

# Information Organizational Consulting

The MD Harris Institute provides tailored consulting to businesses, political entities, and other organizations to help them achieve organizational goals.

## Open-Source Intelligence (OSINT)

We use information publicly available via the internet and other sources to help solve problems, investigate actions, recover items, and accomplish other tasks.

Analysis tools for OSINT

1. [Airbus Intelligence](#) –
2. [Australian Strategic Policy Institute](#) – International Analysis
3. [Bellingcat](#) – a non-profit organization founded by Eliot Higgins specializing in OSINT. It brands itself as “an intelligence agency for the people.”
4. [Capella](#) – synthetic aperture radar (SAR) data. Radar to see through clouds and other obstructions.
5. [Flight Radar 24](#) – Live Air Traffic
6. [Global Investigative Journalism Network](#) (GIJN) – a non-profit organization using a loose network of volunteers to investigate crimes and other items.
7. [ICEYE](#) – satellite location data
8. [James Martin Center for Non-Proliferation Studies](#) – sponsor of Geo4Nonpro, crowd community analyzing satellite pictures
9. [Maxar](#) – company providing satellite imagery
10. [Planet](#) – publicly traded company providing satellite images of the whole world updated daily
11. [Umbra](#) – space-based synthetic aperture radar (SAR)
12. [XpressSAR](#) - space-based synthetic aperture radar (SAR)

## Data Acquisition and Analysis

We generate new data (primary) or identify existing data (secondary) and analyze this data using quantitative and qualitative methods to provide information and solve problems for our clients.

## Emergency Operations Center

Many organizations in the world have Emergency Operations Centers (EOC) to monitor situations and help the organization respond to emergencies within their area of responsibility and which may impact their operations. When I served as the Army Medical Command representative to the Department of Health and Human Services, I spent many hours in the Secretary’s Operations Center (SOC), the EOC equivalent. There we planned and executed responses to the cholera outbreak in Haiti, the earthquake, tsunami, and nuclear accident in Japan, the Arab Spring, and many floods and other natural disasters.

Some churches and other faith-based organizations respond to disasters and other emergencies with food, water, medical, and other resources, but every church, and every Christian, must respond to such events with prayer. The EOC is a place where individuals and groups can get the information that they need to know what is going on in the world and therefore what to pray for.

Additionally, people and organizations may wish to respond to the events here with money, food, supplies, time, or in some other way. The [MD Harris Family Institute](#) team has helped build houses in the Caribbean, repair churches in Chicago, treat the sick in Central America, and proclaim the gospel in Asia.

Whether you wish to pray, to give money, to inform others, to go yourself, or a combination, the links will take you where you need to go. Further is a discussion of Chemical, Biological, Nuclear, and high Explosive (CBRNE) incidents, and a database including war, terror, and CBRNE incidents since the beginning of recorded history.

In the United States, disaster response is divided into categories called Emergency Support Functions (ESF). Each ESF involves different requirements and has different groups with primary responsibility. For example, ESF 8 is medical and the US Department of Health and Human Services has primary responsibility.

### **Emergency Support functions**

ESF1	Transportation	ESF9	Urban Search and Rescue
ESF2	Communications	ESF10	Oil and Hazardous Materials Response
ESF3	Public Works and Engineering	ESF11	Agriculture and Natural Resources
ESF4	Firefighting	ESF12	Energy
ESF5	Emergency Management	ESF13	Public Safety and Security
ESF6	Mass Care, Housing, and Human Services	ESF14	Long-term Community Recovery and Mitigation
ESF7	Resources Support	ESF15	External Affairs
ESF8	Public Health and Medical Services		

### **Aircraft Incidents**

1. [Aircraft accidents](#)
2. [FAA Accident and Incident Data](#)

### **Crime Operations**

1. [Community Crime Map](#) – LexisNexis
2. [CityProtect](#) – US and Canadian crime information by locality

### **Disaster Operations**

1. [Emergency Events Database](#) (EMDAT – UN and Belgium)
2. [Environmental Emergencies Center](#) (WHO, OCHA)
3. [Global Disaster Alert and Coordination System](#) (United Nations and European Commission)
4. [Pacific Disaster Center](#)
5. [Relief Web](#) – Global disaster management information
6. [RSOE Emergency and Disaster Information Service](#)

### **Animal Incidents**

1. [Alligator and crocodile attacks](#)
2. [Sharks \(Florida Natural History\)](#)

### **Disease Outbreak Operations**

1. [Center for Disease Control and Prevention](#) (US CDC)
2. [HealthMap](#) – Disease outbreak mapping worldwide
3. [CDC Current Outbreak Maps](#)

### **Incident Databases**

1. [US General Mortality Database \(CDC\)](#)

### **Individual, Family and Community Disaster Preparedness**

1. International SOS ([ISOS](#)) – Medical and Travel Security and Medical Evacuation
2. [Internet Mapping to Aid Humanitarian Operations – Humanitarian Open Street Map](#)

## International Organizations

1. [European Commission Civil Protection and Humanitarian Aid](#)
2. [European Commission Public Health](#)
3. [Pan American Health Organization](#) (UN)
4. [World Health Organization](#) (UN)

