

AMERICAN SURVIVOR

SURVIVAL INFORMATION FOR THE NEW AMERICAN



November/December 2017 Non Members Price: \$3.00 PER ISSUE

Published by: Live Free, USA, www.americansurvivor.org, e-mail: lfinow@aol.com, or write: Live Free, P.O. Box 3295, Munster, IN 46321

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SURVIVING A NUCLEAR EVENT

By James C. Jones, CHCM/EMT (former radiological monitor)

Introduction

Back when I first got into survival and preparedness the threat of nuclear war was virtually the only driving factor for preparedness. Today we face a much more complex "threat matrix" in which exposure to radioactive contamination can be a direct or secondary effect of a number of man-made or natural disasters. Military intelligence sources now report that Russia considers tactical nuclear weapons as conventional weapons that can be used without fear of escalation. Additionally, Russia has just begun to deploy new Satan II missiles with warheads capable of obliterating areas the size of Texas. There is now a higher possibility of Russia using tactical nukes while shielded by their potential for massive retaliation.



While North Korea is unlikely to actually start a nuclear exchange with the United States the potential for some kind of limited use of nuclear weapons is a significant possibility.

We will not explore the blast effects of nuclear detonation or the complexities of shelter building here. While massive nuclear war still remains a possibility more limited nuclear events and conflicts have become far more probable. This article is intended to provide some basic guidelines and information for coping with limited nuclear events. The most probable sources of public exposure to radiation today are listed below.

- Single or multiple nuclear power plant meltdowns such as we have seen at Fukushima and Chernobyl. Such events could result from cyber-attacks, earthquakes or other major disruptions. The safety systems and backup systems are designed to cope with limited and short term disruptions. There is no such thing as "fail-proof". Such events could result in regional contamination in major population areas.
- Terrorist initiation of a limited nuclear detonation, dirty-bomb, or covert spreading of radioactive material in public places. Such events would limit exposure to a limited number of people in a limited area.

- Limited nuclear wars overseas. India vs Pakistan, Israel vs Iran, China vs Russia all are potential scenarios where a few or even dozens of nuclear weapons could be detonated. Fallout would travel westward to the United States. During the 1960s nuclear testing by the USSR in Siberia, and France, Great Britain and the USA in the Pacific was a regular occurrence. Radiation sickness did not affect Americans, but cancer and other illness rates were increased. Limiting any exposure, particularly in the first weeks and months after such an event would definitely be prudent.

Radioactivity Exposer and its Effects

The table below provides the estimated effects of radiation exposure. Note that even without the benefit of knowing the dosage in Roentgens, how soon the symptoms appear and how many people in the same area are

affected is a good indication of developing disability and fatality rates. Be aware that disability and death rates may vary widely depending on the health and age of the exposed personnel. The lower exposures (50-120 roentgens) might be anticipated from distant events such as overseas nuclear exchanges or nuclear power plant accidents. Being close to or downwind of a nuclear detonation or power plant meltdown could result in exposures from 100 to 300 Roentgens depending on distance and how long you spent in the contaminated area. Higher exposures would be limited to those directly in or near to a nuclear detonation or detonations. Of course any exposure can increase your potential for cancer, leukemia and a host of other medical issues in the future. It is particularly important to protect children and adolescence from any level of exposure because it is more likely to cause illness as and birth defects years and decades later.

Expected Effects of Short Term Gamma Radiation Exposure

Acute Dose (Roentgens)	Anticipated Effects of Radiation Exposure
0-50	No obvious symptoms. Possible minor blood changes
60-120	Vomiting, nausea will affect about 5 to 10 percent of exposed personnel within 24-hours of exposure. Some fatigue may occur, but no disability or deaths anticipated
130-170	Vomiting, nausea will affect about 25 percent of exposed personnel within about one day. This may be followed with other symptoms of radiation sickness, but no deaths can be anticipated
180-220	Vomiting, nausea will affect about 50 percent of exposed personnel within about one day. This will be followed with other symptoms of radiation sickness, but no deaths can be anticipated
270-330	Vomiting, nausea will affect nearly all of exposed personnel on the first day . This will be followed with other symptoms of radiation sickness, Prolonged recovery time and 20 percent deaths within 2-6 weeks can be anticipated
400-500	Vomiting and nausea will affect all exposed personnel within the first day after exposure . Severe symptoms of radiation sickness will last months and 50 percent of exposed personnel will die .
550-750	Vomiting and nausea will affect all exposed personnel within 4-hours after exposure . Severe symptoms of radiation sickness. Few survivors and prolonged convalescents time for those who survive.

