

WHEN WE GOT HANDLED GATORADE



WE DANCED IN THE FUCKING STREET

ALL THE THINGS YOU NEEDED TO KNOW THAT YOU NEVER WANTED TO KNOW!
A SURVIVOR'S SURVIVAL GUIDE

— WITH LOVE FROM TWO HURRICANE MICHAEL SURVIVORS —
 STACY GREGORY AND MICHELLE MATLOCK,
 PANAMA CITY, FL

ON OCTOBER 10, 2018, HURRICANE MICHAEL SLAMMED INTO THE FL PANHANDLE AS A CATEGORY 5 STORM. IT LEFT A TRAIL OF DEVASTATION IN PARTS OF CENTRAL AND SOUTH-EASTERN NORTH AMERICA. AT LEAST 72 PEOPLE LOST THEIR LIVES. HUNDREDS OF THOUSANDS OF PEOPLE LOST THEIR HOMES—EITHER THROUGH DAMAGE OR DISASTER GENTRIFICATION. THIS ZINE IS BY SURVIVORS—FOR SURVIVORS WITH INFO COMPILED ON A SUNNY AFTERNOON ON THE FRONT PORCH OF THE HOMES THAT STACY AND MICHELLE HAVE FOUGHT TO STAY IN AGAINST LANDLORD AND CITY INTIMIDATION AND THREATS. IF LAUGHTER IS HEALING—THIS ZINE IS MEDICINE. (MICHELLE WOULD LIKE YOU TO KNOW THAT ALL THE CURSE WORDS CAME FROM STACY)

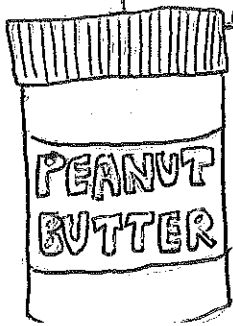
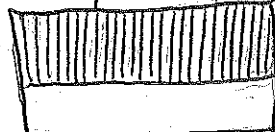
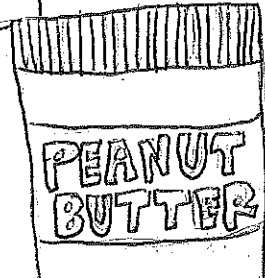
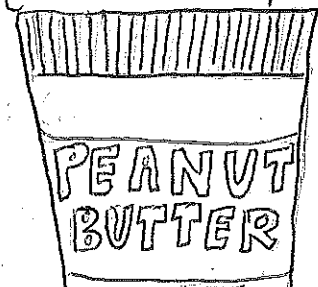
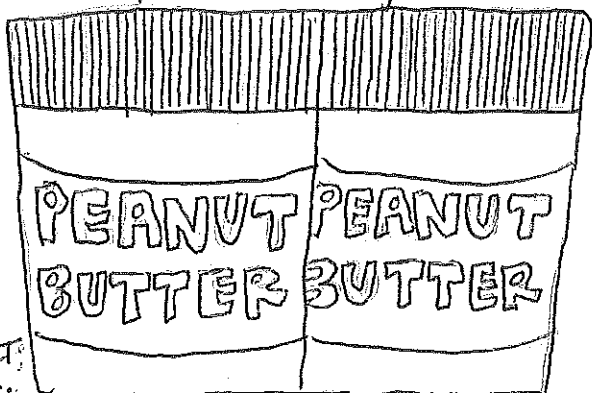
Before:

WHAT TO DO:
 WHAT TO GET:



After

WHAT TO EXPECT:
 WHAT HELPS:
 WHAT HEALS:



Before

WHAT TO DO

- TAKE PHOTOS:

GET PHOTOS OF THE INSIDE AND OUTSIDE OF YOUR HOME AND ANY VEHICLES YOU MAY HAVE. BE SURE TO DATE THEM. THIS WILL HELP FACILITATE YOUR CASE WITH THE INSURANCE COMPANIES FOR DAMAGE ASSISTANCE.

- DOWNLOAD HELPFUL APPS:

GAS FINDING AND MAPPING APPS!