## Response Organizations

1. [Baptist Global Response/Send Relief](#) – Christian disaster relief and development
2. [Brethren Disaster Ministries](#) – Christian disaster relief
3. [Business Executives for National Security](#) – Partnership of businesses for security, including disaster preparation and response.
4. [Corporation for National and Community Service](#)
5. [Food for the Hungry](#) – Christian ministry addressing short and long term hunger
6. [Hands On Network](#) – Volunteer organization including disaster relief
7. [Humanitarian Response](#)
8. [International Committee of the Red Cross](#) – Disaster relief
9. [International Federation of the Red Cross and Red Crescent Societies](#)
10. [Médecins Sans Frontières](#) – International medical relief
11. [Mennonite Disaster Service](#)
12. [National Disaster Interfaith Network](#)
13. [National Voluntary Organizations Active in Disaster](#) – Nonprofit, nonpartisan US disaster coalition
14. [Points of Light](#) – Volunteer foundation
15. [Reliefweb](#) – A clearinghouse of relief organizations
16. [Samaritan's Purse](#) – Christian disaster relief
17. [World Vision](#) – Christian disaster relief

## Security

1. [Cybersecurity](#) – US Department of Homeland Security

## Personal and Team Preparation for Humanitarian Response

It is not enough to know about emergencies and other needs throughout the world; we must act to help others and our world. In many cases, we must go. Please see the Medical Center for websites helping people prepare to go.

2. [Economic security](#) - US Department of Homeland Security
3. [Transportation security](#) - US Department of Homeland Security

## Terrorism

1. [FBI Counterterrorism](#)
2. [National Counterterrorism Center](#)
3. Rand [Terrorism Database \(RAND\)](#)
4. [US State Department Bureau of Counterterrorism](#) (Annual Country Reports)

## Training and US Government

1. [Emergency System for Advance Registration of Volunteer Health Professionals \(ESAR-VHP\)](#)
2. Federal Emergency Management Agency (FEMA) – [Readiness](#)
3. [FEMA Incident Command System resource center](#)
4. [FEMA Emergency Management Institute - Disaster Training](#)
5. [National Interagency Fire Center](#)
6. [Sphere Handbook](#)
7. [Yale-Tulane-Sacred Heart ESF-8 University](#)

## Weather, Earth and Climate

1. [National Oceanic and Atmospheric Administration](#) (NOAA)
2. [NOAA Climate](#)
3. [NOAA National Hurricane Center](#)
4. [NOAA National Weather Service](#)
5. [NOAA Storm Prediction Center](#)
6. [US Geological Survey](#) (USGS)
7. [USGS Earthquake Hazards](#)
8. [USGS Water Watch](#) (floods)
9. [Weather Channel](#)

For more information on what you can do to intervene in events and issues throughout your community and the world, please read [How Ordinary People Can Contribute to Extraordinary Change](#). When you plan to go yourself, review [Medical Preparation for Humanitarian Missions](#) to help you prepare well.

Sometimes it is hard to know how people should make sense of disasters and other misfortunes. Are they purely natural events or do they have a deeper significance. For a discussion on that topic, please see [Earthquakes, Hurricanes, Epidemics and Other Misfortunes](#).

### **Disaster, Terror, War, and CBRNE**

Though we may wish that chemical, biological, radiological, nuclear and explosive threats were a thing of the past, they are not. The United States has foresworn chemical and biological weapons, but many other nations, including many potential adversaries, have not. Furthermore, many of these threats occur in the natural environment (biological) or in routine industrial processes. For example, anthrax is found in the soil everywhere in the world, and phosgene is found around arc welding, metal degreasing, and pesticide manufacture. This database provides a large sample of natural and man-made incidents involving CBRNE materials.

Disasters are life altering events for whole populations, even those who were not directly affected. The American Millennial generation was defined by the Terrorist Attacks of 9-11. The Lisbon Earthquake of 1759 shook all of Europe, and its cultural aftershocks are evident still today. Even the death of one man makes a difference, who of those that came of age in the 1960s was not shaped by the assassination of JFK.

**Chemical weapons** – chemicals, usually synthetic, used to sicken, maim and kill adversaries. First used by the Germans in World War I, many industrialized nations including the United States developed extensive chemical weapons programs in the 1920s to 1960s. Agents include mustard (sulfur and nitrogen), Lewisite, and nerve agents (GA, GB, GD, and VX). The United States has destroyed over 90% of its chemical weapons stockpile and has only nerve and mustard agent remaining. The last stockpiles are at special destruction facilities in two sites, Pueblo, CO and Richmond, KY. Defensive research on chemical weapons is ongoing. Many toxic industrial chemicals such as chlorine, cyanide, phosgene, and organophosphate pesticides (malathion) have also been used as chemical weapons and have been involved in dangerous incidents.

**Biological weapons** – viruses, bacteria and other natural microorganisms used to sicken, maim and kill adversaries. These typically include anthrax, botulism, brucellosis, plague, smallpox, tularemia, and viral hemorrhagic fevers (including Ebola, Hantavirus, and many more). The US military has no biological weapons but continues defensive research.

