

AMERICAN SURVIVOR

Survival Information for the Prepared Citizen

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IN THIS ISSUE: Ebola and other Frights, Aftermath Recovering from Disaster, Winter Survival, Binoculars in your Survival Pack

EBOLA and OTHER FRIGHTS

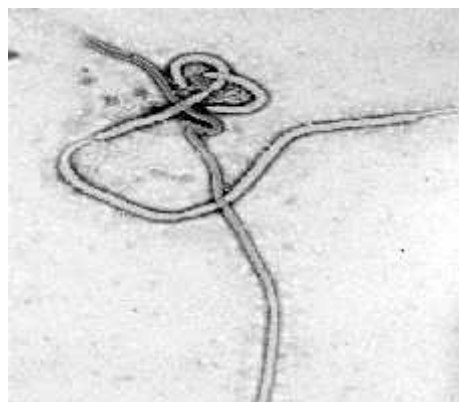
The recent Ebola epidemic in Africa once again brings the world pandemic scenario to the forefront of concerns.



Protection and isolation are the only options once an epidemic enters your community

While Ebola has a documented 96% fatality rate, this statistic may be misleading. The survival of two Americans may indicate a much higher survival rate among healthy, well-nourished people. The 96% rate is based on the malnourished, disease ridden populations living with poor sanitation and poor medical care. Ebola is virulent only while the victims are symptomatic and spreads through contact. Poor sanitation, ignorance and some social and religious traditions facilitated its spread in Africa. Many diseases with lower mortality rates, but longer virulence and greater

communicability are a greater threat. While Ebola is a frightening disease, the same precautions and actions required for other epidemic scenarios are what you need. Panic peddlers selling "Ebola protection kits" or cures abound, but the prepared survivalist/prepper probably has everything they need.



The Ebola Virus

An epidemic does not have to kill you to kill you. By this I mean that the effects of a wide spread epidemic (even with a low mortality rate) can cripple so many critical services that millions would die from other causes. If everyone is sick or afraid of being sick who will run the water supply pumps, sewage pumps, generating plants and fuel supply services? The police, fire and medical services will be undermanned and

overwhelmed. There will be no drivers to deliver food to your grocery store after it's cleaned out by looters. The elderly and those depending on regular medical supplies will go first, but everyone will be at risk. A large scale flu epidemic lasting a few months and disabling 50-60% of the population would crush the world economy and probably kill 20-30% of the population from non-flu related causes. No one wants that to happen! Rich, poor, black, white, east, west will all lose.

Health and Sanitation

Regardless of the specific pathogen involved, general health and health-habits are your best defense against all forms of illness. A healthy diet, exercise and weight control will go a long way to building up your immune system. So called immune system building vitamins and pills are no substituted for healthy-living. Smoking greatly damages the immune system and increase your chances of death if you do get infected. Stop it now! Frequently cleaning hands, wearing clean cloths and keeping a clean home all help prevent infection. Don't overlook dental care. Poor teeth open you to a variety of larger medical issues. Data from recent epidemics supports the fact that healthy people are less often infected and more often survive. A healthy person is also more able to survive the secondary consequences of water contamination, food shortages, violence, etc. than a less able one.

Stress has been shown to lower the body's resistance to diseases and significantly effect recovery chances. Advance knowledge and preparedness for survival situations can significantly lower stress.

Isolation and Decontamination

Once an epidemic has started, your best chance to survive is to be able to isolate yourself and your family from everyone else. Since most survivalist/preppers already aim at having a 6-months' supply of water, food

and other critical supplies at home this puts you at a great advantage. In some cases isolation may mean evacuation, but this should be avoided if possible. Escaping with you "bugout-bag" puts you into the infected population and environment. As soon as there are signs that an epidemic is impending, start taking extra precautions. Absolutely avoid public transportation, medical care facilities (unless you are seriously ill) crowded venues, restaurants and any unnecessary human contact. If you must still shop, go to work or visit, double up on hand sanitation. Always carry one or two N-95 dust/mist masks and wear them as needed. If you are going to need any supplies (water, food, medications, bleach etc.) get them now, before the panic. Once the general public has recognized the danger you will need to stay away from your job and isolate your family completely until the epidemic burns itself out. If you must go out during such an epidemic you will need to wear a properly fitted N-95 (or higher) mask, disposable Tyvek coveralls, latex gloves and eye protection. You and anything you bring back into your home must be decontaminated with a 10% bleach/water solution. The gloves, suit and mask must be decontaminated before removal to avoid cross contamination of you and your clothing. Footwear should be decontaminated as well. Bag the suits, gloves, and mask outside for disposal. Can goods and any other items you bring in must be decontaminated as well. A clean garden sprayer with a 10% bleach solution is ideal for decontamination work.