1,000 >	Vomiting and nausea will affect all exposed personnel within a few hours of exposure. Few or no survivors from radiation sickness
5,000 >	All exposed personnel incapacitated almost immediately, 100 percent fatalities within one-week

Rule of Thumb for Estimation of Total Dosage Accumulated

D= Dosage in Roentgens

I= Intensity of Roentgens per hour

T= Time of exposure in hours

$D = I \times T$

For example: If the dosage rate is found to be 70 Roentgens per hour and you have been exposed for 3 hours it is $70 \times 3 = 210$ Roentgens accumulated dosage

Nuclear detonations or accidents will result in the production of radioactive fallout. Fallout is simply radioactive particulates and fine dust thrown upwards by the blast. Since the heavier particles fall first they start falling down wind closest and soonest after the blast. This makes these particle the most dangerous. The finer dust will fall further down wind over days and weeks following the initial blast. All radioactive fallout is subject to decay in radiation so it is most dangerous within the first hours and days after it is created, but continues to radiate at a declining rate for years and decades.

In the event of a so-called dirty bomb or the covert spreading of radioactive materials by terrorists the radiation levels may vary widely and the exposure areas will be limited to a few buildings or a few blocks. Those who may have aspirated radioactive particulates or unknowingly spent extended time in contaminated areas may develop varying levels of radiation sickness

What is Radiation?

Fallout particles can range from sand like particle falling close to the source of a nuclear event to very fine dust that travels hundreds of miles from the source. There are three sources of radiation exposure from fallout.

- **Alpha particles** cannot penetrate unbroken skin, but if ingested on contaminated food or drinks or inhaled on

fallout in the air where they can reach unprotected internal organs and have serious effects.

- **Beta particles** can cause beta-burns if left on the unprotected skin and can cause more serious damage if ingested or inhaled.
- Both Alpha and Beta exposure hazards can be reduced by washing or dusting off particulates and wearing an effective dust mask
- **Gamma rays** are like x-rays in that they can penetrate most materials with ease. These rays pass through the body damaging cells and vital organs. The more intense the gamma radiation is and the longer the time of exposure the more severe the damage is. In addition to keeping particulates out of and off of our body, you must act to get out of the contaminated area as quickly as possible and thoroughly decontaminate yourself once out of the area. All clothing and equipment exposed to fallout must be abandoned or decontaminated. Clothing probably will be difficult to clean of all fallout.

Fallout shelters use massive amounts of soil, concrete and other materials to reduce the amount of gamma radiation from outside that penetrates into the shelter. Additional, filtering of air reduces the amount of gamma radiating material that enters the shelter. The more time you spend in such a shelter or even within a massive building or basement the less your exposure will be. However: if the area of contamination is limited such as downwind of a nuclear power plant prompt evacuation and decontamination if practical would be far

more effective than remaining in the contaminated area in any kind of shelter.

Signs and Symptoms of Radiation Sickness

Radiation sickness results from the damage that gamma rays do to the cells and organs of the body. How soon the signs and symptoms appear and how severe they are is a good indication of exposure rates and potential mortality. Initial symptoms include: nausea, irritability, vomiting, diarrhea and general fatigue. These symptoms may disappear after a few days, but reappear within 1 to 2 weeks with more serious symptoms of hair loss, hemorrhaging, and bleeding under the skin. Compromised immune systems will result in fever, infections and disability. Vomiting, diarrhea and internal hemorrhaging results in severe dehydration. The sooner that these symptoms appear after exposure the lower the survival rate will be. Radiation sickness is not contagious. Decontaminated victims cannot "infect" family members or caregivers.

What to do if you know or think you are being exposed to radioactive fallout

- Get out of the contaminated area as fast as you can to reduce total exposure rates
- Put on a dust mask or improvised a respirator from dampened cloth immediately to keep particles out of the body
- Dust off any contamination on your clothing
- If possible don rain ponchos, rain suit, plastic bags or other waterproof and dust proof clothing. Be sure to have your head covered to keep particles out of your hair.
- Once out of the contaminated area carefully remove contaminated outer garments. Dust and wash (spray or shower) skin, hair, feet/shoes etc. as thoroughly as possible. Remove the

mask last. Leave contaminated clothing and material well away from shelter.