**Radiological weapons** – By common military usage, this refers to conventional weapons (such as high explosives) contaminated with radioactive material (such as I-131, C-137, S-90). This does not include nuclear weapons. The United States does defensive research on radiological weapons but neither has nor uses them.

**Nuclear weapons** – The “atom bomb” uses a fission process to split atoms and the “hydrogen bomb” uses a fusion process to “melt them together.” “Little Boy” used on Hiroshima, Japan on 6 Aug 1945, and “fat boy” used on Nagasaki, Japan on 9 Aug 1945 both use fission. There have been no recorded instances of a fusion weapon being used, but the risk is significant. After the fall of the Soviet Union, thousands of devices and personnel that could be used to make nuclear weapons were unaccounted for. North Korea and Pakistan, both state sponsors of terrorism, have nuclear devices. Iran, another sponsor, is close to making one. In 2012, the

Federation of American Scientists estimated that there were 12,000 nuclear weapons worldwide, of which 4,000 could readily be used.

**Explosive weapons** – Gunpowder, trinitrotoluene (TNT), nitroglycerin, nitrocellulose, RDX (C4), Pentaerythritol tetranitrate (PETN) and other explosives have been used for 500 years for peaceful and violent pursuits. They are the most common type of military and terrorist weapon. The internet has sites describing how to construct such weapons with readily available materials. Timothy McVeigh’s attack on the Alfred P Murrah Building in Oklahoma City is an example.

For more information, please visit the following resources:

1. [The Center for Nonproliferation Studies](#)
2. [Center for the Study of Weapons of Mass Destruction](#)
3. [Clarion Project](#) – Counterterrorism think tank
4. [National Counterproliferation Center](#)
5. [Stimson Center](#): Policy, Trade, Resources, Biological and Chemical Weapons

## Information and Action Center

1. [Al Jazeera](#) (Arab World)
2. [Associated Press](#) (AP - International)
3. [BBC News](#) (British Broadcasting Company - UK)
4. [China Daily News](#) (US Edition)
5. [CNN](#) (Cable News Network - US)
6. [Der Spiegel](#) (German News Magazine)
7. [Deutsche Welle](#) (German News)
8. [El Mundo](#) (Spanish language News Magazine)
9. [Fox News](#) (US)
10. [International Newspapers Online](#)
11. [Jerusalem Post](#) (Israel)
12. [People’s Daily News](#) (China Communist Party)
13. [Reporters without Borders](#) (Media freedom advocates)
14. [Reuters News Agency](#) (International)
15. [Times of India](#)
16. [Wall Street Journal](#)
17. [World News Group](#)
2. [Elevation Map](#) – elevation and directions all over the world
3. [Google Translate](#) – Online translator
4. [iTranslate](#) – App translator
5. [Mapcarta](#) – World Maps
6. [National Geographic Maps](#)
7. [Omniglot – World languages and phrases](#)
8. [Operation World](#) – A Daily Prayer Guide to Every Nation
9. [Time and Date](#) - date calculator, time zone converters, perpetual calendar, international dialing codes and meeting planners
10. [US Data and Statistics](#) – US Government
11. US Nation’s Report Card – education
12. [US traffic and road closure information](#) – traffic alerts, cameras, and other information from the Federal Highway Administration
13. [Weather Channel](#)
14. [World Clock](#) – time anywhere in the world
15. US Central Intelligence Agency [World Fact Book](#) – Maps and statistics on every country
16. [World Mapper](#) – maps highlighting different aspects of the world

### General Information

1. [Data USA](#) – Publicly available US data

George Santayana (1863-1952), the Spanish philosopher, opined that “those who cannot remember the past are condemned to repeat it.” As such everyone should keep a sense of history, no matter what they are doing. People should also be well informed about the world around them.

## Analysis and Policy Organizations

1. [American Enterprise Institute](#) (AEI) - [Critical Threats](#)
2. [Brookings Institute](#)
3. [Cato Institute](#)
4. [Center for Immigration Studies](#)
5. [Center for Strategic and International Studies](#)
6. [CNA](#) – DIME analysis
7. [East-West Center](#)
8. [Economist](#) – News and analysis
9. [Global Firepower Index](#) – comparison of the world's militaries
10. [Global Security](#)
11. [Heritage Foundation](#)
12. [Hudson Institute](#)
13. [IHS Jane's 360](#) – Military and Industrial analysis

## Business and Finance Center

President Calvin Coolidge once said that “The chief business of the American people is business.” As true today as in 1925, the Business and Finance Center provides information to help readers succeed in business.