Treatment and Survival

Worst case: you or others in your family get infected. If this is a serious wide spread epidemic going to the hospital or other facilities probably won't help unless they are offering effective treatments and medications. At this point you have to initiate decontamination of everything inside the house and wear masks and suits when

in proximity to the infected person. As suits and masks will be limited, it would be best to assign one care-giver and keep other away from the infected person. In some cases antibiotics may be effective, but only if indicated by medical authorities.

- **Maintain hydration:** The major cause of death from biological agents (and radiation sickness) is dehydration. The major effect of these conditions is vomiting, sweating and diarrhea and in some cases hemorrhage. Fluid outflow exceeds intake resulting in dehydration and organ failure. This is why IV fluids are started on virtually all ER patients. If you have the capacity to initiate IV hydration, do so. If not, try to sustain oral hydration if the patient is conscious and will tolerate it. The formula and instructions below should be helpful.
- **Rehydration Solution:** Dehydration is one of the primary causes of death secondary to shock, heat stroke, radiation sickness, and many communicable diseases. If ambulance and ER treatment is not immediately available and the patient is fully conscious oral hydration can be sustained using the following solution.
8 ts. of sugar, 1 ts. of salt to 1 liter of water. Provide small 4 oz drinks every hour
- Caution: giving water or other liquids to an unconscious, semi-conscious or seriously injured patient may cause them to vomit and aspirate causing pneumonia. Generally these patients can be rehydrated by intravenous methods at the ER
- **Maintain body temperature range:** the second major cause of death

from infectious diseases is high temperature. Ebola is a hemorrhagic fever! Very high temperatures (above 105 f) can cause organ failure and brain damage as well as coma and death. Generally, the body's regulatory system will not let the fever go above 105 f. Aspirin and Tylenol is often effective in fever reduction, Use cold cloths on the forehead for comfort. Low fevers are usually not dangerous in themselves, but do increase dehydration. Fevers lasting longer than 3-4 days or above 105 f are more serious hazards that can be treated like hyperthermia with cold packs or cold cloths in the armpits and along the neck, but hypothermia can result from overcooling.

- **Maintain nourishment:** Obviously a well-nourished body can fight infection better. Conscious, hungry patients should be fed soft easily digested foods. If the patient is not hungry try to feed them nourishing soups are diet supplements such as Insure.
- **Maintain sanitation:** the symptoms of infectious diseases (Urination, sweating, vomiting and diarrhea) are challenges to good sanitation. Unsanitary conditions lead to further diseases and medical issues for the patient and for the caregiver. Bleach should be used to decontaminate all human waste and contamination. The patient's environment must be maintained clean and as sterile as reasonably possible. This may be the most difficult aspect of care.

Preparing for a Pandemic

Back when the "bird Flu" flu epidemic was looming there was an immediate shortage of N-95 masks and hand sanitizer. At the first

sign of any kind of epidemic all critical sanitation supplies will be hoarded and prices will rise. Most of what you need is cheap and easy to get now so stock up these items early.

Bleach is critical for decontamination of everything and for purifying water. You should have at least 6-gallons on hand. Since bleach loses strength over time, it should be rotated in household use so that 6 full strength gallons are always at hand. N-95 must/dust masks and Tyvek suits are available in hardware stores and from medical supply houses. Have 5 or 6 suits with the hoods in sizes to fit each family member. You can't have too many masks. Fifty per person would be the minimum. Carry some in your pockets and vehicle at all times.

Latex gloves come in boxes of 100 so one box per person should last a while. Again: carry a pair in pockets and vehicles.

Hand sanitizer is useful stuff when away from home. A small supply of bottles for pockets and packs is a good idea.

Don't forget to keep stocked up on soap, toilet paper, alcohol, plastic bags and other basic sanitation supplies. Be able to purify and/or boil (Fuel) lots of water.