- Decontaminate any food cans, utensils and equipment before use.
- If available take potassium iodide pills or liquid per dosage instructions. Note: overdosing on potassium iodide can be harmful so follow instructions.

Treating Radiation Poisoning

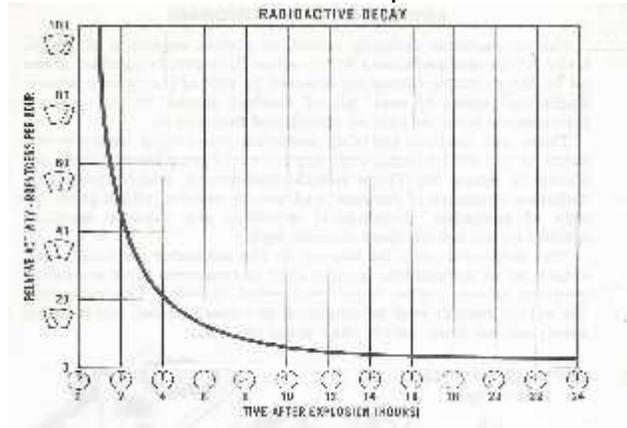
In addition to preventive use of potassium iodine tablets there are other measures you can take to improve your survival chances and shorten recovery time.

- Maintain hydration with vitamin and electrolyte fortified water. When and if oral hydration cannot be tolerated the use of intravenous fluids or fluid enemas may be necessary
- Strong iron supplements should be given to combat severe anemia and weakness
- Antibiotics should be given at the first signs of fever or infection as the immune system may not be able to fend off even minor illness or wound infections.
- Burns and wounds must be treated with special care to avoid any kind of contamination.
- Since internal bleeding often occurs in radiation poisoning, aspirin should be avoided
- Milk of Magnesia or Pepto-Bismol may be used to reduce diarrhea and vomiting

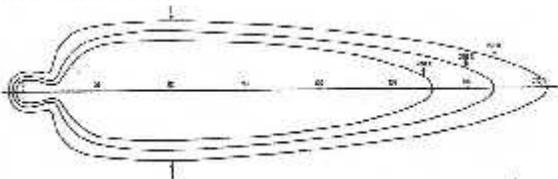
. Radioactive Decay and the Rule of Sevens

Although heavily radiated areas such as near Chernobyl can be unsafe for decades or even centuries most contaminated area will become safer and safer as time passes. This is because of radioactive decay. Simply put: radioactivity declines by a factor of ten for every sevenfold increase in time after the initial event. This is known as the "rule of sevens". So after 7 hours, the residual fission radioactivity declines 90%, to one-

tenth its level of 1 hour. After 7*7 hours (49 hours, approx. 2 days), the level drops again by 90%. So now it's just 1% of the lethal dosage it was after 1-hour. After 7*2 days (2 weeks) it drops a further 90%; and so on. After 14 weeks the rate drops even faster.



The chart below illustrates a typical fallout footprint. The size of the fallout area footprint depends on the size and altitude of the initial dust plume and the strength and direction of the wind. If you know what happened and where you can make a pretty good guess as to what direction to evacuate in. Obviously if radiation levels are going up you are moving towards the source or into the downwind footprint. Lowering levels indicate the best way to go, but if you are moving downwind your exposure time will still be higher than if you move at right angles to the wind direction



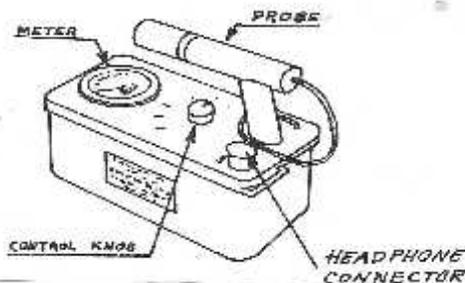
Radiation Detection Instruments

Back in the 60s through the 80s the "Civil Defense Department" (now FEMA) trained a lot of us in radiological monitoring. We had a lot of CD V-742 and 750 dosimeters and CD V-700 survey meters. There were complicated nomograms' to calculate how long we could be outside and we had to search buildings for hidden radiation sources planted for us by our instructors. The Nuclear Regulatory Commission has long

since retrieved these low level sources. There are a lot of reasonably priced older dosimeters and survey meters on sale at preparedness shows and on the internet. Uncalibrated radiation detectors sell for about \$20.00 because the calibration radiation sources used for this procedure are so strictly regulated, but there are sources to have them calibrated. Calibrated survey meters sell for about \$80.00 and new ones sell for about \$150.00. Go to www.sportsmansguide.com or www.colmans.com for these items.