1. [Bloomberg](#) - News
2. [CNBC](#) - News
3. [CNN Money](#) – News
4. [FAQs](#) – Internet Frequently Asked Questions archive
5. [Fitch](#) - Ratings
6. [Fox Business](#) – News
7. [Grant's](#) Interest Rate Observer
8. [International Monetary Fund](#) – international governmental funding
9. [Investopedia](#) – Basic Information about Investing
10. [McKinsey](#) - Management
11. [Moody's](#) - Business Research
12. [National Association for Business Economics](#)
13. [National Association of Manufacturers](#)
14. [National Association of Realtors](#)
15. [PriceWaterhouseCoopers \(PWC\)](#) – Business Analysis
16. [Standard and Poor](#) – Ratings, Indices and Data
17. [World Bank](#) – international finance

14. [National Academies](#) (science, engineering, research)
15. [Pew Research Center](#) – numbers, facts and trends shaping the world
16. [RAND Corporation](#)
17. [STRATFOR Global Intelligence](#) – DIME analysis
18. [Virtual Biosecurity Center](#)
19. [Woodrow Wilson International Center](#)

## Archaeology

1. [Archeological Institute of America](#)
2. [Biblical Archeological Society](#)
3. [Nautical Archeology Society](#)
4. [Nelson Glueck School of Biblical Archeology](#)

## Environmental Protection Center

1. [Endangered species list \(Worldwide\)](#)
2. [Environmental Protection Agency](#)
3. [US National Park Service](#)

## History

1. [American Historical Association](#)
2. [Best of history websites](#)
3. [History internet sourcebook](#)
4. [Hungarian history – Corvinus Library](#)
5. [Military history online](#)
6. [US National Security Archive](#) – George Washington University

## International Organizations

1. [European Commission](#)
2. [United Nations](#)

## Law

1. [American Arbitration Association](#)
2. [Resolve](#) – resolve customer disputes with businesses

## Philanthropy

1. [American Institute of Philanthropy](#)
2. [Chronicle of Philanthropy](#)

## Religion

1. [American Academy of Religion](#)
2. [Blue Letter Bible](#)
3. [Center for Global Christianity – Gordon Cromwell](#)
4. [Christian Concern – Proclaiming Jesus in public life, including the media, government, and politics](#)
5. [Christianity Today – Christian and church news worldwide](#)
6. [Christians in the Visual Arts](#)
7. [Emel](#) – Muslim magazine
8. [Evangelical Missiological Society](#)
9. [Evangelical Theological Society](#)
10. [Fellowship for the Performing Arts](#)
11. [Hinduism Today – Hindu magazine](#)
12. [Holy Books – Scriptures and other texts in many faiths](#)
13. [Joshua Project – Bringing definition to the unfinished task of reaching the world for Christ](#)
14. [Journal of World Christianity](#)
15. [Kripke Center](#) – Religious Studies, Christian-Jewish-Muslim relations
16. [Moment](#) – Jewish magazine
17. [National Congregations Study](#) – Periodic study of Christian, Jewish, Muslim, Buddhist, and other congregations
18. [Open Doors](#) – Serving Persecuted Christians Worldwide
19. [Religion News Service](#)
20. [Tricycle – Buddhist magazine](#)
21. [World Parliament of Religions](#)

## US Dept of Defense Unified Combatant Commands

1. [AFRICOM](#) - Africa
2. [CENTCOM](#) - Middle East and Central Asia
3. [EUCOM](#) - Europe and the Former Soviet Union
4. [NORTHCOM](#) - North America
5. [PACOM](#) - The Pacific Basin
6. [SPACECOM](#) – Space Command
7. [SOCOM](#) - Special Operations Forces
8. [SOUTHCOM](#) - South America and the Caribbean

## US Governmental Intelligence Organizations - Intelligence Member Agencies

### Watchdog and Other Cultural Reports

1. [Amnesty International](#) - Promoting Human Rights
2. [Anti-Defamation League](#) – Opposing anti-Semitism worldwide
3. [Committee to Protect Journalists](#) – US Based
4. [Financial Action Task Force \(FATF\)](#) – International watchdog on money laundering and terrorism financing
5. [Fragile States Index](#) – Investigating the viability and stability of states
6. [Freedom House](#) – Reporting on freedom worldwide
7. [Mapping Police Violence](#) - USA
8. [Persecution](#) – Evaluating persecution of Christians worldwide
9. [RefWorld](#) – Refugee status from the UN
10. [Transparency International](#) – Corruption Perceptions Index
11. [US State Department](#) Report – [Religious Freedom, Human Rights, Trafficking-in-Persons, Universal Periodic Review, Advancing Freedom and Democracy](#)
12. [Varieties of Democracy](#) – Global Report
13. [Walk Free Foundation](#) – Global Slavery
14. [World Justice Project](#) – Rule of Law Report
15. [World Values Survey](#) – Religious, cultural, and economic information throughout the world

# Marketplace

## Consumer Protection

1. [BrokerCheck](#) – Find the best financial managers
2. [Bureau of Consumer Protection](#) – Help with problems on a wide variety of products
3. [Consumer Financial Protection Bureau](#) – Help with problems from financial institutions
4. [SmartCheck](#) – US government site for checking financial professionals
5. [US Food and Drug Administration](#) – Get safe food, drugs, and other products

## On Demand Work for Freelancers and Businesses

1. [Amazon Mechanical Turk](#) – individual Human Intelligence Tasks (HITs) posted by organizations
2. [Freelancer](#) – freelance work site for businesses
3. [Paid survey sites](#)
4. [Upwork](#) - Freelance developers, designers, accountants, and others