Antibiotics are helpful in some cases if you know how to use them. Since an epidemic will lead to other types of illness and injuries any kind of medications that you can store will be useful.

AFTER NOTE: *Just after I completed the above article it came to my attention that the desperately poor in Africa have been "harvesting" the blood from dead Ebola victims and selling it on the internet. While they are supposedly selling it as a kind of vaccine, its potential as a tourist means to bring the disease to the west is obvious. There certainly are plenty of radicalized Muslims in the infected regions. Two methods of "weaponizing" the blood come to mind.*

1. *Preserve the infected blood. Transport it to Europe and the US (easy to do) and vaporize it in a crowded sports venue, rail station or other site.*
2. *Infect volunteer terrorists and use them as human carriers as person-to-person infectors or by blowing themselves up in public areas to spread their infected blood and tissue.*

Considering the evil and violent nature of ISIS this is just the kind of thing they would do.

AFTERMATH

You Survived! Now What?

By James C. Jones, EMT/CHCM

If you are concerned enough to be preparing for long-term disasters and you have faith in your ability to survive, it is logical and necessary to have a practical recovery plan and goals as well

Virtually all preparedness and survival literature focuses on the various aspects of *how* to get through a disaster alive. Little attention is given to the challenges of recovery and resumption of life for the survivors in a post disaster world. In my view, survival alone is not a worthy objective. **Survival is a means to an end and that end must be defined in your personal and family mission.** Your survival plan is the answer to "how" you will survive, but **your recovery plan is the answer to "why".**



Disasters aftermath can be psychologically devastating. Having a recovery plan in place can replace OMG! with “lets role”

For the purposes of this article we will not consider those local, temporary and normal disasters such as storms, minor epidemics, economic recessions from which recovery is relatively fast and complete. We will focus on those large scale, game changing events where there is no recovery to previous conditions. In these situations the survivor will emerge, having used most or all of his/her survival supplies and probably be traumatized and possibly injured or ill. True cataclysms fall into two categories:

1. **Instant and massive disasters** such as nuclear war, worldwide pandemics, massive natural event (e.g. meteors, solar flares, large volcanic events) that alter the entire economic, political and environment system within a few days or months.
2. **Slower developing disasters** that may consist of multiple events such as economic deterioration, frequent natural disasters, growing regional conflicts and other negative situations that grind down your safety, security and freedoms. These may culminate in some sort of collapse or conflict or they may simply crush our way of life over decades.

In either case the survivor winds up in that “world as you knew it is gone” situation

In the case of a fast developing (boom) disaster, your survival priorities were to escape or protect yourself from the immediate dangers with minimal injury and losses. If your combination of preparations and luck get you through the first minutes, hours and days you can begin to implement your recovery plan based on the dramatically altered conditions created by the event. Government with either be non-existent or domineering. Critical services such as water, electricity, sanitation, food supplies, fire protection and police protection will be severely damaged. Destroyed structures, dead and dying people and general chaos will be your new environment. Even your own alternative systems and survival supplies and equipment may have been lost or destroyed. If you have a plan “B” recovery stash of tools, supplies and trade goods that has survived the initial event you will do well. Skills like medical care, food production, mechanical repair, and other basics will be essential. Scrounging, salvaging and repairing will be your recovery road. Of course you will need to be armed and able to protect what you have and what you build up in these desperate times. The most important recovery component will be your family and network of prepared, survivor friends. The old slogan TEAM Together Each Accomplishes More will apply powerfully here. Working with and helping others now will greatly help your recovery and safety as you rebuild after any form of disaster.

In the case of slow developing (rumble) disasters you will find yourself responding and recovering from a variety of situations (e.g. storm damage, unemployment, high prices, power failures, etc.) while adapting to an accelerating decline in your safety, security and standard of living. You will notice the decline in infrastructure reliability (roads, electricity, water, etc.) higher prices

for critical needs (food, medicine, fuel) that may lead to actual shortages, and less reliable police, fire and EMS services. Eventual budget cuts and economic recessions can result in greater crime rates and civil disorder. Over several decades things may look just like a fast (boom) disaster has struck with crumbling buildings, high death rates, and general chaos.