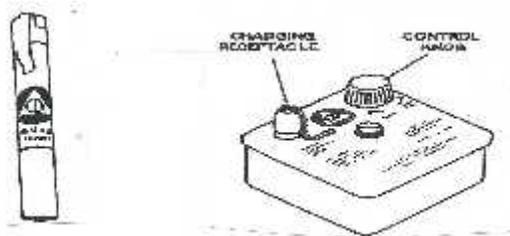
There are also more modern nuclear radiation detectors and monitors on the market. These range in price from \$180.00 to over \$300.00

Regardless of calibration any detected exposure levels ranges or area radiation above normal is cause for concern and precautions



Surplus civil defense survey meters such as the CV-700, 751, 720 etc. can be purchased at preparedness shows and on the internet at reasonable costs. Some are calibrated and others are not but calibration services are also available.

These CD V-742 pocket dosimeters and CD-V750 chargers are also still available. These are used to register personal exposure rather than area radiation



Dosimeters are intended to be worn in the pocket and checked frequently to determine how much radiation the wearer has been exposed to. They come with a charger and instructions. A charger and two dosimeters sell for about \$40.00



Potassium-iodide is a specific blocker of thyroid radio-iodine uptake. Taking potassium-iodide effectively prevents the thyroid gland from being saturated with harmful radio-iodide from fallout contamination that can lead to cancer. Fourteen, 130 mg. potassium iodide pills sells for about \$20.00. The government has stockpiles of these pills for distribution, but having your own supply is highly advisable.

Auto Fires: How to Prepare to Intervene

By Rudi

Disclaimer: I am not an auto mechanic, but have read the daily newspaper for over a half of a century, and do believe I have good insights into what causes auto fires.

I fought my first auto fire in 1981 while living in Madison WI. A battery in a woman's car had exploded, and the entire ground under her car was burning, due to the battery acid. She had run to a nearby apartment complex to ask that the fire department be called (this was before we all had cell phones). At that time the only equipment I was carrying was a 5-BC fire extinguisher. Nonetheless, with this and the help from two other motorists who also had small extinguishers, we were able to extinguish the fire **before** the fire truck arrived.



In my opinion, there are **three causes of auto fires**: 1) electrical problems in the engine; 2) crashes (the most common cause), and 3) debris on the road that punctures the gas tank. Recently, in the city where I live, a 2-year old was riding in her car seat of her grandparents' car on an Interstate when debris punctured the gas tank and the car burst into flames. A motorcycle policeman amazingly smashed the side window with his elbow, and pulled the grandparents to safety. A female veterinarian driving by rescued the child, despite the smoke and flames, but sadly, the child died a few days later in a local hospital.

How common are car fires? Here are the facts from the National Fire Protection Association:

U.S. fire departments responded to an estimated average of 152,300 automobile fires per year in 2006-2010. These fires caused an average of 209 civilian deaths, 764 civilian injuries, and \$536 million in direct property damage.

Automobile fires were involved in 10% of reported U.S. fires, 6% of U.S. fire deaths.

- *On average, 17 automobile fires were reported **per hour** (my emphasis). These fires killed an average of four people every week.*
- *Mechanical or electrical failures or malfunctions were factors in roughly two-thirds of the automobile fires.*

- *Collisions and overturns were factors in only 4% of highway vehicle fires, but these incidents accounted for three of every five (60%) automobile fire deaths.*
- *Only 2% of automobile fires began in fuel tanks or fuel lines, but these incidents caused 15% of the automobile fire deaths.*

If you are serious about being a volunteer first responder re car fires, here is the equipment that I recommend:

1. A pocket knife with a serrated blade, the maximum length allowable by law – in my state this is 3&3/4". You will need this to cut seat belts that can become jammed after wrecks.
2. A NOMEX™ face hood that covers your entire face/neck except for the eyes.
3. Heat-resistant goggles.
4. Fireplace gloves: These are made of heavy leather and cover your hands and forearms.
5. Some device to break out the side windows, e.g., a collapsible baton (I like ASP™, a Life Hammer™, or tire iron. I recommend the first two as these will be next to you and quickly accessible.
6. A minimum of a **2-A 10-BC dry chemical** fire extinguisher (5 lbs), with a **metal head and flexible rubber hose nozzle**. This is also what I have in my home. Mine is 15" long and 4" wide. They can be mounted in your vehicle's trunk.