## Employment/Business Assistance

1. American Job Center ([Onetonline](#))
2. [CareerOneStop](#)
3. [Department of Labor](#)
4. [Federal Business Opportunities](#) – Contracting opportunities for the US Federal Government
5. [Glassdoor](#) – reviews on companies and jobs.
6. [Health-e-Careers](#)
7. [Occupational Safety and Health Administration](#)
8. [Small Business Administration](#)
9. [State Job Boards](#) (through VetJobs.com)
10. [State and Local Employment](#) (through StateLocalGov.net)
11. [USAjobs – Employment opportunities with the US Federal Government](#)
12. [Veterans Employment and Training Service \(VETS\)](#)

## Grants

1. [US Federal Government Grants](#)
2. State Grants

- a. [California](#)
  - b. [Texas](#)
  - c. [Virginia](#)
  - d. [West Virginia](#)
3. [Candid](#) (Foundation Center and Guidestar) – Public and private grant-awarding foundations

## Investments, Fund Raising and Loans

1. [Fundly](#)
2. [Give Forward](#)
3. [GoFundMe](#) – General Project Funding
4. [Indiegogo](#)
5. [Kickstarter](#) – Creative Project Funding
6. [Prosper](#) – Peer to Peer lending
7. [SeedInvest](#) - crowdsourced investment services

## Marketplace (Entertainers and Speakers)

1. [BigSpeak](#) – Keynote and Motivational Speakers
2. [Christian Speaker Services](#)
3. [National Speakers Bureau](#)
4. [Ram Entertainment](#) – Live Music and Main Event Entertainment
5. [The Bash](#) (formerly Gigmasters) – Bands, Comedy, Magic, Dancers, and Specialty Acts
6. [Washington Speakers Bureau](#)

## Marketplace (Goods)

1. [Alibaba](#) – Global trading and manufacturing
2. [Amazon](#) – Global purchasing and cloud computer services
3. [Art](#) – online art purchasing
4. [Barnes and Noble](#) – Online books, movies, and other goods
5. [Craigslist](#) – Online flea market (swap meet)
6. [Coupon Mom](#) - Cost savings
7. [Ebay](#) – Online auctions
8. [Government Liquidation](#) – surplus US government equipment
9. [Lifeway](#) – Evangelical Christian materials



## Marketplace (Luxury)

1. [Blade](#) – Multimodal transportation (air, sea, ground)
2. [FlexJet](#) – Aircraft share, use
3. [GetMyBoat](#) – Boat rentals worldwide (171 countries)
4. [NetJets](#) – Aircraft share, lease, use
5. [Stratos Jet Charters](#) – tickets for empty seats on private jets
6. [ThirdHome](#) – home sharing

## Marketplace (Real Estate)

1. [Century 21](#) – commercial
2. [LoopNet](#) – commercial
3. [Realtor](#) – residential
4. [Trulia](#) – residential
5. [Zillow](#) – information and comparison

## Marketplace (Services)

1. [AirBNB](#) – Places to stay
2. [Butler for You](#) - Butlers, maids, and other personal service staff
3. [International Domestic Placement Group](#) – Butlers, maids, and other domestic staff
4. [Incloudcounsel](#) – Repetitive, high volume legal work
5. [Lyft](#) – Personal transportation
6. [Nanny and Butler](#) - Butlers, maids, and other personal service staff
7. [Pavilion Agency](#) – Butlers, maids, and other personal service staff
8. [Polo and Tweed](#) – Butlers, maids, and other personal service staff
9. [Uber](#) – Transportation
10. [Square](#) - Payment services
11. [Vacation Rentals by Owner \(VRBO\)](#) – Vacation and free time lodging
12. [We-Work](#) – On demand office space, mail services and networking

# Medical Center

It seems to be getting harder and harder to get good, affordable medical in the United States, and throughout the world. As costs go up and access goes down, and as experiments in government-directed medical care fall short across the globe, health care is returning to what it has been for thousands of years. The family, the church, and the community have always been, and continue to be, the primary providers of health care in every society, including the most developed Western ones. Today more health care is done at home than in the hallowed halls of hospitals, even in America.

This development is as it should be. Whenever possible, care at home is better for the patient, for the family, and for society. Home care is more personal, more effective, and less costly for all but the sickest patients. Increasingly procedures that required days filling a hospital bed are done as an outpatient, with the majority of postoperative care and rehabilitation being provided at home. Uncomplicated childbirth is ideal for home care, just as women have been delivering babies at home for millennia. In many cases, especially in the developing world, reliable health care is hard to find.

Medicine is complex and can be intimidating for even the most seasoned family. Even medical professionals admit their limitations when it comes to medicine. To help individuals, families, churches and communities be better able to take care of their own, we have instituted the Medical Center. This is intended to be a one-stop shop for readers to get reliable information how to take care of themselves and their loved ones. It is also intended to help medical

professionals, administrators and public health professionals find the information that they need to better care for the precious patients and families entrusted to them.