The difference here is that you can focus on adjustment, adaptation and even opportunities within the situations. Survival and recovery are simultaneous and ongoing operations. As something's fail other alternatives will be needed. Some new technologies will need to be used. Some old technologies and methods will again be valuable. The "New Americans" will survive and even thrive if they learn from every challenge and disaster and adapt accordingly. Now is the time to ally yourself with survival minded people and build your networks.

Recovery priorities are basically the same as survival priorities, but must be established and sustainable systems rather than "survival kit" items. Your recovery plans and actions must address these four priorities:

1. Restoration and maintenance of health is the first priority after a disaster. The survivor may be injured, malnourished and suffering from a variety of illnesses and medical conditions. Long-term provisions for safe water, adequate food and medical care.
2. Security and safety will be long-term needs for the survivor. Predators of all sorts will focus on those successful survivors with consistent and violent intent. Vigilance and defense become a constant responsibility

3. Shelter is always a primary survival requirement. The repair and maintenance of your home as a secure shelter and base for recovery is paramount. If your home is unsustainable there will be other abandon and damaged or undamaged structures available.
4. Income in the form of tradable goods, acceptable currency and self-provided needs such as food and, water will be the key to rebuilding a "new normal" life.

You cannot survive for long alone and you certainly cannot achieve the recovery necessities above without the support of family and/or an active local preparedness and self-reliance network that you developed before the events.

Ultimately why you recover is based on your personal values and what kind of a person you want to be. These are the things that you survive *for*. If you survive as a predatory, selfish, and immoral person or a subservient victimized slave your survival is meaningless or worse. Family, friends, faith and freedom are core values that must be preserved and defended in any recovery plan. One's self-respect, property and privacy are also key values of the true survivor.



Conclusion

The greatest achievements of mankind were the results of how people responded to difficulties and disasters. True hero's, leaders, innovators have always been survivors first. At some point the world as we know it (WAWKI) will be gone. It will then be the world as you let it be (WAYLIB) or the world as you make it (WAYMI). That all depends on your recovery plans and actions.

WINTER WEATHER SURVIVAL GUIDE

The assumption that the so-called "global warming" will result in milder and safer winters is misleading and dangerous. The severe winter of 2013-14 demonstrated that "climate shift" will cause more extreme and often violent conditions than in the past. These "new normal" events will include later and more violent tornadoes, heavier snow storms, occasional prolonged below zero temperatures, ice storms, higher winds and winter floods. Existing infrastructures (e.g. roads, piping, wirings) and emergency services (e.g. fire, police, medical, and food delivery) are not equipped to function under these conditions and may be interrupted for prolonged periods.

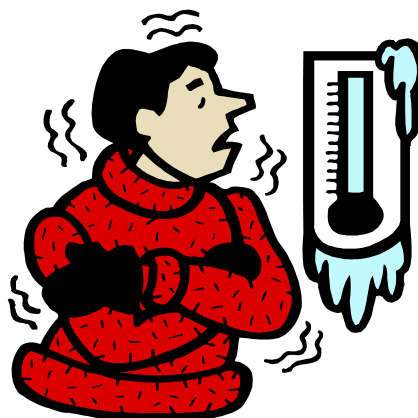
It is imperative that all responsible citizens be prepared to survive without utilities and outside help for extended periods of time under extreme winter conditions. The following information is provided as a guide to help you prepare for and get through most winter related emergencies

COLD WEATHER MEDICAL CONDITIONS

HYPOTHERMIA

Hypothermia occurs when the body's core temperature begins to drop below 90

degrees. Shivering is the first sign and action should be taken immediately to warm the person before advanced signs appear. Providing warm sugary drinks is the best way to warm the inner core. Getting them to a warm place and removing wet clothing is critical. As the core temperature drops shivering stops and the person will become less responsive and less coordinated. If action is not taken promptly the person will drift into a stupor as pulse and respiration slow down. The person exhibiting these signs will die unless gotten to an emergency room promptly. If access to an ER will be delayed place padded warm (not hot) packs under the armpits, along the sides of the neck and in the groin area and/or place the undressed person in a sleeping bag with another individual. CAUTION: avoid fast warming (e.g. warm baths, etc.) of persons in advanced hypothermia as this will drive cold blood from the extremities to the heart and may cause fibrillation. TIP: carry a wool cap and a respirator mask when outdoors. Lose of heat from the head and loss of heat from respiration are major contributors to hypothermia. NOTE: The very young and the elderly are more susceptible to hypothermia. In addition to warm clothing, warm (nonalcoholic) drinks and food can reduce the risks.