A quick review: what do "A, B, C" ratings mean? Here is the "official" definition:

1. A-rated extinguishers will put out trash-wood-paper-plastics. A 2-A extinguisher will put out a **10x10' wood panel** that is on fire.
2. B-rated extinguishers will put out liquids, like gasoline. A 10-BC extinguisher will put out **31 gallons of Heptane**. According to Wikipedia, "*n-Heptane is defined as the zero point of the octane rating scale. It is undesirable in gasoline, because it burns explosively".*

3. C-rated means that the extinguisher is safe to use on electrical equipment.

Practical advice:

1. Park your car far away from the burning vehicle, like 100'.
2. Before you engage the fire, call 911 on your cell phone and report the situation/location.
3. Except for the fire extinguisher, knife, and breaker device, put your other items in an empty tool box and label it "FIRE EQUIPMENT", and put the box in your trunk.
4. You will probably not be fighting this fire alone. It is my understanding that all DOT-regulated vehicles are required to carry fire extinguishers, e.g., trucks of all types, school buses, etc. Ditto for ambulances and police cars. Many motorists carry extinguishers. There are many good Samaritans, as reported daily in the news media.
5. Be very wary of fighting fires involving tanker trucks! The average over-the-road 18-wheeler carries 240 gallons of diesel fuel. Secondly, you don't know what they are carrying in the tanker: is it milk, gasoline, or some corrosive chemical that gives off deadly vapors if burning? Best to leave this to the professionals.

Thoughts on Hurricane Harvey

By James C. Jones, EMT/CHCM

While most people prefer to think of this most recent disaster as a singular event that Houston and America will recover from, the reality is quite different. The billions of dollars that must go to rebuilding Huston may look like a boon to the construction industry and replacing the millions of vehicles and other items destroyed will generate some sales and jobs in the short term this is false economy. All of the wealth and labor that will now be expended on rebuilding what was destroyed will be

unavailable for other critical needs. Rebuilding hundreds of thousands of homes in Houston is not building hundreds of thousands of homes for others. Funds to rebuild Houston will have to come from progress and proactive programs such as infrastructure improvements, the maintenance of bridges, dams, roads and flood control systems in other regions. Resources will have to come from security, defense and emergency preparedness. The hundreds of billions now spent on security and the endless war after the 9/11 attacks is not helping the poor or building safer cities. The losses from Hurricane Katrina reduced the defenses of in other cities. Each disaster weakens our capacity to respond to the next disaster and disasters are happening with increasing frequency and severity. Harvey also demonstrated on a small scale the domino effect of disasters. The flooding caused sewage systems, water pumping systems, hospital generators failed, explosions and fires caused by failed systems could not be accessed by fire and police. The temporary shutdown of a few refineries impacted the entire country. Each new disaster makes the next disaster more probable and/or more costly. The politicians and the media work overtime to paint a picture of progress and security, but all of the trends are downward. Every civil disorder, every economic decline, every terrorist act, every flood, every storm, every wildfire, every man-made disaster makes us poorer, weaker, and more vulnerable to the next and even worse event. Eventually this chain reaction will lead to a multi-faceted apocalyptic situation. This may even be hard to recognize until our children living in a ruined and subjugated world look back. This process of multiple and increasing disasters leading to more decline and vulnerability is a worldwide phenomenon. We can add revolutions, epidemics, famines, wars and water shortages to the spiral in other parts of the world. These categories of disaster have not yet been added to America's disaster

spiral. The fact is that the world is broke and civilization is in a death spiral that it refuses to recognize. In the words of George Orwell "In a time of universal deceit, telling the truth is a revolutionary act". The spiral is irreversible, but individuals and groups can save lives, protect freedoms and preserve human values and ideals through self-reliance and survival concepts and practices.

The above article was written before several more major hurricanes and two earthquakes dramatically proved my point.