### **Dr. Harris' Patient Resources**

1. [Immunization Schedule – Birth to Six Years](#)
2. [Immunization Schedule – 7-18 Years](#)
3. [Immunization Schedule - Adult](#)
4. [Mental Health – Context of Care and Recovery](#)
5. [Sports Medicine Exercises](#)
6. Sample Sleep Diary for Patients with Insomnia

### **General Patient resources**

1. [Cleveland Clinic](#) - One of America's leading health care systems
2. [Family Doctor](#) – Patient education
3. [Geisinger](#) – One of America's leading health care systems
4. [Hospital Compare](#) – A US Government site featuring hospital comparisons
5. [Mayo clinic](#) – One of America's leading health care systems
6. [Micheli Center](#) – Sports Injury Prevention

### **Direct care staff resources**

1. [Audio Digest Foundation](#) – medical education audio programs
2. [Centers for Disease Control and Prevention](#) – USA
3. [CDC NIOSH](#) – National Institute for Occupational Safety and Health
4. [CDC Travelers Health](#) – Health resources for travelers
5. [Center for Infectious Disease Research and Policy \(CIDRAP\)](#)
6. [Cochrane](#) – Evidence-based reviews
7. [Essential Evidence Plus](#) – point of care clinical decision recommendations
8. [National Medical Practice Guidelines](#)
9. [Pubmed](#) – Articles from the National Library of Medicine

10. [Radiopedia](#) – Radiology information for physicians
11. [Teton Data](#) (formerly [StatRef](#)) – Medical information and calculators
12. [Up to Date](#) – Evidence-based, peer-reviewed clinical decision support tool
13. [VA DOD Clinical Practice Guidelines](#) – Evidence based guidelines to improve patient care, and save money.

### **Administrator resources**

1. [Commonwealth Fund](#) – Health Care data
2. [Dartmouth Atlas of Health Care](#) – Population based data about health care
3. [Joint Commission](#) – Healthcare organization accreditation
4. [Military Health System](#)
5. [National Academies of Science, Engineering, and Medicine](#)
6. [National Quality Forum](#) - Quality
7. [Trust for America's Health](#)

### **Medical Groups (Clinical)**

1. [American Academy of Aesthetic Medicine](#) – Beauty and fitness
2. [American Academy of Family Physicians](#)
3. [American College of Sports Medicine](#)
4. [American Medical Society for Sports Medicine](#)
5. [AMSUS](#) – Society of Federal Health Care Professionals
6. [International Society for Infectious Disease \(ProMed\)](#)
7. [International Society of Toxicology](#) – Information on Toxins and Antitoxins
8. [National Committee for Quality Assurance \(NCQA\)](#)
9. [Performing Arts Medicine Association](#)
10. [Undersea and Hyperbaric Medical Society](#) - Dive
11. [Wilderness Medical Society](#)

## Public Health

1. [Aerospace Medical Association](#)
2. [Agency for Toxic Substances and Disease Registry](#) - CDC
3. [American College of Occupational and Environmental Medicine](#) (ACOEM)
4. [American College of Preventive Medicine](#)
5. [American Journal of Preventive Medicine](#)
6. [Armed Forces Health Surveillance Center](#)
7. [Bread for the World](#) – International Faith-Based Institute opposing hunger
8. [CDC Emerging Infectious Diseases](#)
9. [CDC Morbidity and Mortality Weekly Report](#)
10. [Human Performance Resource Center](#)
11. [Immunization Health Care](#) – Defense Health Agency
12. [National Association of Community Health Centers](#)
13. [Occupational Safety and Health Administration](#) (OSHA)
14. [Robert Wood Johnson Foundation](#) – Building health worldwide
15. [Society for Disaster Medicine and Public Health](#)
16. [US Army Public Health Center](#)
17. [Vaccine Adverse Events Reporting System \(VAERS\)](#)
18. [World Health Organization](#)
19. [World Organization for Animal Health](#)

## Personal and Team Preparation for Medical and Humanitarian Response

It is not enough to know about emergencies and other needs throughout the world; we must act to help others and our world. In many cases, we must go. Following are some web sites to help responders prepare:

1. [Better Braces](#) – Musculoskeletal injury treatment and prevention
2. [Blessings International](#) – To purchase low cost medicines for medical humanitarian efforts.
3. [Brother's Brother Foundation](#) – Medical and Humanitarian supplies
4. Vision Screening - [Eyedocinabox](#) - I-Test Vision Screener
5. [Gallagher Charitable Insurance](#) – Insurance for overseas missions, including malpractice
6. [MAP International](#) – Purchase medications and other supplies

For more information on what you can do to intervene in events and issues throughout your community and the world, please read [How Ordinary People Can Contribute to Extraordinary Change](#). When you plan to go yourself, review [Medical Preparation for Humanitarian Missions](#) to help you prepare well.

While nothing here can substitute for a visit with a trained medical professional, the resources herein can help patients, providers, leaders, and the preventive medicine professionals take better care of themselves and those around them.