FROSTBITE

Frostbite occurs when exposed tissue freezes. The toes, fingers, nose and ears are particularly vulnerable, but larger extremities can freeze under some

conditions. In addition to tissue damage, freezing can result in the loss of the body part and severe infections (gangrene) that can spread beyond the frozen tissue and result in larger amputations or even death. Prevention is achieved through maintaining dry well insulated clothing and covering all exposed tissue. The first signs of frostbite are cold skin that looks grayish or yellow. The feeling of cold is replaced with a loss of sensation as tissue and nerves freeze. Rewarm the tissue with padded warm (not hot) packs or warm water no hotter than 105 degrees. Rewarmed tissue may swell and be painful. Tissue that does not return to natural color and sensation indicates severe damage and requires immediate medical attention.

CAUTION: never rub frostbitten tissue as this will only increase the tissue damage.
CAUTION: never let a recently frostbitten part get frozen again as this will practically guarantee infection and tissue loss.

TIP: Keeping an extra pair of wool socks under your shirt or in your pockets can save feet if your socks become wet or hands (as mittens) to supplement or replace wet or lost gloves.

GETTING YOUR HOME READY FOR WINTER

Your home is your primary shelter and defense against winter. Make it as efficient as possible.

- Have your furnace inspected before each winter and make sure that the chimney is clear of obstructions
- **BE SURE YOUR SMOKE AND CO DETECTORS ARE WORKING AND HAVE NEW BATTERIES**
- Check windows and doors for leaks and cracks where cold air can get in
- Test run your generator, snow blower and other devices

- Stock up on fuel for generators, and heaters *
- Be sure you have several good LED flashlight and lanterns
- Have a crank and battery powered weather-band radio
- Have plenty of blankets and/or sleeping bags
- Consider investing in LP gas heaters designed for indoor use
- Have a camp stove with plenty of fuel cylinders for heating food and drinks if fuel supplies run low.
- You should have a minimum of 7-days food supply in the house at all times
- You should have at least 5-gallons of water per person
- Never let critical medications get below a 10-day supply
- Always have a well-stocked first aid kit at home
- If you have a stove or fireplace, have at least a 30-day supply of fuel

WHAT TO DO IF THE POWER AND HEAT GO OFF

Severe weather could cause you to be isolated without heat or electricity for many days. Having the above supplies should allow your family to survive comfortably without outside assistance or supplies for extended periods. It is best to close off one room that can be heated rather than try to heat the entire house. Never use heaters that are not designed for indoor use. If you have a small tent, put it up in the center of one room. It will be more efficient and warmer to heat the tent than a room. Have several good fire extinguishers handy since you will be using fuels, heating and lighting devices that are fire hazards. Water pipes may freeze in an unheated house. Leave faucets dripping and use heaters in the

kitchen and bathroom with sink cabinets opened to maintain above freezing temperatures.

** Keep fuel stored away from the house and run generators well away from the house to avoid the danger of carbon monoxide*

GETTING YOUR VEHICLE(S) READY FOR WINTER

More frequent ice storms, blizzards combined with deteriorating roads increase the chances that you may be stranded or involved in an accident under severe winter conditions. Here are a few recommendations for improving your survival chances. Before winter weather starts have your vehicle(s) inspected and correct any issues.

- Replace worn tires
- Replace older batteries
- Be sure antifreeze is filled
- Be sure all headlights, signal lights and foglights are working
- Never let your fuel levels get below a half tank
- Maintain filled windshield wiper fluid with defrosting solution
- Keep the following items inside the passenger compartment
 - Several filled water bottles
 - Food such as energy bars
 - A good crank and battery LED flashlight**
 - Blankets
 - Gloves*
 - Wool caps*
 - Boots*
 - A small first aid kit
 - Candles in a can or “tea candles) with matches
 - Small camp stoves with cooking pots are great for heat and warm drinks.