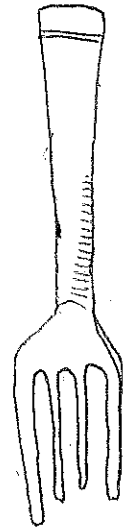
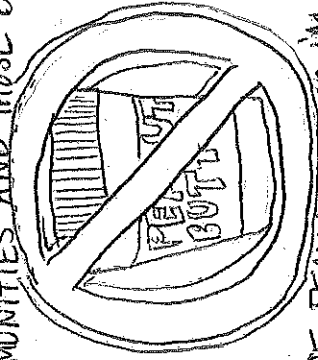
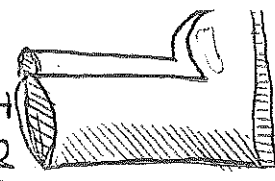
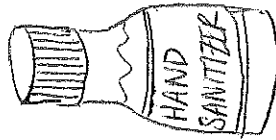


ALL THE THINGS YOU USED AS LANDMARKS, THEY'RE GONE. YOU CAN'T TELL WHERE JACK SHIT IS ANY MORE. STREET SIGNS ARE GONE. I COULDN'T TELL WHERE THE TREES ENDED AND THE STREET BEGAN. DRIVING DOWN ROADS YOU'VE DRIVEN ON FOR YEARS AND YOU'RE GETTING LOST.

SHOPPING LIST

(FOR AFFECTED COMMUNITIES AND THOSE BRINGING IN SUPPLIES)

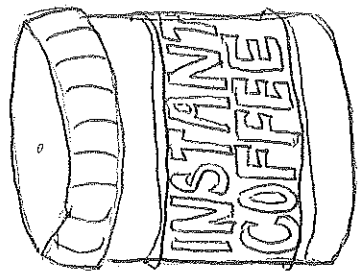
WHAT TO BUY ^{AND/OR} BRING ^{AND/OR} GET



"IF I GET ONE MORE JAR OF PEANUT BUTTER I'M GONNA FUCKIN' KILL SOMEONE"

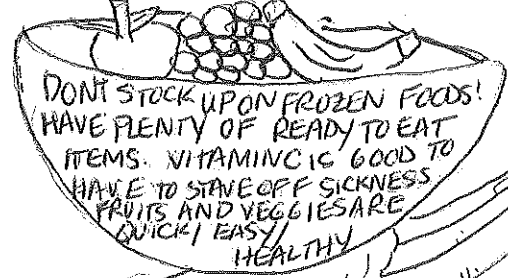
- GATORADE! (CUCUMBER FLAVOR)
- CHARCOAL
- LIGHTER FLUID
- HOUSECLEANING SUPPLIES
- INSTANT COFFEE
- POWDERED MILK
- SUGAR
- POP TOP CANS OF FOOD
- CLEAN DRY SOCKS
- CHEAP RUBBER BOOTS
- BABY WIPES
- HAND SANITIZER

- BLEACH
- BREAD
- GAS!
- FLASHLIGHTS
- BATTERIES
- WOODEN MATCHES
- ZIPLOCK BAGS
- ANIMAL FOODS
- SMALL GRILLS
- PLASTIC SILVERWARE
- RICE (IT'S EASY TO COOK AND YOU CAN EAT ANYTHING WITH THAT SHIT)



- WATER
- EASY TO PREPARE MEALS
- NON PERISHABLES

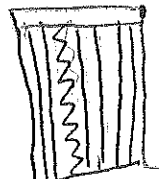
important tips



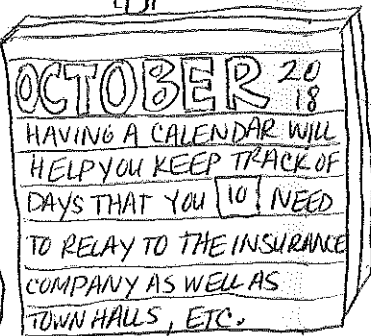
DONT STOCK UP ON FROZEN FOODS!
HAVE PLENTY OF READY TO EAT
ITEMS. VITAMIN C IS GOOD TO
HAVE TO STAVE OFF SICKNESS
FRUITS AND VEGGIES ARE
QUICK/EASY/
HEALTHY



KEEP PLASTIC
WATER BOTTLES
OUT OF DIRECT
SUNLIGHT.
TARPCOVER
WATER OUT
DOORS.

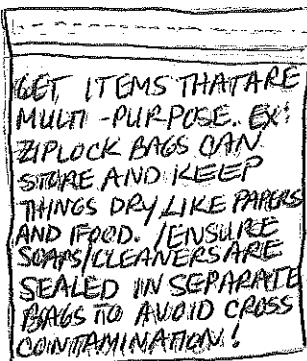


HAVE CLEAN DRY
SOCKS ON HAND!
FUNGAL INFECTIONS
ARE COMMON AFTER
FLOODING!



OCTOBER 2018
HAVING A CALENDAR WILL
HELP YOU KEEP TRACK OF
DAYS THAT YOU NEED
TO RELAY TO THE INSURANCE
COMPANY AS WELL AS
TOWN HALLS, ETC.