## Political Center

### Political Almanac, Analysis and Commentary

1. [Ballotpedia](#)
2. [The Center for Responsive Politics](#)
3. [CQ Roll Call](#)
4. [Democratic national committee](#)
5. [Green Papers](#) – Background and rules on the US political process
6. [Government \(Congress\) tracking](#)

7. [Politico](#) – Political analysis and commentary
8. [Real Clear Politics](#)
9. [Redstate](#) – Conservative political commentary
10. [Republican national committee](#)
11. [UVA Center for Politics](#)
12. [VoteSmart](#)

### Polling and Marketing

1. [The Marketing Arm](#) - Davies brown popularity index
2. [E poll market research](#)
3. [Gallup Research](#)
4. [Harris Interactive](#)
5. [Nielsen Social](#)
6. [Pew Research Center](#)
7. [Quinnipiac Polls](#)
8. [Rasmussen Reports](#)
9. [Social media examiner](#) - social media information and trends

### State Election Information

- |  |   |
|--|---|
| <ol style="list-style-type: none"> <li>1. <a href="#">Alabama</a></li> <li>2. <a href="#">Alaska</a></li> <li>3. <a href="#">Arizona</a></li> <li>4. <a href="#">Arkansas</a></li> <li>5. <a href="#">California</a></li> <li>6. <a href="#">Colorado</a></li> <li>7. <a href="#">Connecticut</a></li> <li>8. <a href="#">Delaware</a></li> <li>9. <a href="#">Florida</a></li> <li>10. <a href="#">Georgia</a></li> <li>11. <a href="#">Hawaii</a></li> <li>12. <a href="#">Idaho</a></li> <li>13. <a href="#">Illinois</a></li> <li>14. <a href="#">Indiana</a></li> <li>15. <a href="#">Iowa</a></li> <li>16. <a href="#">Kansas</a></li> <li>17. <a href="#">Kentucky</a></li> <li>18. <a href="#">Louisiana</a></li> <li>19. <a href="#">Maine</a></li> </ol> | <ol style="list-style-type: none"> <li>20. <a href="#">Maryland</a></li> <li>21. <a href="#">Massachusetts</a></li> <li>22. <a href="#">Michigan</a></li> <li>23. <a href="#">Minnesota</a></li> <li>24. <a href="#">Mississippi</a></li> <li>25. <a href="#">Missouri</a></li> <li>26. <a href="#">Montana</a></li> <li>27. <a href="#">Nebraska</a></li> <li>28. <a href="#">Nevada</a></li> <li>29. <a href="#">New Hampshire</a></li> <li>30. <a href="#">New Jersey</a></li> <li>31. <a href="#">New Mexico</a></li> <li>32. <a href="#">New York</a></li> <li>33. <a href="#">North Carolina</a></li> <li>34. <a href="#">North Dakota</a></li> <li>35. <a href="#">Ohio</a></li> <li>36. <a href="#">Oklahoma</a></li> <li>37. <a href="#">Oregon</a></li> <li>38. <a href="#">Pennsylvania</a></li> </ol> |
|--|---|

### Vendors and Training

1. [Aristotle](#) – Campaign Software
2. [CallFire](#) - Business and Political Tools
3. [Campaign Solutions](#)
4. [Constant Contact](#) - marketing
5. [ISP \(Political\)](#) – Campaign Software
6. [Lincoln Strategy Group](#)
7. [NationBuilder](#)
8. [Online Candidate](#) – websites and other digital campaign products
9. Parade rentals – fire engines, parade floats, buses
10. [Veterans Campaign](#) – helping veterans running for public office
11. [Will Milligan Events](#) – specialists in political fundraisers
12. [WinRed](#) – Republican fundraising site

39. [Rhode Island](#)
40. [South Carolina](#)
41. [South Dakota](#)
42. [Tennessee](#)
43. [Texas](#)
44. [Utah](#)

45. [Vermont](#)
46. Virginia – [Public Access Project](#)
47. [Washington](#)
48. [West Virginia](#)
49. [Wisconsin](#)
50. [Wyoming](#)

## Science, Research, and Writing Center

### Data Gathering and Analysis Tools

1. [Atlas Ti](#) - Qualitative data analysis
2. [Survey monkey](#)
3. [SPSS](#) - Quantitative data analysis
4. [Stata](#) - Quantitative data analysis

### General Keyword Search Engines

1. [Cite Seer X](#) – Academic search engine
2. [Google Scholar](#)

### Metadata Search Engines - [EBSCO Information Services](#)

### Medical and Public Health Research

1. [National Library of Medicine \(PUBMED\)](#)
2. [National Center for Health Statistics \(NCHS\)](#)
3. [National Center for Catastrophic Sports Injury Research \(NCCSIR\)](#)
4. [Web-based Injury Statistics Query and Reporting System \(WISQARS\)](#)
5. [National \(Hospital\) Ambulatory Medical Care Survey \(NAMCS/NHAMCS\)](#)

### General Research Sites

1. [Correlates of War](#) – Military history and armed conflict databases
2. [Digital Public Library of America](#)
3. [Directory of Open Access Journals \(DOAJ\)](#)
4. [Directory of Open Access Repositories \(DOAR\)](#)
5. [International Government Information](#)
6. [Open Library](#) - Books