** Batteries alone may not work in extreme cold

*You may not be dressed for the outdoors when driving

Items to keep in your trunk include:

- Sand, salt or cat litter*
- 2 Pieces of old carpet 1 ft. wide by 6 ft. long*
- Tow rope
- Jumper cables
- Small shovel
- Warning lights or road flares
- A fire extinguisher

*For getting unstuck from ice or snow

WHAT TO DO IF TRAPPED IN YOUR VEHICLE

If you have become stuck in snow or ice or have gone off the road in a storm, your best chance is to stay with the vehicle. Only if help is in sight and easily accessible (e.g. gas station, store, etc.) should you leave on foot. A lighted candle in a can or on foil on the dashboard can significantly raise the temperature of the passenger compartment. Run the engine only periodically to warm the vehicle. Use the dome light to attract attention. Avoid the use of headlights that may run down the battery. Wrap up in blankets and wait for help to arrive.

IF YOU'RE CAUGHT OUTSIDE IN THE COLD

If you are adequately nourished and clothed your chances of survival are greatly improved. Avoid getting wet from rain, snow or sweating. Seek shelter from the wind. You should always carry waterproof matches in every winter garment, but staying dry, finding shelter and conserving your body's energy is more important than fire building. If you cannot be sure of reaching help without risk of getting lost or exhausted you are better off staying put in a dry sheltered location. If you can start a fire

and drink warm water it will help. Be sure that your hands, feet and head are covered. Cover your mouth with a face mask or muffler and nose to reduce heat loss from respiration. Avoid contact with rocks or metal objects that will suck heat from you. Always carry a survival kit when engaging in outdoor sports.

SNOW SHOVELING AND PLOWING HAZARDS

- Never try to clear an obstruction from a snow blower with your hands, even if the motor is turned off
- When shoveling work slowly and take frequent breaks
- Be sure others know you are outside
- Avoid sweating and change wet clothing to avoid hypothermia
- At the first signs of chest pain stop working and call 911!

NOTE: Be sure to check on any elderly neighbors you have. The elderly are more vulnerable to cold and less able to be prepared for such emergencies.

Conclusions

Winter conditions are essentially hostile to life. Failure of “system” provided life supporting services (fuel, heat, water, food, medicine) results in immediate danger to you and your family. Complacency and dependency can result in severe consequences and even fatalities. The above precautions will greatly improve your comfort, security and safety under most winter emergency conditions.

Multiplying Your Survival Choices with Binoculars in Your Pack

One item that is often left out of the survival pack is optical enhancement (binoculars or monocular). Fortunately, today there is a full range of reasonably

priced, durable and functional optics. Many years ago the only good binoculars were large, bulky and delicate. On my very limited budget, I had a cheap pair of toy binoculars in my pack. Sure they were junk, but still much better than my one-power eyeballs. I am not an expert on binoculars, but unless you have unlimited fund, buying a pair of Zeiss Terra EDs at \$500.00 seems excessive when you can get the same level of magnification and field for less than \$100.00 and use the other \$400.00 for other survival needs.



Alaska was a great place for using binoculars.

I do have a large pair of binoculars at home that I bought in the 1960s. These 20x50 optics are good for home situations (not to mention astronomy), but too bulky for the pack. In compliance with my own “not what you have, but what you have with you” rule I have a small pair of 10x25 binoculars that I carry in my truck (along with my Emergency Response Guidebook) for road situations. I carry a slightly larger pair of 16x32 Bushnell’s that I keep with my pack in their belt pouch. When traveling light I have a small 8x21 monocular. This cheap, lightweight monocular actually is faster to use and spot with than the larger binoculars. I took the Bushnell’s on a recent trip to Alaska. It’s a good idea to see a grizzly bear 16-times sooner than he sees you!

My point is that enhanced optics provides you with an advantage that fully justifies the allocation of funds, weight and space. Knowing what's around you at a distance gives you choices that you may not have when you get closer. "I didn't see that coming" can be your last words! For example:

- On the road you can see roadblocks, violence, hazardous materials, washouts and other hazards well before you encounter them. You can choose how to avoid or deal with these issues
- In camp or at home you can identify friend or foe, approaching looters, etc. before you are seen. Then you can prepare to defend or retreat as necessary. You can spot safe routes, safe camp sites, useful supplies, game, water sources and other

needs many times further out than with the unaided eye.

These are significant advantages! Unless you like to miss opportunities and you like surprises, you need to include enhanced optics as part of your survival equipment.



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