Alas Paladin Press

I just got the official word that Paladin Press is closing its doors. This was not caused by declining sales or low profits, but by the death of its owner. Paladin started out back in the 1960s with the publication of *Soldiers of Fortune* magazine. The SOF culture was so popular back then that they had major SOF conventions in Las Vegas each year featuring all kinds of paramilitary gear and weapons. They also published a survival magazine in the 1970s and 1980s. The magazines went out of print, as all survival magazines did in the early 1990s. They continued to publish a full catalogue of survival and paramilitary books and had most of the major writers on these subjects under contract.

Paladin just started publishing my two books last year and sales had started to increase when they announced their closing. I get back my copyrights and also the print ready files to print the books. I will not self-publish, but I will contact other publishers to see if they are interested. My publishing manager at Paladin expressed regret and

stated that she was sorry they discovered me so late. While I have zero interest in achieving any name recognition or profit from the books, I did feel that they offered a lot of important knowledge and a unique approach to the subjects. The supply of good survival books is declining and the stuff on the internet is mostly junk. I will not be doing on-line publishing or blogging.

AMERICAN SURVIVOR E-MAIL EDITION COMING SOON

American Survivor is the oldest and best established survival newsletter in America. While many members participate in Live Free events or chapters many more depend on American Survivor to provide vital, original and honest survival and preparedness information. We want to make our publication bigger, better and more available. Sending out hundreds of hard-copy posted issues is becoming more and more costly and more work for unpaid volunteers. We need to reduce these costs while increasing the value of membership. Quite often the page limitations prohibit our inclusion of articles and current information.

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- Those of you that do not have access to a computer or just prefer the US Mail, hard-copy version will still get the 12-page semi-monthly issue for the same membership rate.

- Since size and mailing costs are not a factor for an e-mail version we can send more frequent issues with color illustrations, advertisement and more detailed articles. We hope to put out monthly, or even twice monthly editions.
- **The rates for membership will remain the same at \$20.00 per year or \$50.00 for three years**, but those opting for the digital version will get at least twice as much publication.
- Those of you who joined on-line and now download your issues from the Members Only section will have access to the email versions as they are published. **If you would prefer to have the issues emailed directly as published please provide your email address to survivorjj@aol.com**
- The email editions should start coming-out by April or May 2018. All member/subscribers who want to convert to this edition must provide an email address to us by March 2018. **Just send an email to survivorjj@aol.com with the subject line "convert me to email". If you prefer, you can clearly write your email address and send it via US Mail to Live Free USA, P.O. Box 3295, Munster IN, 46321**

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Goodenow Grove can be accessed from US 394 south of where it crosses US 1 (the old Balmoral access) take West Goodenow Rd. just a few miles, the park entrance is on the left. Follow the park road to the campgrounds. Go to camp sites 5-A and 5-B Live Free USA signs and flags will be posted.

There will be no charge for participation, but we will pass the hat to cover Live Free's expenses and help use finance future events.

For further information go to AmericanSurvivor.org/Events.

Americas Oldest Survival & Preparedness Gathering

NEW DATE!



CAMP INDEPENDENCE

Safety Through Preparedness
Freedom Through Self-Reliance

Friday, May 18th *through* Sunday May 20th

NEW Location: Camp ToPeNeBee: 297 N Holmesville Rd., Michigan City, IN 46360.

Camp Independence will begin with an evening training program on Friday, May 18th. A full schedule of classes, hands-on demonstrations, and field training in outdoor survival skills, emergency preparedness, first aid, map and compass reading, archery, pioneer and self-protection skills will be conducted on Saturday. Sunday events will conclude by noon with a non-denominational chapel in the woods service.

Training and events take place in the modern training center and outdoors - *rain or shine!*

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Immerse yourself in preparedness and survival training for the week-end!

Advance pricing through May 1st: \$20 per person or \$40 per Family (2 adults and children under 18)

After May 1st and at the door subject to availability: \$25 per person and \$50 per Family.

Advance pricing includes one training admission wrist band per person providing access to all training and events between 6 Pm Friday evening through noon Sunday PLUS one campsite for **both Friday and Saturday night**. Prefer a bunk in one of the air conditioned/heated group cabins? \$10 per bunk upgrade covers both nights!

For additional details and to register online visit AmericanSurvivor.org/events.

Should you have questions or an expertise or skill to demonstrate please e-mail: lfinow@aol.com.

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<input type="checkbox"/> \$20 Individual Rate # attending: _____		
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