7. [Open Library of Humanities](#)
8. [Project Gutenberg](#) – free electronic books
9. [Public Library of Science \(PLOS\)](#)
10. [Statistics Portal](#)
11. [Uppsala Conflict Data Program](#) – conflict and war databases
12. [US Census Bureau Factfinder](#)
13. [US Consumer Product Safety Commission](#)

### Natural Sites

1. [Eurobird Portal](#) – Bird well-being in Europe

### School Evaluations and Online Courses

1. [Coursera](#) - University Level On-Line Courses
2. [Greatschools](#)
3. [Schooldigger](#)

### Science Sites

1. [Federation of American Scientists](#)
2. [NASA Eclipse Website](#)
3. [National Science Foundation](#)

### Writing and Publishing Sites

1. [Accelerated Reader Bookfinder](#) – find books at the right reading level
2. [Amazon Author Central](#) – Author page, Kindle Direct Publishing
3. [Bowker](#) - bibliographic information for publishers, authors, and booksellers
4. [Dictionary](#) – get the right definition

5. [eTurabian](#) – helps you get your notes and bibliography in the Turabian style.
6. [Readability Score](#) – what grade level is your writing? How easy is it to read?
7. [Thesaurus](#) – find the right word
8. [Write Express](#) – Rhyming dictionary
9. [Writer's Diet Test](#) - place some writing in this website and it will analyze it.

## Sports and Entertainment Center

### SPORTS CENTER

#### American Football

1. [International Federation of American Football](#)
2. [National Football League](#)
3. [The Super Bowl](#)

#### Badminton - [Badminton World Federation](#)

#### Baseball

1. [Major League Baseball](#)
2. [World Baseball Softball Confederation](#)

#### Basketball

1. [International Basketball Federation](#)
2. [National Basketball Association](#)

#### Cycling

1. [International Cycling Union](#)
2. [Tour de France](#)
3. [USA Cycling](#)

#### Cricket - [International Cricket Council](#)

#### Field Hockey - [International Field Hockey Federation](#)

#### Football/Soccer

1. [International Football Federation](#)
2. [Major League Soccer](#)

#### General

1. [ESPN](#)

2. European Sports - [Eurosport](#)
3. [International Military Sports Council](#) (CISM)
4. [International Olympic Movement](#)
5. [National Collegiate Athletic Association](#)
6. [Sports Illustrated](#)
7. [US Olympics](#)
8. [World Air Sports Federation](#)
9. [World Police and Fire Games](#)

#### Golf

1. [PGA Championship](#)
2. [The Masters](#) - US
3. [The Open Championship](#) (The British Open) - Scotland
4. [US Open](#)

#### Horse Racing

1. [Belmont](#)
2. [Kentucky Derby](#)
3. [Preakness Stakes](#)
4. [The Grand National](#), England

#### Ice Hockey

1. [International Ice Hockey Federation](#)
2. [National Hockey League](#)

#### Martial Arts

1. [Black Belt Magazine](#)
2. [Black Belt Wikipedia](#)

3. [International Fencing Association](#)
4. [International Field Archery Association](#)
5. [International Shooting Sport Federation](#)
6. [World Archery Federation](#)
7. [World Taekwondo Federation](#)

### Motor Sports

1. [International Automobile Federation](#)
2. [Le Mans](#)
3. [NASCAR](#)

### Polo - [International Polo](#)

### Table Tennis - [International Table Tennis Federation](#)

### Rugby - [World Rugby Board](#)

### Running

1. [Boston Marathon](#)

## ENTERTAINMENT CENTER

### General

[Antennaweb.org](#) to discover what channels you can get with an antenna in your area and which type of antenna is needed to receive them.

### Movies

1. [Paramount Pictures](#)
2. [Sony Pictures](#) - Columbia
3. [Twentieth Century Fox](#)
4. [Universal Studios](#)
5. [Walt Disney Studios](#)
6. [Warner Brothers](#)

### Music

[KMDH Classic Music](#) – 500 years of the Western World's Greatest Music

### Performing Arts

1. [Fellowship for the Performing Arts](#)

2. [Ironman Triathlon](#)
3. [US Army Ten Miler](#)
4. [US Marine Corps Marathon](#)

### Sailing - [America's Cup](#)

### Snorkeling and Scuba Diving

1. [National Association of Underwater Instructors \(NAUI\)](#)
2. [Professional Association of Dive Instructors \(PADI\)](#)

### Tennis

1. [Australian Open](#)
2. [French Open](#)
3. [US Open](#)
4. [Wimbledon](#), England

### Volleyball - [International Volleyball Federation](#)

2. [Kennedy Center for the Performing Arts](#)

### Television

1. Watch TV Shows and Movies - [Hulu](#), [Crackle](#)
2. [American Broadcasting Company](#)
3. [CBS](#) – Formerly Columbia Broadcasting System
4. [Fox Broadcasting Company](#)
5. [National Broadcasting Company](#)

### Spanish Language Television

1. [Telemundo](#)
2. [Univision](#)

**Video** - [Youtube](#) – Individual, group and other videos