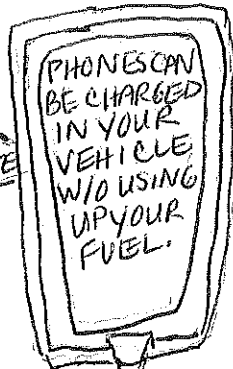
"GET A
FUCKING BATTERY
OPERATED RADIO
AND SHUT UP ABOUT
IT." FOOD SHARES,
RESOURCE SITES AND
OTHER HELPFUL
INFO WILL BE
BROADCAST
ON LOCAL
STATIONS



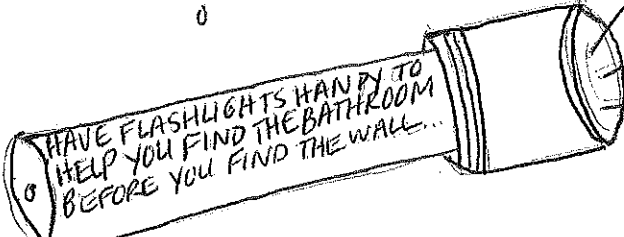
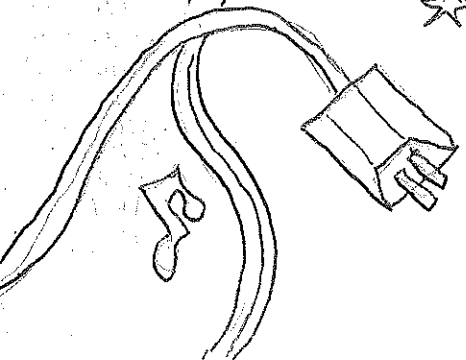
GET ITEMS THAT ARE
MULTI-PURPOSE. EX:
ZIPLOCK BAGS CAN
STORE AND KEEP
THINGS DRY LIKE PAPERS
AND FOOD. ENSURE
SOAPS/CLEANERS ARE
SEALED IN SEPARATE
BAGS TO AVOID CROSS
CONTAMINATION!

IT'S HARD
NOT TO BE HUNGRY
DONT BE SHY ABOUT
SHARING FOOD WITH
YOUR NEIGHBORS!
IT'S SCARY TO GIVE
AWAY YOUR FOOD
BUT EVERYONES
COLD FOODS WILL
BE THAWING AND
NEED TO BE EATEN
THEY'LL SHARE
THEIR FOOD
WITH YOU TOO!

HELP
FULABS
ON YOUR
PHONE CAN
HELP YOU LOCATE
GAS AND
MAP OUT
OPEN AND
CLOSED
ROADS

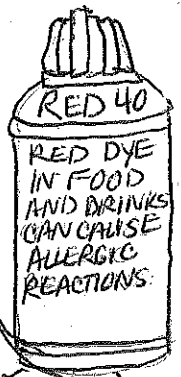


PHONES CAN
BE CHARGED
IN YOUR
VEHICLE
W/O USING
UP YOUR
FUEL.



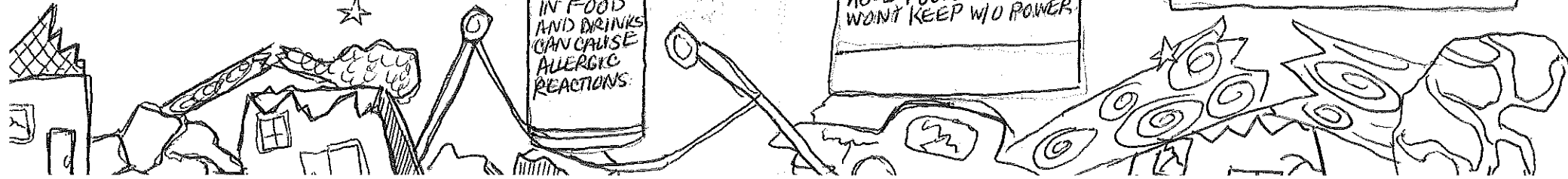
HAVE FLASHLIGHTS HANDY TO
HELP YOU FIND THE BATHROOM
BEFORE YOU FIND THE WALL...

(AND DONT FORGET TO STOP USING YOUR
FLASHLIGHT WHEN YOUR ELECTRICITY
COMES BACK ON)



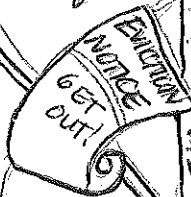
RED 40
RED DYE
IN FOOD
AND DRINKS
CAN CAUSE
ALLERGIC
REACTIONS.

