to cook the choicest cuts of meats you stored in your freezer.

In Closing

One cannot have all the answers, but one can certainly make provisions and purchase items that will work best for you and your family. It will surely give you an edge over those who've made little or no provisions in times of need. Without knowing exactly what one is preparing for, it's difficult to have all the bases covered. And, although I make my preparations, it is my faith in God that is my true saving grace and where I know my safety truly lies. I wish you well in making your own preparations.

Renee Nordio

***"I will lie down and sleep in peace, for you alone,
O LORD, make me dwell in safety." -Psalm 6:8***