CHECK WITH LOCAL
RESTAURANTS IMMED
IATELY BEFORE /AFTER
THE STORM AS THEY
OFTEN WILL BE TRYING
TO GET RID OF PERISH
ABLE FOODS THAT
WONT KEEP W/O POWER.



PRICE GOUGING HAS BEEN THE THING THAT HURT US THE MOST. ELECTRIC AND GAS COSTS WENT UP AND THE LANDLORDS RAISED THE RENT IN A LOT OF PLACES. 700 DOLLAR RENT SCARED TO 1300 DOLLARS IN SOME PLACES. STACY'S FUCKING LAW! NO PRICE GOUGING!

CITY GOV. I WILL LIKELY BE HOLDING TOWN HALL MEETINGS TO REDRESS COMMUNITY GRIEVANCES. IT IS IMPORTANT TO GET TO THOSE MEETINGS IF YOU CAN. AS THE DESIRES OF DEVELOPERS ARE PRIORITIZED OVER THE NEEDS OF THE COMMUNITY POST-DISASTER. RAISE YOUR VOICE.



THE STORM MAY NOT BE THE ONLY DISASTER YOU FACE. THE RED CROSS CAME TOO LATE AND LEFT TOO SOON - AND FOR PEOPLE WHO STAYED IN THEIR HOMES AND LOST THEIR ROOFS. THE ARMY CORE OF ENGINEERS WILL TARP YOUR ROOF BUT LANDLORDS WANTING TO EVICT PEOPLE DENIED THE PERMISSION THEY NEEDED TO DO SO.

What to

Expect



"LANDLORDS TURNED INTO DIRTY BASTARDS HERE. I NEVER EXPECTED MY LANDLORD TO COME TO MY HOME AND THROW ME OUT. WHAT LANDLORDS HAVE DONE TO THE PEOPLE HERE IS FUCKING DISGUSTING"

AFTER THE HURRICANE LANDLORDS MASS-EVICTED RESIDENTS OF PUBLIC HOUSING. THEY WENT SO FAR AS

TO THREATEN TO BOARD UP WINDOWS OF RESIDENTS FIGHTING TO STAY IN THEIR HOMES THEY WENT WITH POLICE ESCORTS

TO THE POST OFFICE AND INSTRUCTED THEM TO STOP DELIVERING MAIL TO PEOPLE RESISTING EVICTION.



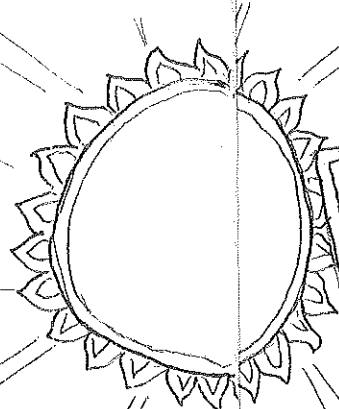
WHEN THE LANDLORDS HAD THE POST OFFICE STOP FEMA CHECKS! THEY WERE INTENTIONALLY

OUR MAIL, I CALLED THE FBI. PEOPLE WERE WAITING ON THEIR AID FOR THE PEOPLE!

WHAT

WHAT

HELPS HEALS



AFTER THE STORM, THE SKY

LIKE THE STORM WASHED AWAY ALL THE BULLSHIT

WAS SO CLEAR, IT WAS

IT'S ALL ABOUT THE TREATS!
GETTING A TREAT IS A TREAT
I GOT A DANISH - IT MADE
ME FEEL LIKE "I THINK WE
ARE REALLY LIVING NOW!
LIKE, WOW, THERE REALLY
IS A ROAD TO RECOVERY
HERE. IT'S THE LITTLE
THINGS YOU DON'T EVEN
THINK OF THAT ARE SO
ENCOURAGING... FOR ME.
IT WAS BEING GIVEN A
DANISH... EVEN IF YOU
DON'T EAT THE HIT."

LISTENING TO THE RADIO BROKE THE ISOLATION
WE ACTUALLY HEARD MUSIC
AND PEOPLE TALKING.

HAVING A SMALL PAD
AND PEN TO WRITE YOUR
THOUGHTS DOWN HELPED TO GET
OUT ALOT OF FEELINGS

AND COLORING
BOOKS/
SMALL TOYS
FOR THE KIDS.

ITEM LIST FOR
SELF CARE
PACKS:

PLEASE
INCLUDE:
PAPER/PEN
CRAYONS/
TISSUES

DRY
SOCKS/
TAPE/
COFFEE
TEA

LAVENDER
MESSAGES OF
ENCOURAGE
MENT, PENCIL
SHARPENER

COLORING
BOOK, VITAMIN
C, MAGNESIUM

